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## **SHOOTING RANGE**



## **CUP RACES**



<u>*Supplies.*</u> Table, Water Gun, Plastic Cups

<u>Set Up.</u> Place empty plastic cups upside down on the edge of a table. Determine a shooting line.

<u>*Play.*</u> Allow participants one minute to use the water gun to shoot cups off the table.

*Goal.* Knock the most cups off the table.

<u>*Supplies.*</u> Plastic Cups, String, Scissors, Water Gun, Chairs

Set Up. Punch a hole in the bottom of a few plastic cups. Stack the cups and put a long length of string through the holes. Attach each end of the string to a chair.

<u>Play.</u> Use the water gun to squirt into one cup at a time, pushing it across the rope until it reaches the chair on the other side. Continue with the next cup in the stack at the beginning of the string.

*Goal.* Get the most cups to the finish line.

## CHEERIOS ON SPAGHETTI

*Supplies.* Cheerios, Dry Spaghetti, Bowl *Set Up.* Fill a bowl with water and add a handful of Cheerios.

<u>Play</u>. Holding a piece of dry spaghetti in their mouths, participants will try to use it to pick up cheerios. They cannot use their hands to help.

*Goal.* Pick up the most cheerios.

## **FRUIT BREAKOUT**



*Supplies.*<sup>•</sup> Hammer, Ice Cube Trays, Small Fruits (like blueberries or grapes)

<u>*Set Up.*</u> Freeze a fruit in each ice cube.

<u>*Play.*</u> Give participants one minute to use the hammer and break the fruit out of ice cubes.

*Goal.* Release the most whole pieces of fruit from the ice cubes!

## BOBBING FOR ICE CUBES

## PING PONG WATER TENSION

*Supplies.* Ice Cubes, 2 Buckets *Set Up.* Fill a large bucket with water and add ice cubes.

<u>Play.</u> Participants will move ice cubes from the bucket with water to the empty bucket using only their mouths.

*Goal.* Get the most ice cubes to the empty bucket.

*Supplies*.<sup>•</sup> Ping Pong Balls, Plastic Cups, Straws

<u>Set Up</u>. Fill each cup to the brim with water. Place a ping pong ball on top of the water in each cup.

<u>*Play.*</u>: Use a straw to blow the ping pong balls off the water.

*Goal.*: Get the most ping pong balls.

### **FEATHER BEARD**

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Supplies. Fake Feathers, Bowl Set Up. Fill the bowl with water. Play. Wetting the feathers one at a time, participants will try to place

them on their face and make them stick.

*Goal.* Stick the most feathers on your face.

## **BALLOON FLOAT**



Supplies. Balloons, Spray Bottle Set Up. Fill the bottle with water. Blow up a few balloons and tie them. Create a start and finish line.

<u>*Play.*</u> Throw the balloon in the air and then use only the bottle to spray the balloon and keep it in the air. Spray the balloon towards the finish line.

*Goal.* Get the most balloons to the finish line.

## **SPONGE BUCKET FILL UP**



#### <u>Supplies</u>: Car Wash Sponges, 2 Buckets

<u>Set Up.</u> Fill one bucket with water and sponges. Place the empty bucket across the yard.

<u>Play.</u> Participants run back and forth, picking up the sponges and running to the empty bucket where they will squeeze out the sponges. <u>Goal.</u> Get the most water in the empty bucket. *Stypalies.* Small Cups *Set Up.*: Fill each cup with water. *Play.*: One partner stands behind the other. The partner in back reaches their hands around their partner and must pick up cups of water and help their partner drink them. The partner in front may not use their hands.

*Goal.*<sup>•</sup> Drink the most cups of water.

### **CHALK CLEAN UP**



<u>Supplies.</u> Chalk, Water Guns <u>Set Up.</u> Fill the water guns. <u>Play.</u> Give each person a piece of chalk and 30 seconds to draw a picture on the pavement. Give each person a water gun and allow one minute to spray water on their opponents' drawings trying to wash them away. Opponents may use their bodies to block and protect their drawings.

*Goal.* Keep your picture from being washed away.

### **MARBLE PICK UP**

PARTNER DRINKS



<u>Supplies.</u> Marbles, Shallow Bucket

<u>Set Up.</u> Fill the bucket with water and drop marbles inside.

<u>*Play.*</u> Using only their feet, participants must grab marbles and take them out of the bucket.

*Goal:* Remove the most marbles.

### KEEP DRY Sprinkler Course

## *Supplies.*: Sprinklers, Hoses, Water Guns, Bucket, Blindfold

*Set Up.*: Create an obstacle course of sprinklers. Give members of the other teams filled water guns and have them stand along the sides of the obstacle course.

*Play.* One partner will be blindfolded and hold the empty bucket. The other partner will give directions to their blindfolded partner to try to help them avoid the sprinklers and stay dry. Competitors with water guns will try to spray water into the bucket.

*Goal.* Have the least amount of water in your bucket.

#### <u>Supplies.</u> Colander, Water Balloons

BALLOO

BASKETB

<u>Set Up</u>: Fill the water balloons. Create a standing line for each partner.

*Play.* Partners stand on opposing lines, facing each other. One partner holds the colander on top of their head. The other partner throws water balloons into the colander. Both partners can move along their line.

*Goal.* Get the most balloons in the colander. (It still counts if they break inside!)

### **BODY POPPING**



Supplies. Water Balloons Set Up. Fill the water balloons. Play. Participants will try to pop the water balloons without using their hands or feet. They can use their hands to pick up the balloon.

balloons.

# BODY BALANCE



#### <u>Supplies</u>: Small Cups

Set Up.: Fill the cups with water. Play.: One partner must choose a position and stand completely still. The other partner places cups of water anywhere on their partner's body.

*Goal*. Balance the most cups of water.