

Keep It Up

Get set to:

Control
by **sending**

You need

- 1 small ball per person (paper ball).
- Bats or rackets (optional).
- Timer.

Be skilful!

- Keep your eyes on the ball.
- Focus on control, not speed.

Be safe!

- Keep your distance.
- Be aware when chasing balls.

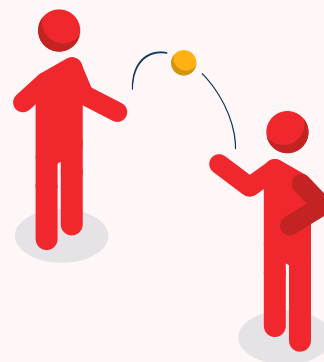
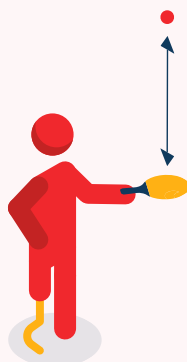


30 secs



Did you know?

You use this skill in **gymnastics** or **para table tennis**



How to play

1. See how many times you can tap the ball up without dropping it.
2. Time 30 seconds each round.
3. Repeat x 2. Try to beat your score.
4. Set yourself new challenges, e.g., higher, other hand, alternate hands, both hands, standing still, moving, with bat, to a partner.

Switch it!

- Use a balloon/beach ball or a gymnastics hoop/ribbon.
- Use any body part, e.g., head, shoulders, knees, feet.
- Bounce a ball downwards instead.

#PathToParis

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

Outer Space

You need

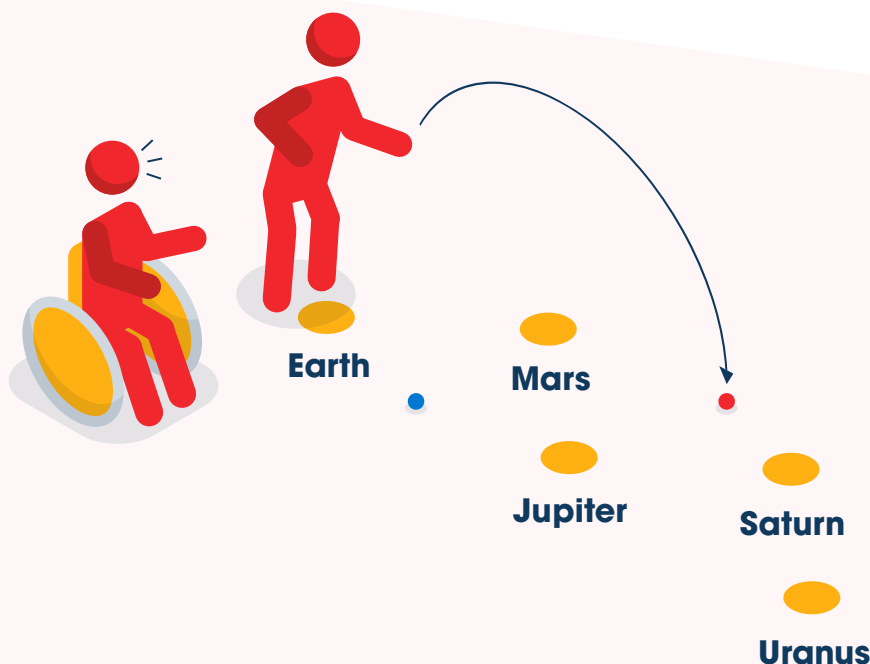
- 1 'spaceship' per team (ball, foam javelin, cardboard tube).
- Min. 4 markers per team (cones, tape, chalk marks, paper, stones).

Be skilful!

- Stand side-on to the target.
- Use swinging action.

Be safe!

- Send when the area is clear.
- Check before collecting balls.



How to play

1. The base marker is Earth.
2. Place min. 3 markers at increasing distances from Earth to represent Mars, Jupiter, Saturn etc.
3. In teams, try to get your spaceship on or near each of the planets.
4. Decide which team members will aim for which planets.
5. Can you reach Neptune?

Switch it!

- Change distances of the planets.
- Roll, underarm throw, overarm throw, kick, push, strike with bat.
- Compete instead of cooperating.

All In Order

You need

- 1 large ball (balloon ball, sponge ball, beach ball, volleyball).
- Alternative: use sticks or bats.

Be skilful!

- Look where you will send the ball.
- Watch the player throwing to you.

Be safe!

- Check receivers are ready.
- Aim for receivers' hands (feet).



Did you know?

