



# Field Day/Spirit Day 2020



## Warrior Cup Minute Relay

Linda Harb/PTSU- Incarnate Word Academy

**Type of Activity:** Family Challenge (Can be a group relay or broken down into teams)

**Equipment Needed:**

- ★ Timer/Stopwatch
- ★ Plastic Cups (each person)
- ★ Two Buckets/pails/pots
- ★ towel (dry off)
- ★ water

**Directions:** You will need to indicate a halfway line on both buckets with tape or a marker. Assign group order in a single file line and place the bucket with water in front of the first person and the empty bucket behind the last person . Each player needs a cup. 1. Timer Starts for one minute 2. The first person will dip their cup into bucket filled with water. 3. Each player will lift the cup over their head and pour water for the next player to collect in their cup behind them. 4. Repeat in a continuous motion until time is up. If cups touch, water is dumped out and not passed to the next person. Keep eyes and body forward no twisting or looking behind you.

**Winner One Group:** You filled the water to the indicated line. **Winner Group Relay (more than one team):** The team closest to the line wins.

**Video Link:** <https://youtu.be/xUJ8Yv40b14>