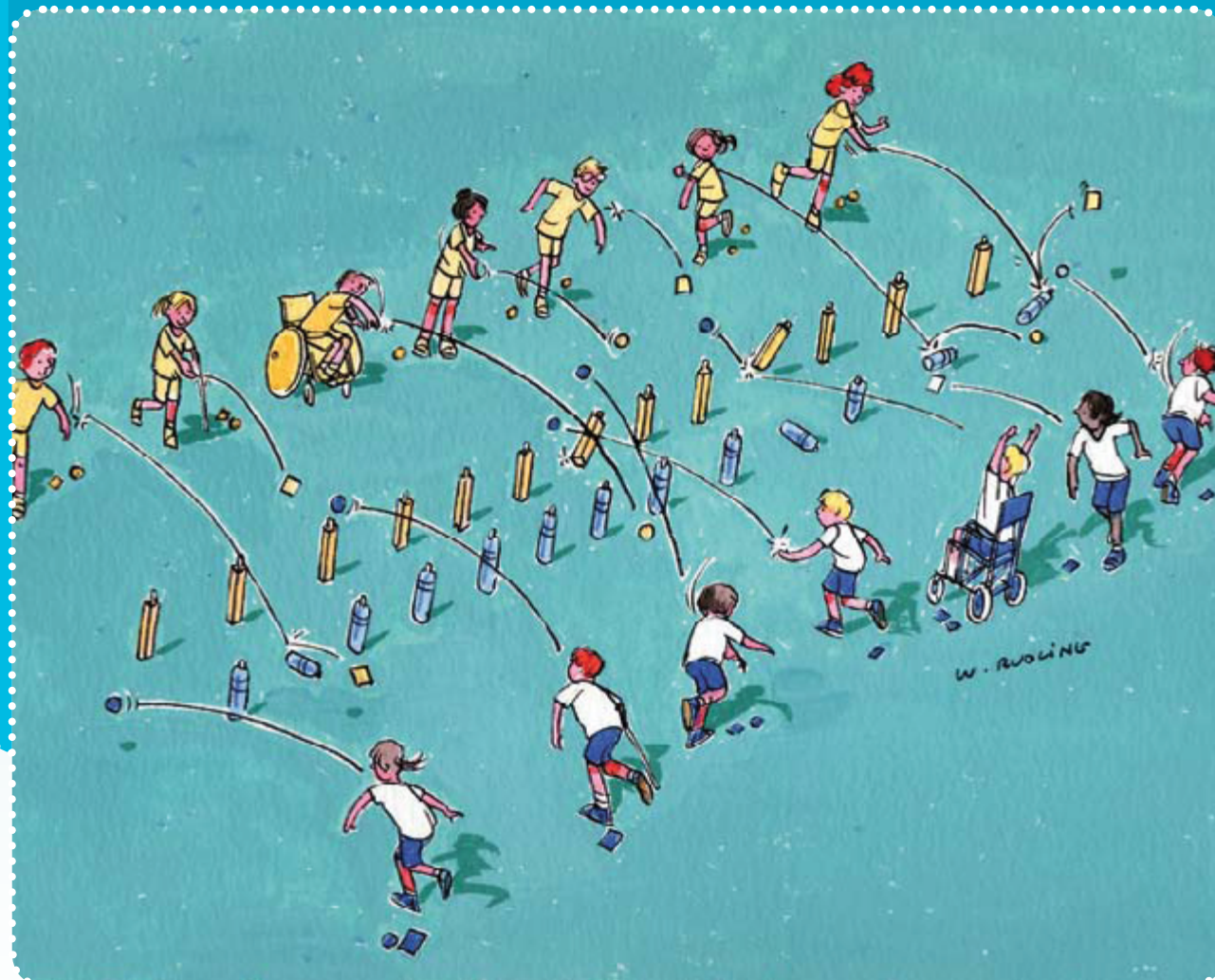


Net, court, wall games

Beanbag Skittles



How to play

- » Split players into two equal teams.
- » Teams stand approximately 20ft apart, facing one another.
- » Two rows of skittles/plastic bottles are placed in between the two teams.
- » Each team is allocated the row which is the furthest away.
- » Using beanbags and balls both teams attempt to knock down their own row of skittles.
- » The first team to do so successfully is the winner.

Equipment needed

- » Large playing area
- » Range of beanbags and balls
- » Even number of skittles/plastic bottles



STEP

Beanbag Skittles

	Easier	Harder
S	» Reduce the size of the playing area	» Use a larger playing area » Have a wider space between the skittles
T	» Teams to knock down closest row of skittles » Stop activity after specified time limit and count how many skittles each team has knocked over	» Players must use non-dominant hand when throwing » Introduce time limit for knocking down all skittles
E	» Use large balls » Use larger skittles » Allow unlimited number of beanbags	» Use smaller skittles » Allocated number of beanbags per player/team
P	» Increase the number of people on each team	» Reduce the number of people on each team

Impairment specific considerations:

Blind and partially sighted:

- » Use hi-visibility skittles

Deaf and hard of hearing:

- » Use flag/bib to signal start/finish of the activity

Physical Disability:

- » Ensure any players requiring ramp/chute have suitable supply of balls to throw

Learning Disability:

- » Consider allocating teams closest row of skittles

Tip: Ask kids to paint/colour used plastic drinks bottles to use as targets

Net, court, wall games

Balloon Volleyball



How to play

- » Split players into two equal teams.
- » Players on the same team sit on the floor side by side, facing the other team so feet are touching.
- » The activity starts when the leader throws a balloon into the middle of the players. Both teams try to score points by hitting the balloon behind their opposition.
- » Players try to keep the balloon in play by leaning back to retrieve it while their feet remain touching the opposition's.

Equipment needed

- » Balloons
- » Playing area



STEPS

Balloon Volleyball

	Easier	Harder
S	» Ensure players are sitting side by side with feet touching	» Increase the distance between the teams
T	» As a group, try to have a rally by tapping the balloon as many times as possible	» Keep score, first to score 7 pts wins the game
E	» Introduce larger funfair style balloon	» Introduce 2 balloons
P	» Increase the number of players on each team	» Play in pairs, 2 v 2
S	» Use only balloons, which ensures a slower moving game	» Introduce range of different balls to increase speed/difficulty of the game

Impairment specific considerations:

Blind and partially sighted:

- » Use rice in a 'covered' balloon

Deaf and hard of hearing:

- » Stop the game to introduce new rules or to give teaching points

Physical Disability:

- » Players unable to transfer to the floor could position themselves at the end of their team row

Learning Disability:

- » Stop the game to introduce new rules or to give teaching points
- » Introduce new rules or teaching points one at a time