You use this skill
in **football** or
wheelchair rugby

How to play

1. In small teams, stand in a circle.
2. Give each player a number, e.g., 1-2-3-4, in the circle.
3. Send the ball in order - 1 to 2, 2 to 3, 3 to 4, 4 to 1. Keep going until you know everyone's number.
4. Change positions in the circle. Can you still send to each other in the correct order - 1-2-3-4?
5. Keep changing positions after a few rounds.

Switch it!

- Have more or fewer people.
- Move while sending the ball.
- Roll, throw, volley, bounce, kick.

Keep Clear

You need

- Net (cones, tape, bench).
- Rubbish (paper balls, Koosh balls, bean bags).
- Timer.

Be skilful!

- Watch the senders.
- Predict where the rubbish will land.

Be safe!

- Do not throw at people.
- Check for others when moving.



60 secs



Did you know?

You use this skill
in **basketball** or
wheelchair tennis

How to play

1. Players stand on either side of the net, each with a pile of rubbish.
2. On "Go!", send your rubbish to the opposite side of the net.
3. Try to keep your side clear by returning rubbish.
4. Play for 60 seconds.
5. Who has the least rubbish on their side of the net?

Switch it!

- Have no net or adjust height.
- Have unequal teams, e.g. 3 v 5.
- Roll, throw, kick, push, use chute.

Top-Class Catcher

You need

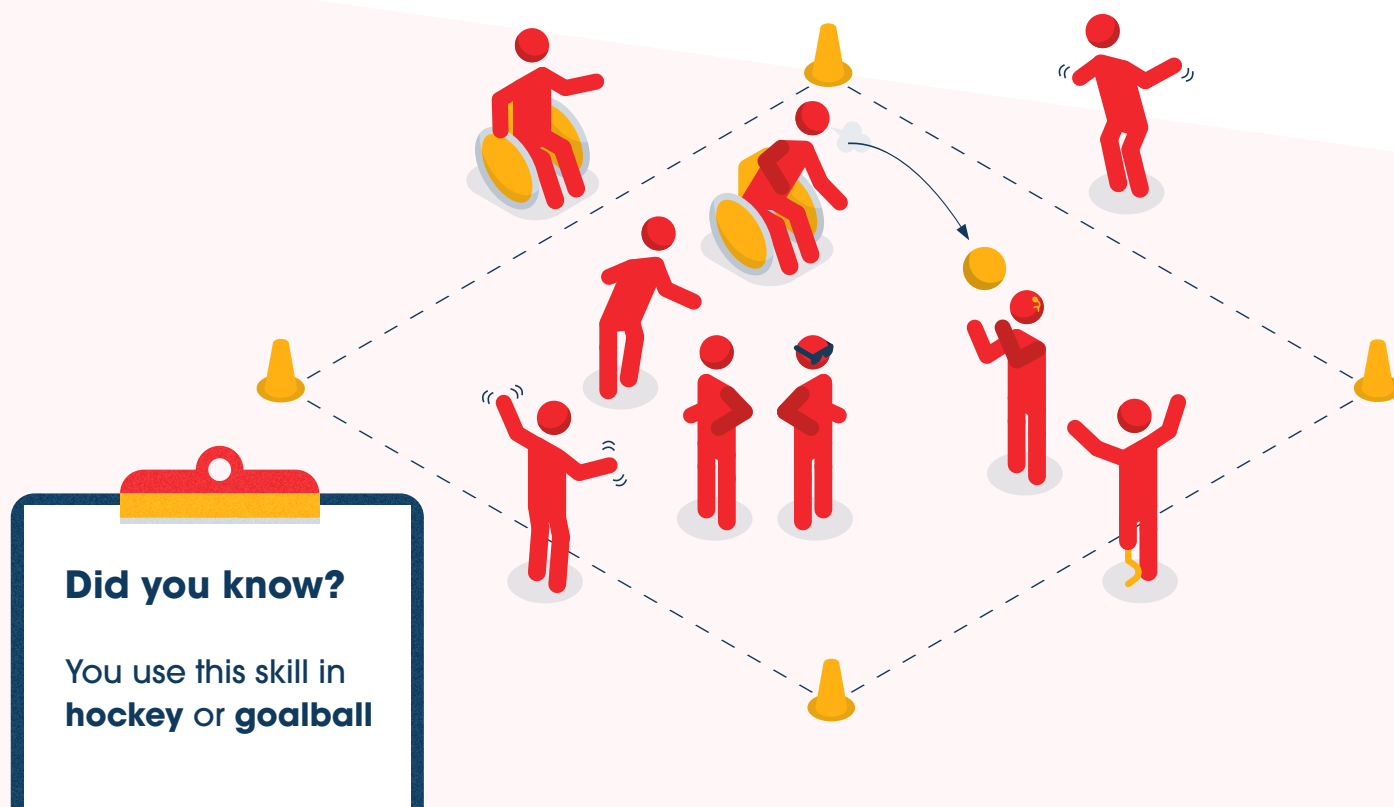
- 4 markers (cones, chalk marks, tape, plastic cups).
- 1 large ball (or hockey sticks/balls).

