1. **Wall Target**

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| **How to –** * Challenge members of your family to see who can get closest to the wall without touching it!
* You can use a pair of rolled up socks or a bean bag or soft tot
* Decide what distance to start from the wall
* Send your item by throwing, pushing, kicking
* If your item hits the wall it cannot count
* See who can get to 5 points first!
 |
| **Equipment –** pair of socks or soft toy or bean bag |
| **Skill related focus –** **Target** |
| **Points system –** Every time you get closest to the wall you score a point. Who can get to 5 points first! |

**WALL TARGET**

**Score sheet**

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| --- | --- | --- |
| **Name** | **Points tally** | **Final score** |
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1. **Slalom Course**

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| **How to –** * Select 6 items to act as markers
* Set them out in the garden or in a room at least 1m apart
* Choose someone to time you
* Travelling in a figure of 8 how long does it take you to move in and out of the 6 markers and back
* Try this 3 times and try to beat your score
* If you find this easy try balancing something on your head and try again!
 |
| **Equipment –** 6 items to act as markers (cans, toys, books, cones) a stopwatch |
| **Skill related focus –** **Agility** |
| **Points system –** Give yourself 1 point if you beat your best score. Give yourself 3 points if you beat your best score for a second time. Give yourself 5 points if you managed to do it balancing something on part of your body |



**SLALOM COURSE**

**Score sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Time 1** | **Time 2** | **Time 3** |
|  |  |  |  |
|  |  |  |  |
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1. **Soccia**

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| --- |
| **How to –** * Challenge a member of your family to play against
* Each person will need 6 socks folded into a ball shape and ideally of different colours (player 1 has 6 red socks, player 2 has 6 blue socks)
* Choose a white item to become the target or ‘Jack’
* Decide who is going first. They will choose where to place the target.
* Take it in turns to see who can get their sock closest to the target
* Whoever is closest scores a point.
* Challenge different people or play the game three times
 |
| **Equipment –** 6 socks of the same colour, 6 socks of a different colour. A target |
| **Skill related focus –** **Target and Cognitive Skills** |
| **Points system –** 1 point if only 1 of your socks is closest to the target. 2 points if 2 of your socks are closest to the target etc |

**SOCCIA**

**Score sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Game 1** | **Game 2** | **Game 3** |
|  |  |  |  |
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1. **Treasure Hunt**

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| **How to –** * Ask a member of your family to hide 5 items in a room or in the garden
* Ask them to take a picture of the items or draw a picture of what you are looking for
* Once the items are hidden, ask them to start you off and time how long it takes you to find all five items
* Once finished, record your score
* Ask them to hide the same items in different places or choose 5 different items to hide
* Can you beat your time?
* Can you beat any of your family members times?
 |
| **Equipment –** 5 items to hide, picture or photo of the items, stopwatch |
| **Skill related focus – Cognitive and Physical Skills** |
| **Points system –** 1 point if you beat your time, 3 points if you beat a family members time! |

**TREASURE HUNT**

**Score sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Game 1** | **Game 2** | **Points** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |