



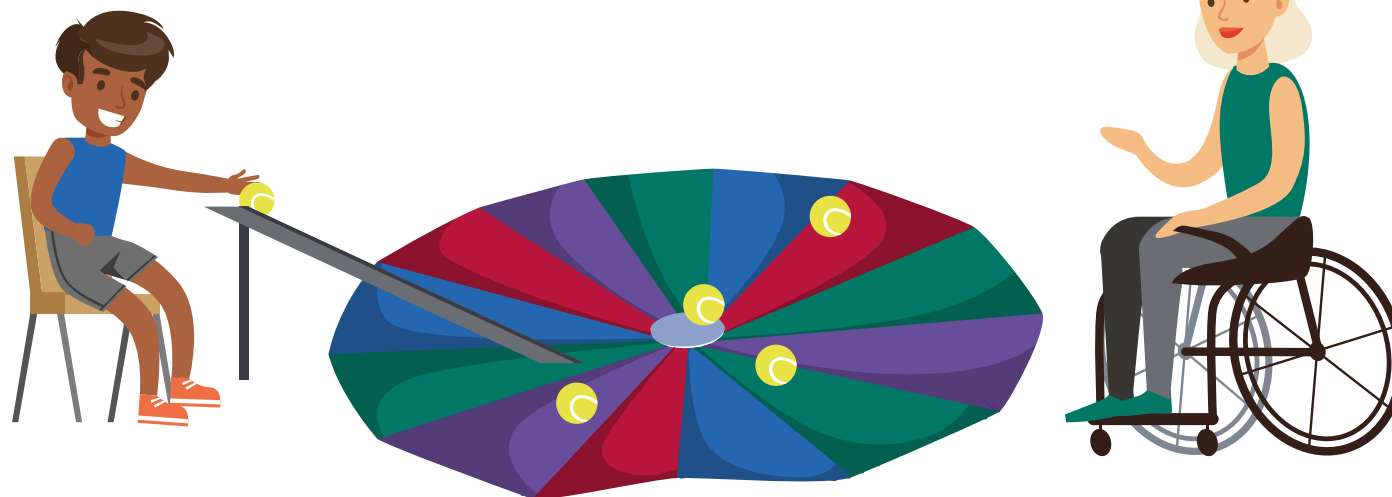
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Net, court, and wall games



Parachute throw

How to play

- Put participants into pairs (2s) and position them around a parachute.
- In each pair, one participant is the thrower, and their partner is the receiver.
- The thrower propels an object towards a colour on the parachute chosen by their partner.
- If the thrower hits the correct colour, they get one point. Their partner counts their score.
- Each participant gets five throws before swapping roles with their partner.



Equipment

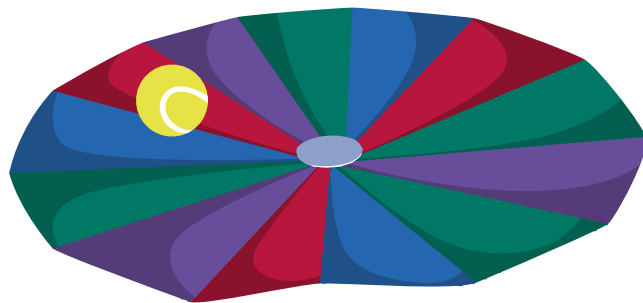
-  Parachute
-  Range of balls and suitable objects to throw/propel on to the parachute. E.g. balls, beans bags, soft toys



1. Net, court, and wall games: Parachute throw

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the distance between the thrower and the target. 	<ul style="list-style-type: none"> Increase the distance between the thrower and the target.
Task	<ul style="list-style-type: none"> Players score points for objects that land on the parachute. 	<ul style="list-style-type: none"> Reduce the size of the target area on the parachute.
Equipment	<ul style="list-style-type: none"> Use a bean bag or soft object instead of a ball. 	<ul style="list-style-type: none"> Reduce the size of the ball or object being thrown.
People	<ul style="list-style-type: none"> Reduce the number of participants taking part. 	<ul style="list-style-type: none"> Increase the number of participants taking part.



Impairment specific considerations

Blind and visually impaired participants

- Use brightly coloured or high visibility targets.
- Use sound to support participants to locate where the target is and how far away it is.
- Encourage participants to walk towards the target to gauge distance.

Participants with a learning disability

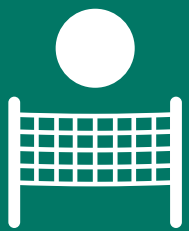
- Give a practical demonstration for each instruction to ensure understanding.

Deaf and hearing-impaired participants

- Give a practical demonstration of the activity before you start.
- Use visual signals, signs, or cue cards to communicate to participants and reinforce the task.

