

PARACHUTE POPCORN

You will need:

- lots of soft objects like cuddly toys, soft balls and rolled-up socks
- a blanket or bed sheet
- a few containers (bucket, washing-up bowl, empty plant pots)

- Find a large enough space to play this game, where you won't risk breaking anything or bumping into objects around you. If you can safely play in the garden, that is the best place.
- Lay your blanket on the ground and place all the soft objects in the middle.
- Each person playing now holds on to a part of the side of the blanket and everyone carefully lifts it up to around waist height.
- One person shouts "GO!" and everyone shakes the blanket as much as possible until all the soft objects have "popped" off into the air and landed on the ground!
- Now try to collect all the soft objects in as quickly as possible and put them into the containers. You could have different containers for different types of object or have a container each and try to collect as many as you can. Be careful not to bump into other people or objects around you.



Let us know how these activities go!
Tag @SENDactive on Twitter

Panathlon

Primary / Secondary

These fun activities are a bit like the ones you could do at a Panathlon event. Why not give them a go with other people at home?

SKITTLES

You will need:

- as many plastic or paper cups as you can find
- a ball or rolled-up pair of socks

- Place the cups upside down on the floor.
- Using a ball or rolled-up sock, try to knock the cups over from a short distance, by throwing or rolling.
- As you get better at knocking the cups over, you can move further away or try making the target smaller.



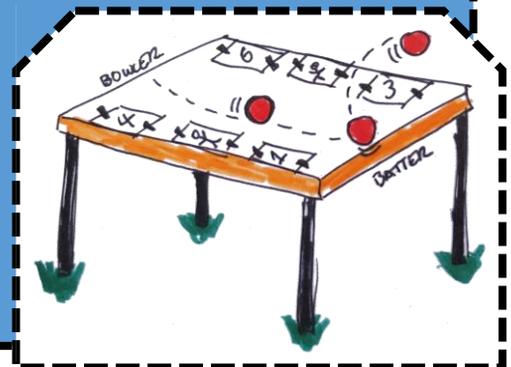
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TABLE CRICKET

You will need:

- a table
- soft ball or rolled-up socks
- paper, pens and tape

- Draw some cricket fielders (or print out the one provided) and write some numbers on some pieces of paper and then stick these around the edges of an empty table (make sure you ask permission from an adult).
- The bowler rolls a soft ball or rolled-up pair of socks from one end, over the table towards the batter at the other end, who then uses their hands (or similar) to hit the ball/socks.
- The aim is to score as many “runs” as possible by hitting the ball/socks over the numbers, avoiding the “fielders” who will “catch” you out



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