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 |

A picture containing object, laptop, computer, clock

Description automatically generated

**SLALOM COURSE**

**Score sheet**

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| --- | --- | --- | --- |
| **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**

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| --- | --- | --- | --- |
| **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** |
|  |  |  |  |
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|  |  |  |  |
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