Participants with a physical impairment

- Participants can roll or slide balls and objects across the parachute.
- The parachute or target can be placed on a raised surface.
- A ramp can be used to propel balls and objects.



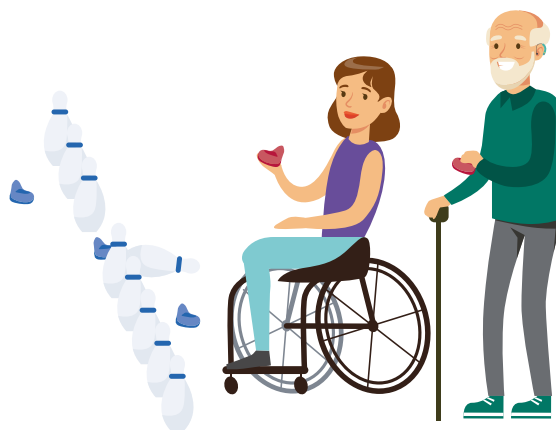
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Net, court, and wall games




Bean bag skittles

How to play

- Split your group into two equal teams.
- The teams stand approximately six metres apart, facing each other.
- Two rows of skittles or plastic bottles are placed between the two teams.
- Each team is allocated the row furthest away from them.
- Using bean bags and balls both teams attempt to knock down their own row of skittles.
- The first team to knock down all their skittles wins the game.



Equipment

-  Large playing area
-  Range of bean bags and balls
-  Even number of skittles or plastic bottles

Challenge yourself - can you:

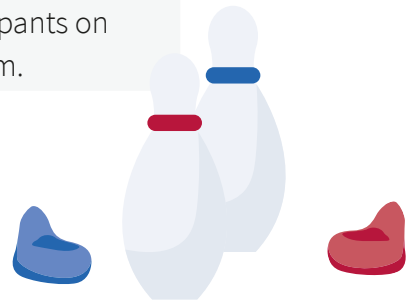
1. Count how many throws it takes your team to knock over all the skittles. Can you beat that score next time?
2. Try different ways to throw the bean bags or balls at the skittles.
3. Think about what other objects you could use to knock down the skittles.



2. Net, court, and wall games: Bean bag skittles

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of the playing area. 	<ul style="list-style-type: none"> Increase the size of the playing area. More space between the skittles.
Task	<ul style="list-style-type: none"> Teams to knock down the row of skittles closest to them. 	<ul style="list-style-type: none"> Players must use their non-dominant hand to throw the bean bags.
Equipment	<ul style="list-style-type: none"> Use large balls. Use large skittles. Allow an unlimited number of bean bags or balls. 	<ul style="list-style-type: none"> Use small skittles. Limit the number of bean bags and balls per participant / team.
People	<ul style="list-style-type: none"> Increase the number of participants on each team. 	<ul style="list-style-type: none"> Reduce the number of participants on each team.



Impairment specific considerations

Blind and visually impaired participants

- Use high visibility or brightly coloured skittles.

Participants with a learning disability

- Depending on ability allocate teams the row of skittles closest to them.

Deaf and hearing-impaired participants

- Provide a visual demonstration of the activity.
- Use visual cues. E.g. a flag or colourful bib to signal the start and end of the activity.

Participants with a physical impairment

- If using a ramp, ensure participants have plenty of balls or bean bags to throw.
- Raise skittles off the floor, and place them on a table or bench.



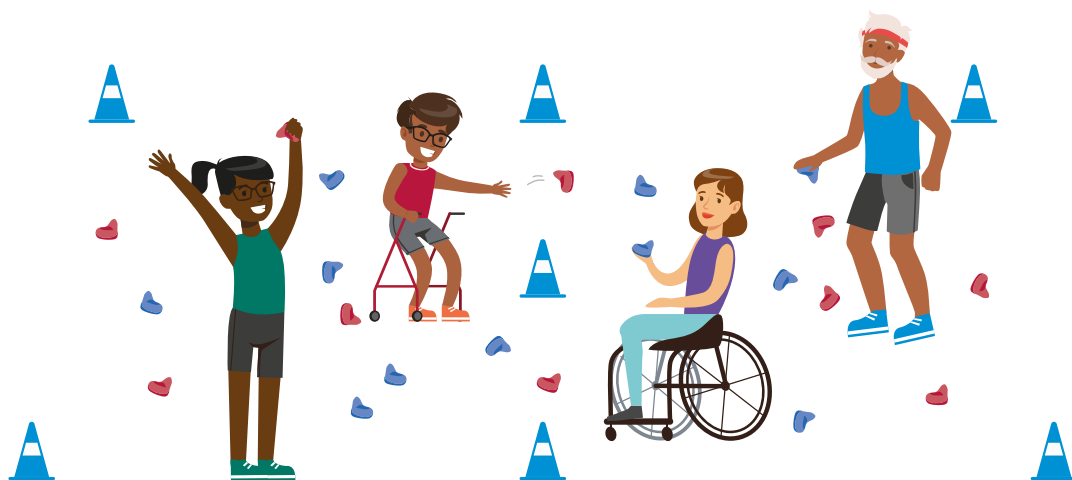
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Net, court, and wall games