Be skilful!

- Keep your hands ready to receive.
- Follow other players' movements.

Be safe!

- Check the receiver is ready.
- Move into space while playing.



Did you know?

You use this skill in **hockey** or **goalball**

How to play

1. Mark out a square so there are 4 equal goal lines.
2. Have 4 neutral catchers – one for each goal line.
3. Players in the middle are in teams, e.g., 3 v 3.
4. Pass the ball between team mates then score by passing it to a catcher. You choose which one.
5. You score if the catcher catches or traps the ball.

Switch it!

- Throw, kick, or dribble and pass.
- Have 2 catchers on a line, one for each team or both neutral.
- Give wheelchair users a channel.

Bouncing Back

You need

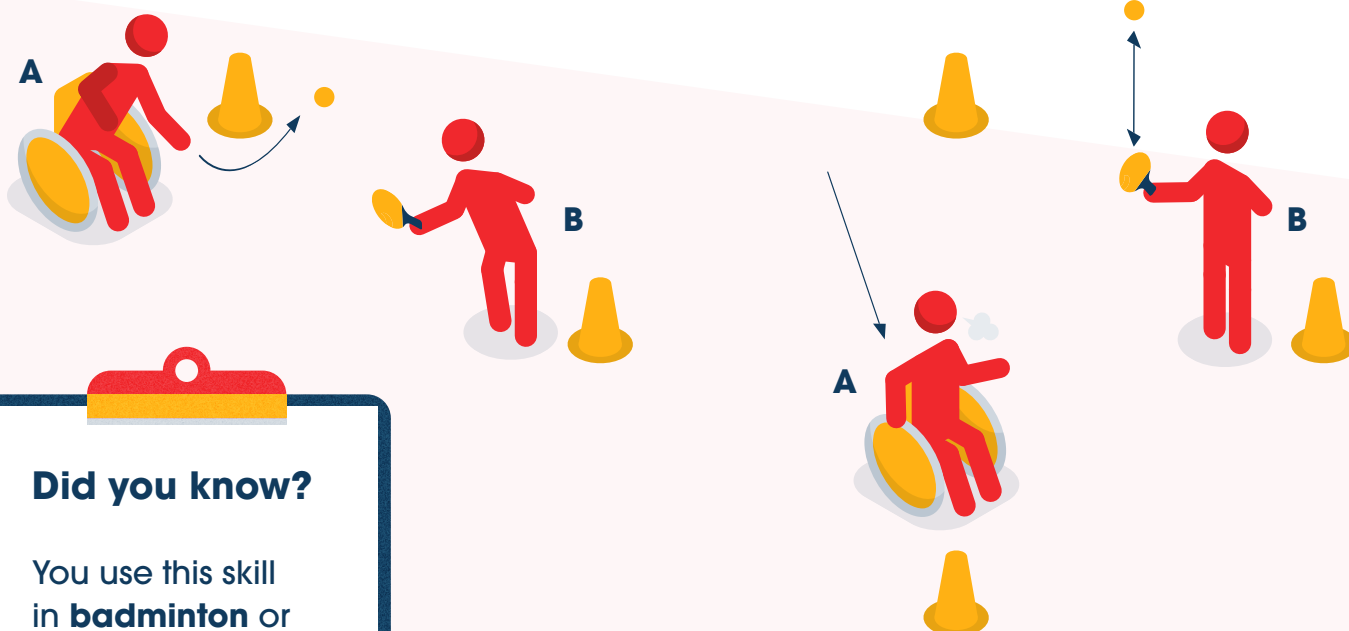
- 3 markers (cones, plastic cups).
- 1 small ball/shuttlecock per pair.
- 1 bat (table tennis, racket, hand).

Be skilful!

- Watch the sender.
- Keep your hands /bat ready.

Be safe!

- Pick up loose balls.
- Check behind the receiver.



Did you know?

You use this skill in **badminton** or **sitting volleyball**

How to play

1. Set out the markers in a triangle.
2. A stands by one corner of the triangle.
B – with the bat – stands by another corner.
3. A bounces the ball to B who volleys or controls it and bounces it back to the other corner.
4. A has moved to the other corner to catch or trap it.
5. Repeat for a few goes before swapping over.
6. You score if the catcher catches or traps the ball.

Switch it!

- Try volleyball (hand and balloon).
- Give both players a bat.
- Both A and B stand still.