

Get up &  
**go!**

## How to play

This game can be played outdoors.

This game is played in a group.

Each player fills a plastic beaker with water.

Two players swing the skipping rope as each player takes a turn to try and complete 10 jumps skipping.

You must try to keep as much water in your beaker as possible.

To make it more of a challenge, try increasing the number of jumps each round.

The winner is the player with the most water left in their beaker.

Play games, move more and have fun whilst being active!

1000  
TWEAKS  
10 minutes or under

### Equipment

A skipping rope and a plastic beaker of water.

# Water splash