

Primary and Secondary challenge card

The aim of the game is to get the balls into the pot (cups). Take ten pots (cups) and write a forfeit (physical challenge) and stick it underneath each pot using a piece of paper. Make sure the challenges are inclusive and accessible e.g. 10 stretches or 10 jumps. A successful ball in the pot means the other child needs to complete the forfeit. Encourage the children to come up with physical challenges they can take part in.

S

Space

- The game can be played indoors or outdoors
- The game can be played on the floor or on a table. Wheelchair users may prefer to play the game using a table
- The children can stand or sit closer or further away to make the game easier or harder

T

Time

- This doesn't need to be a timed activity and can be completed at your child's own pace.
- The activity can be timed to make it more challenging or more pots can be added to make the activity last longer

P

People

- The whole family can play this game, or a child can play the game by themselves, completing their own forfeits

Hints and tips for children with limb difference

- You can use larger or smaller pots or balls to make the game harder or easier
- Encourage your child/children to create the challenges to suit their abilities
- Upper limb difference - use balls that can be held and thrown using your residual limb/s. If a child's throwing is limited, they can roll the ball instead to make contact with the pot
- Lower limb difference - this game can be played seated and with or without your prosthesis
- Wheelchair user - this game can be played seated and using a table

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.

T

Task

- Use larger or smaller pots and balls to make it easier or harder
- If throwing is limited, roll ball (table/floor) to make contact with the pot
- Include a range of challenges suitable to the child's ability
- The task is to throw the ball/s into the pots (cups) and to complete the physical activity forfeit written underneath the cup

E

Equipment

- Different cups or pots (they don't need to be the same size)
- Different size and shaped balls
- If you don't have any balls, why not try using rolled up socks.
- A pen, paper, scissors and sellotape
- To make it more challenging you can time the game

Activity Video Link: youtu.be/jEo0EAWYaYs

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