



GUARD THE BLUE GOLD

ACTIVE GAME

PHYSICAL ACTIVITY FEATURING WATER.

AGE GROUP

Multiage.

DURATION

20 to 30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIALS

- 3 closed water bottles* .
- 2 foam balls.

** If the bottles fall too easily, you can fill them to about ¼ with water. Don't use the campers' own water bottles for this activity.*

Introduction

Have you heard of blue gold? What is it? Why do we call water blue gold?

- Explain that water is often referred to as «blue gold» and that it's a treasure they must protect during the game. Select a camper to be the first guardian and ask him to stand in the centre of the circle.

Instructions

- Get the campers to stand and form a circle.
- Arrange 3 water bottles in a triangle pattern in the centre of the circle, placing them about 30 cm apart.
- Appoint a guardian to protect the water by keeping the bottles from getting knocked over by a ball.
- The campers forming the circle take turns rolling a ball on the ground using just their hands to try and knock over the bottles. The guardian tries to block the ball to protect the blue gold. The guardian can use their hands and feet. If the block is successful, the guardian sends the ball back to a random camper in the circle. A camper who manages to knock over a bottle becomes the guardian, and the last guardian joins the circle.

Variations

- Increase the level of difficulty by making the circle wider.
- Add one or more balls.
- Add more guardians.
- Have kids work in teams of two.
- For the older kids, add restraints (e.g. use the left hand to roll the ball on the ground).

IMPORTANT: *Get the campers to bring their water bottles to stay hydrated during this activity.*

