

Sit Down Grab

Primary and Secondary challenge card

A two-person game designed to improve reflexes. Can be played sitting on the floor or at a table. A pair of socks or another object is placed in the centre between the children. A parent or carer calls out body parts to be touched by participants (on their own body). When the word socks is called out the players grab for the socks. The player who retrieves the socks without dropping them wins.

STTEP

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.

S



Space

- Can be played indoors or outdoors
- Sat on the floor or at a table
- Sitting equal distance apart or adjust the distance to allow for age/ability

T



Task

- To touch the body part called out by a third person.
- Retrieve the socks without dropping them

P



People

- The game is for two players with a third person calling out the body parts. If you only have two players, the children can take it in turn to call out the body parts

T



Time

- Agree how many times you are going to play the game.
- Agree how many times a child has to receive the socks to win the game or introduce a time limit. The child who has retrieved the most socks in that time is the winner
- To make it more challenging you can time the game

E



Equipment

- Table or floor
- Tapes, cones or stones
- Rolled up socks or another similar object
- A timing device e.g. a mobile phone or stopwatch

Hints and tips for children with limb difference

- Upper limb difference - Call out body parts the child has and can reach or touch. This game can be adapted to touch the socks instead of grabbing the socks
- Lower limb difference - ensure the children are sitting comfortably with or without the prosthesis on
- Wheelchair user - Sit at a table instead of on the floor



Activity Video Link: youtu.be/UfDhOhrGYdA

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