



# FILL RESEPTACLES WITH WATER



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## Objective

The activity level of the children in this game is moderate to vigorous-intensity in that they carry water from one place to another as quickly as possible. The children cooperate on filling a receptacle with water.

## Equipment

Empty receptacle/bucket, etc.

Spades or sandpit toys

Receptacles containing water or a large puddle

## Instructions

1. Give all the children a deep spade, sandpit toys or anything else to carry water in.
2. Water can be accessed at one end of the play area, e.g. a receptacle with water or a puddle. At the other end, there is an empty receptacle or a bucket (the size of the receptacle must be adjusted to the tool used to fill it).
3. The children fill the tool they are using with water and try to carry as much water as possible to the receptacle they shall fill with water.
4. The children run back to fetch more water.
5. Preferably, the adult could time how long it takes the children to fill the receptacle.

## Tips

- The children could, for example, fill a one-litre measuring jug with water to see how long they need to collect half-a-litre and/or one litre of water.
- The children get wet, so this game is most suitable for rainy days when the children are wearing rain clothes or on a hot summer's day.

## Variation

- The game can be turned into a competition where each team races to fill the receptacle first.