

Sportical Statues

You need

Music (optional).

Be skilful!

- Focus on what your body is doing.
- Keep your trunk (middle body) strong.

Be safe!

- Look where you are going.
- Move into space.



Diving



Fencing



Goal keeper



Para-dressage

Did you know?

You use this skill in **diving** or **para shooting**



Wheelchair tennis



Para - archery

How to play

1. Move around the space.
2. Caller shouts "Stop!" and names an Olympic or Paralympic sport.
3. Make a statue to represent that sport in action.
4. Hold your pose for 5 seconds without wobbling.
5. Play again. Take turns to call.

Switch it!

- Choose your own sport and caller or partner must guess it.
- Copy a partner's statue.
- Make a statue with a partner.

Body Builder

Get set to.

Balance
staying **still**

You need

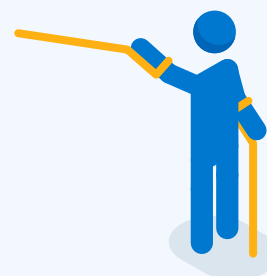
Dice.

Be skilful!

- Use different body parts each time.
- Use different surfaces for support.

Be safe!

- Look where you are going.
- Keep your distance.



Did you know?

You use this skill in **sailing** or **para dressage**

How to play

1. Move around the space.
2. Throw the dice.
3. Make a balance using that number of body parts, e.g., 3 = 1 foot+2 hands, 2 knees+1 elbow.
4. Hold for 5 seconds.
5. Play again. Use as many different body parts as possible.

Switch it!

- Use contact points instead of body parts, e.g., 3 fingers on wheelchair tray, 1 leg+2 crutches.
- Make the balance with a partner, e.g., 3 = A uses 2 hands, B uses 1 leg and supports handstand.

#PathToParis

For more activities: getset.co.uk/path-to-paris

Crocodile River

You need

- 5 'rocks' (benches, stools, cushions, crates, spots).
- 4 markers – 2 for each 'river bank'.

Be skilful!

- Keep your eyes on a fixed point.
- Keep your body strong as you freeze.

Be safe!

- Make sure the rocks are steady.
- Do not jump between rocks.



How to play

1. Place 5 rocks between the 2 river banks – 1 set per pair/team.
2. Take turns to cross the river, using only the rocks.
3. When the crocodile (one player) swims past, freeze on your rock.
4. If you wobble or fall in, the crocodile may eat you!

Switch it!

- Change the distance between or number of rocks.
- Balance in a space (e.g., hoop) instead of on an object.
- Be supported by your team mates.



