

## 'Wet olympics'

- Make teams, each player tries to do his/her best in one of the following proves:

**Duck diving**



### How long can you hold your breath for?

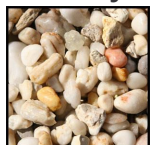


- . Between 0 – 15 seconds
- . Between 15 – 30 seconds
- . Between 30 – 45 seconds
- . Between 45 – 60 seconds
- . Over 60 seconds

**Duck dabbling**

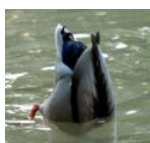


### Scatter small marbles or gravel on the ground. How fast can you pick them up?



- . Under 5 seconds
- . In 15 – 30 seconds
- . In 30 – 45 seconds
- . In 45 – 60 seconds
- . Over 60 seconds

**Duck upending**



### Stand on your head and try to pick up a nearby object:

- . I need some help
- . I don't need any help

**Bird flapping**



### How many times can you 'flap' your arms in ten seconds?

- . Under 10 times
- . Between 10 and 20 times
- . Over 20 times

**Cormorant sunbathing or drying their wings**



### How long can you hold your arms outstretched?

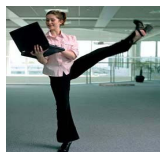


- . Under 1 minute.
- . Between 1 and 3 minutes.
- . Over 5 minutes.

**Flamingo standing on one leg**

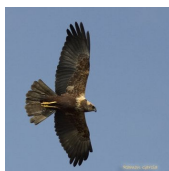


### How long can you stand on one leg?



- . Under 1 minute.
- . Between 1 and 3 minutes.
- . Over 5 minutes.

**Marsh harrier eyesight power**



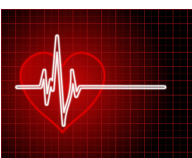
### How far can you read a book?

- . From one meter far.
- . Between 1 and 2 meters.
- . From a distance of more than 2 metres.

**Duck heart beating**



### How many times does your heart beat a minute?



- . Under 45 times.
- . Between 45 and 75 times.
- . Over 75 times.

