

### Primary and Secondary challenge card

This is a catch and touch game. Set out a square or four cones (or other suitable objects). Standing in the centre of the square throw the ball up in the air, touch the cones/s and then catch the ball. You can use anything to mark the square. The children can use different size or shaped balls or rolled up socks or soft toys. The square can be large or small to suit the child's ability.

### 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

- Ideally this is an outdoor game, it can be adapted to play indoors
- Make the squares larger or smaller depending on how mobile the child is

T



### Task

- Throw the ball into the air as high as you can
- Run, walk or wheel to the cone or reach out and touch the cone (if it is close by)
- Collect the ball and start again
- Increase the square size for more of a challenge

P



### Can be played by

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

T



### Time

- Allow the ball to bounce once, twice or more times depending on the child's ability
- Try using a balloon which moves more slowly or a soft toy which is easy to catch
- To make it more challenging you can time the game

E



### Equipment

- Something to mark out the square (cones, stones etc.)
- A range of small or large balls, balloons or cuddly toys
- A timing device e.g. a mobile phone or stopwatch

### Hints and tips for children with limb difference

- You can use larger or smaller cones or balls to make the game harder or easier
- Raise the cones off the ground to be more accessible to a child wearing a prosthesis or in a wheelchair
- Move however you are able (crawl/roll/shuffle)
- Upper limb difference - use a ball or a soft toy which can be caught easily with your residual limb/s
- Lower limb difference - the child can walk or run depending on how mobile they are
- The cones can be brought closer if the child has limited mobility
- Wheelchair user - If using a wheelchair, push forwards outbound and return by pushing backwards



Activity Video Link: [youtu.be/Giv9TRBGWU](https://youtu.be/Giv9TRBGWU)

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