

1. Non-Wet Get-Up, Get-Down

Description

Invite pupils to fill a plastic cup to $\frac{3}{4}$ capacity with water. Invite pupils to lie on their backs and hold the cup with water perpendicular to the ground with their hand. Challenge pupils to get off the ground to standing and raise their arm over their head without spilling any water.

Finally, invite pupils to switch the cup to their other hand and lower themselves back to the ground, flat on their back without spilling any water.

Equipment

- Plastic cup – 1 per pupil
- Water

Variations

- If pupils are struggling, invite them to start from a modified position – e.g. on their knees.
- Invite pupils to carry out the task with less water in the cup – $\frac{1}{4}$ full making the task less difficult.
- Invite pupils to attempt the task with a cup in each hand.

