



## What you'll need

- Two sponges
- Two plastic cups
- Two large lunch containers the same size
- One jug, bucket or container of water
- Swimsuit or clothes, if you don't mind getting wet

## Directions

1. Set up the course. Place the bucket of water at the start. Then place the empty plastic cups in the middle of the course, then the empty lunch containers at the end.
2. Break into two teams. Give each team a name and cheer each other on.
3. To start, fill the sponge with water and run to the cup.
4. Squeeze out the sponge to fill the cup with water.
5. Then run back to the start and hand the sponge off to your next teammate.
6. Continue to fill up the cup with the sponge until the cup is full.
7. Once the cup is full, run the cup to the container at the end and empty it.
8. Repeat steps one to seven until the container is full.
9. Whichever team fills their container first gets to pour the full container of water on the other team.
10. Have fun!