

Fire Bucket Race

Purpose

A team building moving activity

Method

Teams compete in relays with fire buckets filled with water . No 1 runs up to base and takes the fire bucket around the group and back to base , this repeated by each member and measured at the end to see how much water has been lost.

Either the most water left or the first to finish will call for a different approach to the relay race

Preparation in advance

1. Get fire buckets
2. Plenty of water
3. A means to measure what water is left after relay
4. Note to parents to bring a spare set of clothes

On the day

1. Lay out the course
2. Explain the instructions

Risk assessment

1. Getting wet
2. Surface will be assessed for appropriateness
3. Make sure there is plenty of room
4. Falling, Bruising,