

Primary and Secondary challenge card

This is a target game. Place two boxes/buckets at the same distance from the throwing line. Take six balls, sock or other objects and try to throw them into the box. When all of the balls have been thrown, retrieve them and try again until someone has thrown all six balls into their box. The first person to throw all six balls into their box is the winner.



Space

- Can be played indoors or outdoors
- Ensure there is enough space to carry out the challenge
- Stand closer or further away depending on age and ability
- This can be played on a table or on the floor
- This game can be played seated or standing

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Time

- Can be run against the clock
- The first child to get six balls into the box is the winner
- Repeat the game to improve time and skill

Hints and tips for children with limb difference

- Upper limb difference – use large or small balls that can be held and thrown using your residual limb/s
- Lower limb difference – This game can be played seated and with or without your prosthesis.
- Wheelchair user – This game can be played seated

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Equipment

- Boxes or buckets
- A range of small or large balls or other household items you can throw or catch
- A timing device e.g. a mobile phone or stopwatch



S T T E P

The STTEP tool is one of the most effective ways to use household items to be active at home. This includes adapting activities so everyone in the household, disabled and non-disabled, can take part together. With a few simple tweaks, activities can quickly become a part of everyone's daily routine.

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Task

- To be the first to get six balls in the box
- Use larger or smaller pots and ball to make it easier or harder
- If throwing is limited, roll balls to make contact with the pot

P



People

- The whole family can play this game, or a child can play the game by themselves

Activity Video Link: youtu.be/0IcPtCPEfyA
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