



## curriculum links

### Grade 5:

- ◆ Health and Physical Education  
*Fundamental Movement Skills*

## overview



This activity is a timed relay race where students carry buckets of water through an obstacle course to experience what it is like for children on their water-fetching journeys in less privileged countries.

## grade 5 expectations

### Health and Physical Education Fundamental Movement Skills

#### Overall Expectations

- ◆ Perform the movement skills required to participate in games and outdoor pursuits alone and with others;
- ◆ Demonstrate the principles of movement while refining their movement skills.

#### Specific Expectations

##### *Locomotion/Travelling Skills*

- ◆ Perform a combination of locomotion/traveling movements, incorporating a variety of speeds, in relationship to objects and others;

##### *Manipulation Skills*

- ◆ Catch, while moving, objects of various sizes and shapes using one or two hands;
- ◆ Use a piece of equipment to send and receive an object to a partner or a target.

##### *Stability Skills*

- ◆ Perform a sequence of movements;
- ◆ Transfer body weight in a variety of ways, using changes in direction and speed.

## key terms

**Contaminant:** A substance introduced into the air, water, or soil that reduces its usefulness to humans and other organisms in nature (e.g. making water impure and unfit for consumption or use).



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# Off I Go!



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**Developing countries:** A country with a relatively low standard of living and a low level of industrialization.

**Groundwater:** Water found in spaces between soils particles underground.

**Well:** A hole drilled into the ground to extract water from underground.

