

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 11

Wheelchair basketball

For today's challenge, try wheelchair basketball with a wastepaper bin or washing basket as your target. Place the bin or basket on a tabletop and position yourself about 2m away. see how many shots you can score in 2 minutes.

Adaptations:

Upper Limb Difference:

Use your remaining hand or prosthetic to shoot the ball. Try using a softer ball to make it easier to catch and throw.

Lower Limb Difference:

Try the task seated or standing. This challenge can be done from a chair or wheelchair.



Adjust the target height as needed to suit your range.

It's a fun and competitive way to improve coordination and teamwork!

*If you
can't complete
these activities,
contact us for
adaptations.*

www.limbpower.com