1-2-3 Red Light

You need

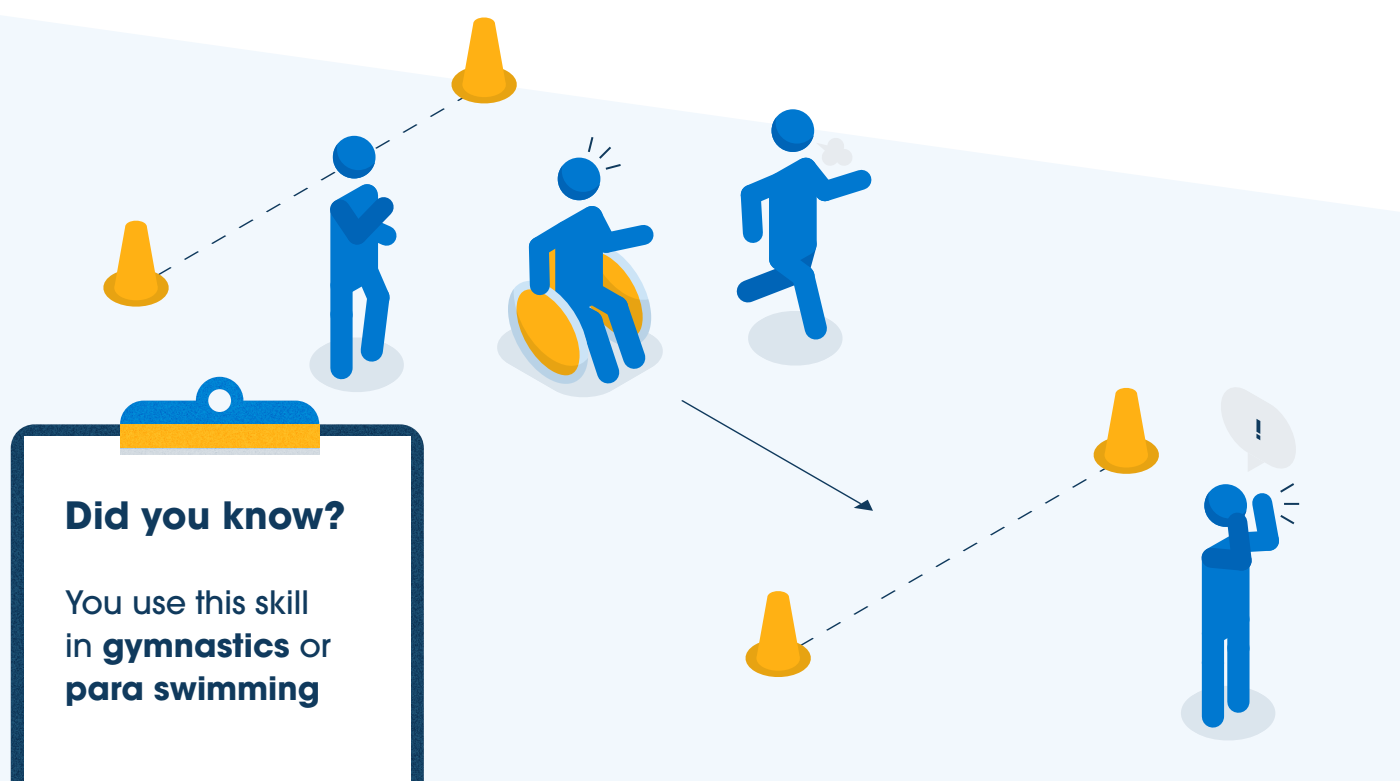
4 markers (cones, spots, chalk marks, tape, stones, plastic cups)
– 2 for start line, 2 for finish line.

Be skilful!

- Pay attention!
Be ready to stop.
- Control all of your body, not just legs.

Be safe!

- Look where you are going.
- Do not run into other players.



How to play

1. Caller stands on finish line with back to other players.
2. Calls "1-2-3...red light!" then turns and looks at players.
3. Players move from the start towards the finish line during "1-2-3" but stop for "Red light".
4. If caller sees anyone moving, they go back to the start.
5. First to finish becomes the caller.

Switch it!

- Change how you travel.
- Have different start lines for different players.
- Have a caller and an observer.

