

Primary and Secondary challenge card

This is a fun moving game. Set up a clock face with plates or buckets replacing the number. Each number is the same distance from the centre of the circle and from each other. Use objects such as a pair of socks or a ball and place one object on each plate at a time. The child stands in the middle of the centre of the circle and moves to each number placing one object on each plate at a time. The first child to place all of the objects on the plates wins the game.

STEP

The STEP 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.



Space

- Can be played indoors or outdoors
- Make the clock face large or small to suit the child's mobility and fitness level



Task

- The task is to move as quickly as you can from one point to another
- The specific task is to place one item on each of the clock numbers (plates) as quickly as possible



People

- The whole family can play this game, or a child can play the game by themselves

T



Time

- A single child can play against the clock
- If there is more than one child, the fastest time recorded is the winning time

E



Equipment

- 12 plates or cones to mark out a clock face
- 12 pairs of socks or other household items
- A timing device e.g. a mobile phone or stopwatch

Hints and tips for children with limb difference

- Lower limb difference - If the child has restricted mobility think of alternative ways they can move.
- Upper limb difference - use items that can be held easily with residual limbs such as a sock or cuddly toys
- Wheelchair user - if outside ensure the ground is hard and even to allow the wheelchair to move easily. Push forwards outbound and return to the centre by pushing backwards.



Activity Video Link: youtu.be/PZZWZpVIB3g

LimbPower is a registered charity. No.1132829

www.yourschoolgames.com