

The Water Race Challenge



Hello, I get up at 6 a.m. to fetch water for the morning. I am lucky because some kind people have built a well in my village. I don't have to go far and the water I draw is fresh and safe to drink.

Why not have a race? Take some buckets or bowls, fill them with water and balance them on your head! The first one across the line - or the driest! - is the winner!

National Curriculum Programme of Study

KS2 Sport and Games

PE2/1.1c develop flexibility, strength, technique, control and balance

Useful Resources Bowls and buckets, swimsuits and towels and a spacious outdoor area. You could use tennis balls rather than water if it is a cold day. Look at images of Ugandans carrying goods on their heads. Can you balance beans bags on your head and walk, jog or run around a course or other people as though you are carrying your shopping through a busy street?

