



# THE RAPIDS

ACTIVE GAME

## PHYSICAL ACTIVITY FEATURING WATER.

### AGE GROUP

8 to 12.

### DURATION

20 to 30 minutes.

### LOCATION

Gym or outside.

### REQUIRED MATERIALS

- Water bottles (at least 6 per team).
- Balls (1 per team).
- 1 spoon and 1 small item to carry per team.

### Preparation

- Identify the starting line.
- Set up a course for each team, arranging at least 6 water bottles in a line. Space the water bottles at least 1 meter apart.

### Introduction

Read the text « Water is essential to life » out loud.

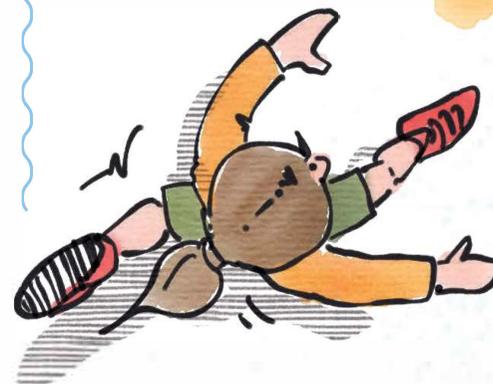
## Water is essential to life

A human being can only survive a few days without water. And yet, it is often wasted and overused. Water is becoming an increasingly scarce resource, one that must be preserved so that every human being on Earth has access to it.

### Description

- Players must slalom through the water bottles while performing a preset task. They must avoid knocking over any bottles and wasting water.
- Working in relays, teams compete for the highest score by finishing in the shortest time.
- Every successful back-and-forth run earns 2 points.
- If a water bottle is knocked over, the run is worth 1 point. If 2 or more bottles are knocked over, the player must complete the course, but no points are awarded for that run. The player must set the bottles back upright before passing on the relay.
- Make 2 to 4 teams, depending on the number of players.
- Have each team form a line.

Based on the available time, set a duration or a number of points to reach to win the game. A clock or countdown timer can be used to let the players know how the game is progressing.



NEXT →



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## Description

1. At the signal, one player per team starts and slaloms through the bottles while performing a task.
  - On the first run, players dribble a ball.
  - On the second run, players manoeuvre the ball with their feet.
  - On the third run, players carry a small item on a spoon. If they drop the item, they must place it back on the spoon before continuing.
2. When the player gets back to the starting line, he passes the ball or spoon to his teammate (who then begins the run), then get back in line for his next run. Players must cheer on their teammates.
3. The game ends when the time runs out, when all players have completed 3 runs, or when a team reaches a certain number of points. The team with the highest score wins.

## Variation

- Come up with new ways of slaloming through the bottles (e.g. while skipping rope, backwards, hopping on one foot, crab-walking).

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

