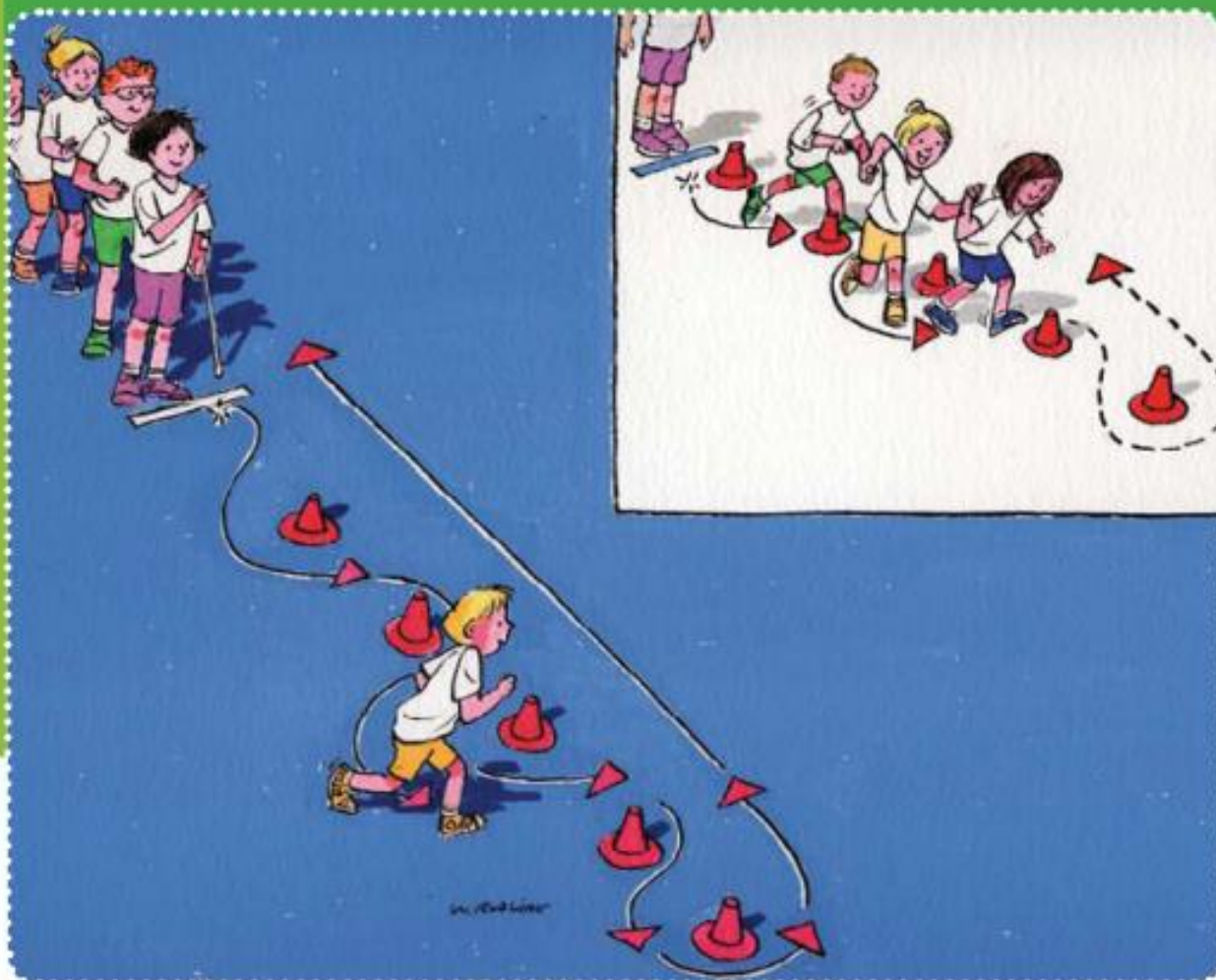


## Fundamental skills

# Snake Slalom



## How to play

- » Place at least five cones or markers in a straight line leaving approximately 2m between each one.
- » Players line up one behind the other at the first cone.
- » The first player in line weaves his/her way slowly through the cones. Once he/she has reached the last cone the player returns to the starting point by going back along the outside of the cones.
- » When back at the starting point player number 1 links arms with player number 2 who both complete the course before returning to link arms with players number 3 and so on.

## Equipment needed

- » Five or more cones/markers
- » Large playing area



## STEPS

# Snake Slalom

	Easier	Harder
<b>S</b>	» Increase the distance between the cones	» Reduce the distance between the cones
<b>T</b>	» Players do not have to hold on to players in front	» Perform slalom up and down again
<b>E</b>	» Use 'self righting cones'	» Use 'wide based cones'
<b>P</b>	» Increase the number of teams	» Increase the number of players in each team
<b>S</b>	» Continue to perform at a walking pace	» Complete the course as quickly and as safely as possible

**Tip:** Encourage teams to make the 'best sounding' and 'best shaped' snake as opposed to moving quickly

## Impairment specific considerations:

### Blind and partially sighted:

- » Not positioned to be the first in line

### Deaf and hard of hearing:

- » Use visual cues i.e. bibs / flags to signal start/finish of the activity

### Physical Disability:

- » Ensure adequate space between the cones
- » Position at the front of the line so that they are controlling the pace of their team

### Learning Disability:

- » Remind players to be 'snake-like' as opposed to moving fast
- » Provide straightforward reminders throughout the activity