

SEND ACTIVE AT HOME | ACTIVITY CARD 5

www.sendactive.org/sendactive-at-home #SENDactiveAtHome



STAYING SAFE

- Only do these activities in **safe spaces** such as inside your own home or garden and **only with other people you live with**.
- **Wash your hands** before and after doing these activities.
- All activities should be **overseen by a responsible adult** within your home. Better still... why not get them involved too?

SPEED BOUNCE / TAP

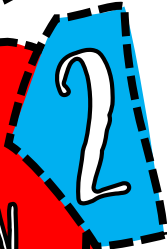
You will need:

- something to mark a line

- Find a space where you won't knock into anything or anyone.
- Mark a line on the floor using tape, a stick or a rolled-up towel.
- Try to bounce from one side of the line to the other and then back again. How many bounces can you do in 30 seconds?
- Why not try jumping side-to-side or front-to-back?
- You can also do this activity sat in a chair or on the floor and tap each side of the line with your feet or hands.
- If you are a wheelchair user, you can try to move the front of your chair over the line from side-to-side as many times as possible in 30 seconds.



STRIKE / KICK WHILST LYING DOWN



- Place some objects either side of you / young person.
- Try to knock the objects down or move them with different parts of the body.
- If you have an A-frame you can hang objects for you / young person to strike or kick.

[CLICK HERE for a video of this activity from Special Olympics Great Britain](#)



You will need:

- A selection of objects such as balls, bottles, soft toys etc.

SEND ACTIVE AT HOME | ACTIVITY CARD 5

www.sendactive.org/sendactive-at-home #SENDactiveAtHome

SEND
active

“POT THE SOCKS” SNOOKER

- Find a smooth flat surface to do this activity. A table is best, but you can also do this activity on the floor.
- Place a target (cans / tins / mugs) in each corner of the table.
- Place your pairs of socks in the middle of the table, but keep one pair of socks aside as your “cue ball”. You will need to remember which pair of socks is your “cue ball” so perhaps choose your most colourful ones for this!
- The aim is to try to hit any of the targets with a pair of socks by knocking the socks with your “cue ball”.
- If you miss the target, simply try again.
- Once you “pot the socks” remove them from the table and then attempt to hit a target again with another pair of socks, using your “cue ball”.
- You should roll / push your “cue ball” towards another pair of socks from wherever it finishes each time.
- If a pair of socks rolls off the table, simply place it back on the table near where it left.
- If you are doing this activity alone, why not see how quickly you can pot all the socks on the table?
- If you are doing this activity with someone else, take it in turns to try to and see who can pot the most socks.
- You may wish to use a ramp (chopping board) or pusher (wooden spoon) to roll or push your “cue ball”.

3

You will need:

- a smooth flat surface (table)
- 8-15 rolled up pairs of socks
- 4 cans / tins / mugs

