



# FILL THE BOAT

This game will help children to develop their agility

## EQUIPMENT:

- Two markers – you could use a cone, a hoop, a tray
- A Timer
- Objects to collect

## HOW TO PLAY:

Each person get 30 seconds to collect as many objects at they can and bring them back to their marker. These can be spread out around a certain area. Participants should only pick up one object at a time and they must be placed, not thrown by their marker.



## MAKE IT EASIER:

Make sure the objects are not spread out too much  
Given the person more time

## MAKE IT MORE OF A CHALLENGE:

Make the markers further  
Think of different ways they can travel to collect the objects e.g. side steps, backwards running, skipping

## SCORING:

One point is scored for each object that is by the marker  
Make this a personal challenge by trying to beat your score each time or making it harder!

## RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:				
Date	Score 1	Score 2	Score 3	Average



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## HOW TO SCORE:

One point is scored for item

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
1					
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