#PathToParis

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Shadow Me

You need

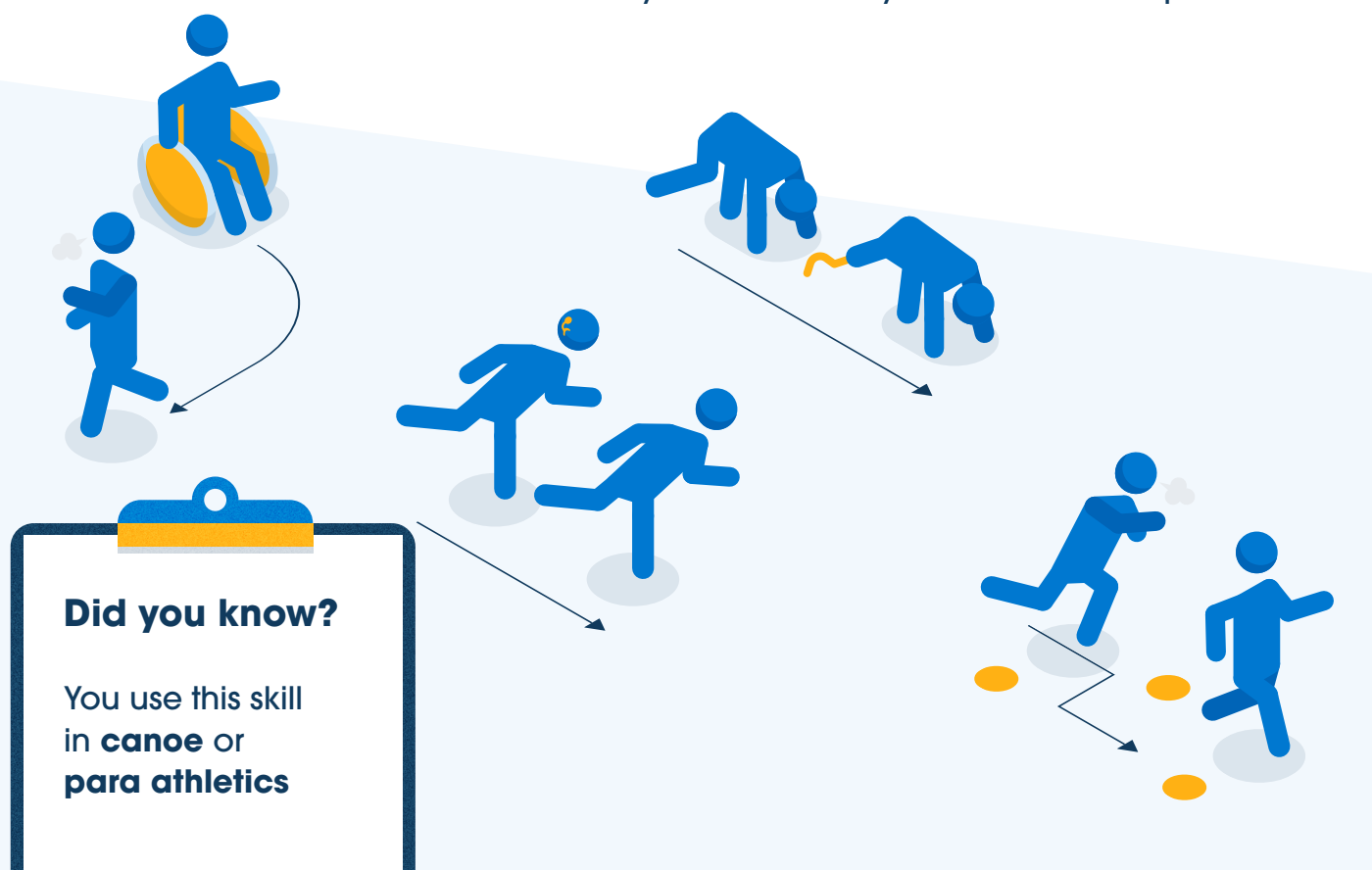
Obstacles to move over or around (optional).

Be skilful!

- Pay attention!
Get ready to change.
- Control your whole body.

Be safe!

- Look where you are going.
- Move into space.



How to play

1. Play in pairs – leader and shadow.
2. Leader moves around the space in different ways and directions, and stops to make shapes.
3. Shadow copies the leader as exactly as possible.
4. As leader, can you be creative?
5. As shadow, can you stick to the leader without bumping them or losing balance?

Switch it!

- Change speed, type and direction of movement.
- Make shapes to suit your partner.
- Add obstacles to go over or around.

