

## Water Bottle Activities

Don't feel like you have to do them all at once! Try a couple each day!

All of these activities can be done with more than one person. Some of them could be done as 1 minute challenges too!

Equipment needed - 3 water bottles filled about half way, make sure the lid is very tight!

1. Start with the water bottles laying down with space in between them
  - Can you stand them up using your feet?
  - Can you jump over them? (like hurdles landing in between)
  - Can you run in and out of them? (weaving)
  - Can you knock them back over with your elbows?
  - Can you hop over them? (remember hoping is o 1 foot) Hop on foot going down, then do the other foot on the way back!
2. Lay one water bottle down, pick up one in each hand and hold them over your head. While carrying the two water bottles over your head, use your foot to roll the other water bottle. Use one foot on the way down and the other foot on the way back.
3. Hold 1 water bottle upside down in your hand, balance another one on it. Try to balance it while rolling the 3<sup>rd</sup> water bottle with your foot like you did in the last one. If the bottle falls off, just pick it back up!



4. Put one water bottle between your legs, walk down and back. Add a 2<sup>nd</sup> water bottle between your legs, walk down and back. Add a 3<sup>rd</sup> water bottle between your legs, walk down and back.
5. Bottle Flip (think about Flip Cone we played in class) - Using 1 water bottle, try to flip it to land upright. If it lands upright, give yourself a point. If it doesn't land upright, do 5 jumping jacks and try again.
6. Water Bottle Tap – place the 3 water bottles in front of you with some space between them. Do 5 squats, then get down in a plank position and tap each water bottle 2 times (1 time with each hand). Stand up, and repeat.  
(Here is a video to help if you are confused - <https://www.youtube.com/watch?v=FpoHhWHW3tc>)
7. Water Bottle Balance – Balance a water bottle on different body parts.
  - Head, hand, foot, knee, back, elbow, leg

8. Shuttle Run – place the 3 water bottles a good distance away. Pick a starting spot (may want to mark it with something). Start at your starting point, run to the water bottles, pick up 1, run back and place it at your starting spot. Run get another water bottle, bring it back to your starting spot, Run and get the 3<sup>rd</sup> water bottle, bring it back to your starting spot. How fast can you get all 3?
9. Water Bottle Laps – set your water bottles up in a triangle. Make it as big as your space will allow. How many laps can you run around your triangle in 1 minute or just pick a number above 5 and do that many laps
10. Water bottle bowling – You will need a ball for this activity along with the water bottles. Place the bottles either together in a triangle like bowling pins or in a line with space between them. Stand back with a good distance of space between you and the water bottles. Roll the ball towards the water bottles and try to knock them over.