

# Water Safety Catch and Throw Games

Age: 5+ years old

**Water Safety Message:** Learning fundamental movement skills will help us develop skills to complete a throw rescue

Please ensure you are following [supervision requirements](#).

Recommended: Children under 5 remain within arm's reach, Children under 10 are actively supervised.

Never take your eyes off children around water.

## Materials:

- Outdoor area
- Different balls or sport equipment (e.g. basketballs, tennis balls, frisbee)
- 2L or 3L recycled milk bottle
- Scissors
- Water balloons
- Water
- Craft materials for decorating (e.g. ribbon, stickers)



Practise throwing and catching different balls or sporting equipment to each other.

Start 2 metres apart, then gradually expand the distance and see how far you can throw! Next, try out the **Water Balloon Challenge**:

All you will need are water balloons, water, and recycled milk bottles (2L or larger works best). It is recommended that this activity is done outside.

Help your child make a 'bucket' out of the milk bottle. An adult is to safely cut off the bottom half of the milk bottle (keep the half with the lid and handle).

Children can then decorate the milk bottles with lots of craft materials.

Then, join in the fun by filling up some water balloons and practise fundamental movement skills by throwing and catching the water balloon with the milk bottle catchers! How long can the water balloons stay intact?