# **Activity Card**

POWER
Living life without limbs

for Limb Different Children

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:**

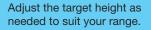
#### **Upper Limb Difference:**

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.



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

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