

Water Relay

Ages 6-12 · 20 min · Two teams (outdoors)

Learning intention

This experience supports children to develop physical wellbeing and to work cooperatively toward a shared goal.

You'll need

- Buckets or large cups
- Water
- An outdoor space

How to do it

1. Split children into two teams, each with a full bucket at the start and an empty one at the end.
2. Children pass or carry water down the line, trying not to spill.
3. The team with the most water in the end bucket wins the round.
4. A refreshing hot-weather game that builds teamwork and laughter.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **2.3** Children and young people become aware of fairness

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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