Compass Control

You need

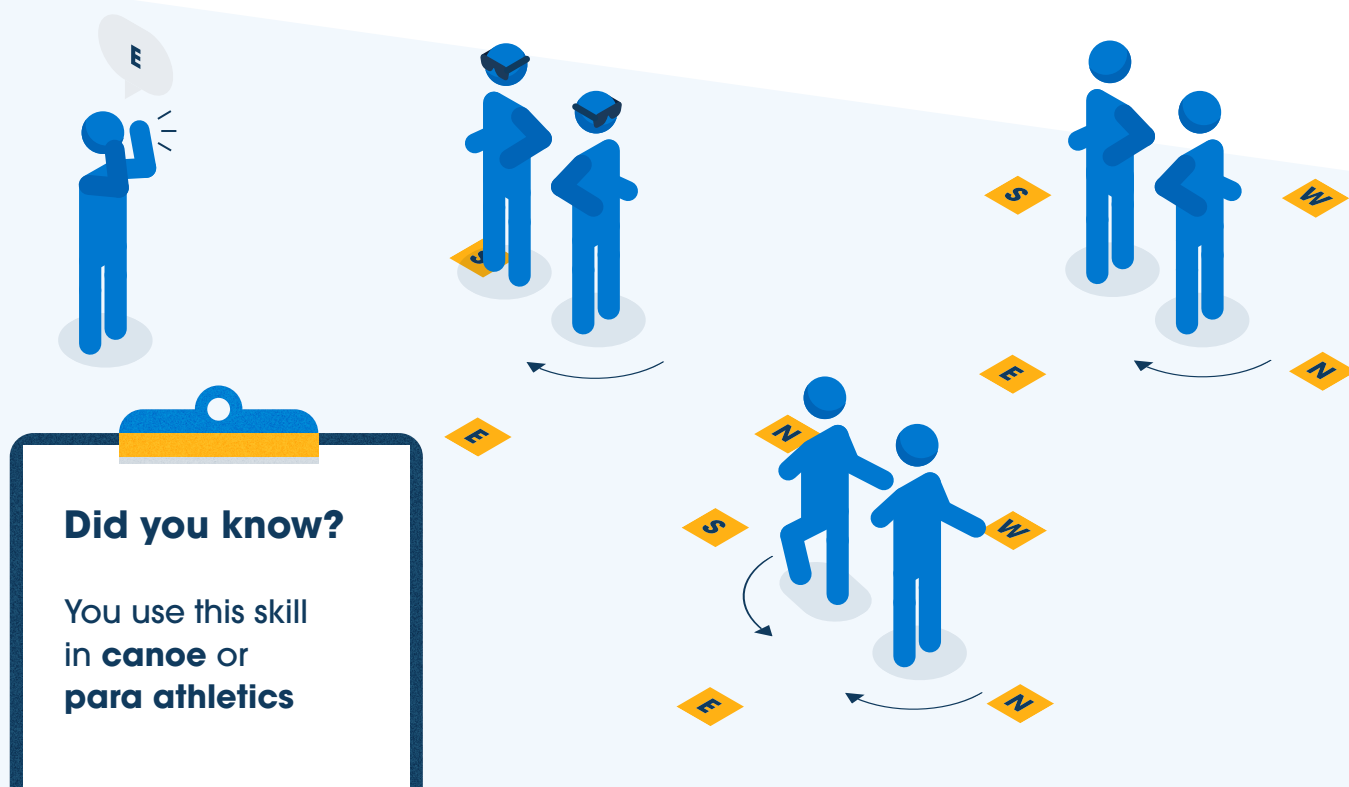
4 markers per player (cones, spots, chalk marks, stones, coasters).

Be skilful!

- Use your arms and legs for control.
- Have a wide base to stay balanced.

Be safe!

- Stay within your own space.
- Spread out from other players.



How to play

1. Place markers to show compass points – N, S, E, W.
2. Stand in the middle, facing N.
3. As caller shouts compass point, rotate (both feet move) or jump to face the direction.
4. How quickly can you face the new direction without falling over?
5. Try to pivot (one foot stays still) or swivel (body turns but feet stay still) in the following rounds.

Switch it!

- Speed up or slow down the calls.
- Add ordinal points, e.g., NE, SW.
- Use a clock instead of a compass.