Wet & Wild Water Games (30 minutes)

Items needed for this activity:
- Water Source
- 2 Hoses
- Y hose connector
  (to split water source if necessary)
- Beach ball
- Stopwatch or watch with a second hand
- Oscillating sprinkler (2 if group is large)
- Small drinking cups - 6 oz. (1 per person)
- Marker
- Balloons (1 per participant)

Background information for presenter:
Physical activity can come in many forms, but few forms are as entertaining on a hot summer day as a physical activity that combines kids and water. This Activity Guide provides instructions for a variety of “water games.” You should review all of the game descriptions and select the activities that you believe will work best in your club/group setting.

Before introducing the water games described in this activity, make sure that you share the following information with the youth:
- Wear clothes you don’t mind getting wet.
- If you have sensitive feet, wear old tennis shoes that can get wet.
- In any activities that involve squirting water, be sure to avoid squirting the water in someone’s face or eyes.
- Play nice – the games are for fun and not intended to promote overly aggressive behavior.

Step 1: Information to share with club members (2 minutes)
What are some good examples of physical activity for a hot summer day?
Possible responses – swimming, hiking, riding a bicycle, walking.

Step 2: Short Group Activities (20-30 minutes)
Today we have several activities but they all have two things in common. First, they all will require that you get up and move around. Second, they all require water, which is great on a hot day! Before we begin, we want everyone to remember to be careful not to squirt water into another person’s face and also if you are moving around, be careful that you don’t walk or run so quickly that you slip and fall in an area where the ground is wet.

Those are all great examples. For really hot days, you should schedule your physical activity for early in the morning before the temperature warms up too much, or early in the evening after it starts to cool down – rather than in the heat of the day.

Let’s see how many of these activities you have done during the past week:
- If you have gone swimming – jump on one foot.
- If you have gone on a walk – turn around.
- If you have ridden a bicycle – do a jumping jack.
- If you have gone on a hike or walked a trail – run in place.

Great! It is good that you have all been getting lots of physical activity.
Water Squirtball

**Required items** – 2 garden hoses; 1 Y hose connector that allows you to split the water into 2 separate hoses; and one beach ball.

**Goal of the Game** – Teams win points by squirting a beach ball over an opponent’s goal line.

**Directions** – Divide group into two teams with an equal number of members on each team. Designate two end zones in the playing area using cones, lawn chairs, or whatever you have available. One member from each team takes the hose, the referee turns on the water, and the participants try to blast the beach ball over the opposing team’s goal line, while preventing the ball from crossing their own team goal. Each team member should be allowed 1 minute (or less, this is up to the referee’s discretion), to get the beach ball across the goal line. The referee should turn the water off if no one has scored a point before the time ends. Two new representatives from each team can then take the hose. Keep score of how many “goals” each team gets. The team with the most goals at the end wins!

Sprinkler Race

**Required items** – oscillating sprinkler, small cups (6 oz. drinking cups work well), marker.

**Goal of the Game** – The three individuals who fill their cup first win.

**Directions** – Use the marker to draw a “full line” about ½ or 1 inch down from the top edge of the cup. Give each participant a cup. Set up the sprinkler in an open area. Ask all of the participants to form a circle around the sprinkler. It works best if you check to see how far the water goes before having the participants form their circle. As the sprinkler oscillates, each participant is to try to catch as much water in their cup as possible. NOTE – if you have a large group, you can either set up two oscillating sprinklers, or divide the group in half and run the game twice.

KEY – no one is allowed to move his/her feet. Anyone who moves their feet must DUMP their cup and start over. Depending on the temperature – you can require them to dump their cup over their head if they move their feet.

The first three participants (or whatever number you decide works for your size group) wins!

Balloon Relay Race

**Required items** – balloons, water

**Goal of the Game** – The team that passes and pops all of their water balloons first wins.

**Directions** – Divide group into two (or if you have a lot of participants, three groups) of equal number. Have each group form a straight line. Teams should hold their arms straight out in front of them to allow for enough space between team members. Place a bag of water balloons in front of the first person in the line. Designate someone to say GO. When the signal (GO) is given, the first person in the line grabs one of the water balloons and passes it between his/her legs to the person behind them. The second person takes the balloon and passes it over his/her head to the next person in line. Each person alternates passing it in an over and under format. Once the balloon reaches the last person in line, that individual runs to the front of the line, goes beyond the bag of water balloons and sits down on the water balloon (facing the rest of their team members) until they can get it to pop. All of the following team members should form a line sitting behind this person as they make their balloons pop.

NOTE – The person pulling the water balloons from their team bag cannot take a new balloon until the previous balloon has popped.

The first team to pop all of their balloons wins!

Get Up & Move!