

# Activity Card

for Limb Different Children

**Limb  
POWER**  
*Living life without limbs*

## Challenge 14

### Shot put

Shot put is an exciting Paralympic event. Hold a rolled-up pair of socks or a lightweight object in your hand and see how far you can throw it!

**Action 1:** Hold the shot in your dominant hand with fingers spread, and place socks under your jaw, thumb pointing down.

**Action 2:** Stand sideways, with your non-dominant foot behind you, and raise your putting arm parallel to the ground.

**Action 3:** Pivot your hips, straighten your legs, and push the shot away at a 45-degree angle.

#### Adaptations:

##### Upper Limb Difference:

Use your remaining hand or prosthetic to throw the object. Adjust the size or weight of the object for better grip.

##### Lower Limb Difference:

For children with lower limb

differences, try the challenge standing, seated or from a wheelchair. Focus on using arm strength to propel the object.

*This challenge helps with coordination and power!*



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

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