

SEND ACTIVE AT HOME | ACTIVITY CARD 7

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

SEND
active

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?

ALIEN INVASION

- Mark your start point and place another marker at the other side of the area.
- Place some soft objects (soft toys / cushions) across the area between the start and finish point. These are aliens who have come to Earth to steal the “gold rock” (your chosen item).
- Can you carry the “gold rock” using your hands, from the start point, to the other side and back again? Try to avoid the aliens, as they will steal the “gold rock”!
- See how quickly you can get from one side to the other and back. Can you try to beat your own time?

You will need:

- 5 – 10 soft toys / cushions
- “gold rock” item of choice

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STRIKE WITH HANDS

- Place your object of choice on a tray or table in front of you, and attempt to push the object between each hand.
- Try knocking your objects over or off the tray or table with your hands, towards a target on the floor.
- Try hanging a balloon on some string in front of you (someone can hold or tie to a frame) and attempt to strike the balloon.

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



Special
Olympics
Great Britain

You will need:

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

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"GET IN THE CUP" GOLF

IMPORTANT: *Golf clubs can be dangerous if not used carefully. Make sure that you do not swing the wooden spoon / wrapping paper or real / plastic golf club until you are sure that there is nobody around you and ensure there is nobody in front of you when you hit or roll your ball.*

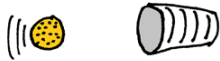
You can use any of the following "golf clubs" for this activity. Why not try using a few different "golf clubs", and see which one works best for you?

You will need:

- plastic / paper cup or mug
- a small ball or rolled up paper
- choice of "golf club" or your hands



Wooden spoon golf club on table or seated on floor



Rolling with hands



Wrapping paper golf club



Real or plastic golf club



- Find a suitable space or table to do this activity. You can use an outdoor or indoor space, but make sure that there is nothing around you that you could damage, and that you can do the activity safely.
- Mark a tee (where you will hit / roll the ball from) and then lie your plastic / paper cup or mug down with the open end facing the tee.
- The aim is to hit / roll your ball towards the cup, attempting to get it to roll inside. If you miss, try again.
- Start with the cup close and move it further away as you get better. You could even stand the cup up, and attempt to "chip" your ball into it.
- You could also use a ramp (plank of wood) to roll your ball towards the cup if you would prefer to.

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