Clear my area

How to play

- Split your group into two equal teams.
- Use cones to divide the playing area into two areas, one team on each side.
- Each team starts with 10 bean bags or balls in their area.
- The aim is for each team to clear their area by throwing the bean bags or balls into the opposition's area.
- At the end of the set time, the team with the least number of bean bags or balls in their area are the winners.



Equipment



Large playing area



Bean bags and balls



Cones or markers

Challenge yourself - can you:

1. Count how many bean bags and balls are in your area at the end of the game.
2. Add targets into the game for bonus points.
3. Catch any of the bean bags or balls as they are thrown into your area.
4. Come up with some team tactics to beat the opposition.



3. Net, court, and wall games: Clear my area

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of the playing area. 	<ul style="list-style-type: none"> Increase the size of the playing area.
Task	<ul style="list-style-type: none"> Shorten the time of each game. 	<ul style="list-style-type: none"> Players to use their non-dominant hand to throw.
Equipment	<ul style="list-style-type: none"> Use large balls. Reduce the number of bean bags or balls in each team's area. 	<ul style="list-style-type: none"> Increase the number of bean bags or balls in each team's area.
People	<ul style="list-style-type: none"> Limit the number of participants on each team. 	<ul style="list-style-type: none"> Increase the number of participants on each team.



Impairment specific considerations

Blind and visually impaired participants

- Use high visibility or brightly coloured bean bags and balls.
- Use soft or low impact balls.

Participants with a learning disability

- Give prompts and reminders during the activity.
- Introduce new rules one at a time and reinforce during the game.

Deaf and hearing-impaired participants

- Give a practical demonstration of the activity before you start.
- Use visual cues. E.g. a flag or colourful bib to signal the start and end of the activity.

Participants with a physical impairment

- Use lighter objects or balls E.g. paper balls or balloons.
- Use a ramp to assist participants to roll balls across to the other team's area.



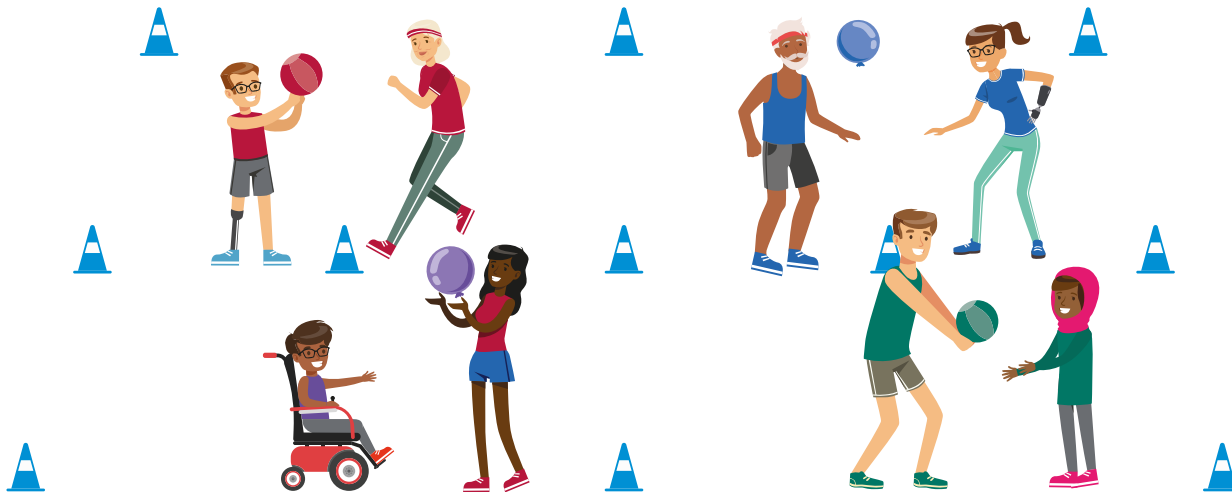
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Net, court, and wall games

Volley skills

How to play

- Split your group into four smaller groups.
- Give each group a separate playing area to use.
- Using a ball, each group aims to keep the ball from touching the ground by hitting the ball upwards into the air.
- Each group keeps score of how many hits they complete before the ball touches the ground.
- Once the ball touches the ground, the game starts again from zero.



Equipment



Large playing area



Cones or markers



A range of balls. E.g. volleyball, large foam ball, football

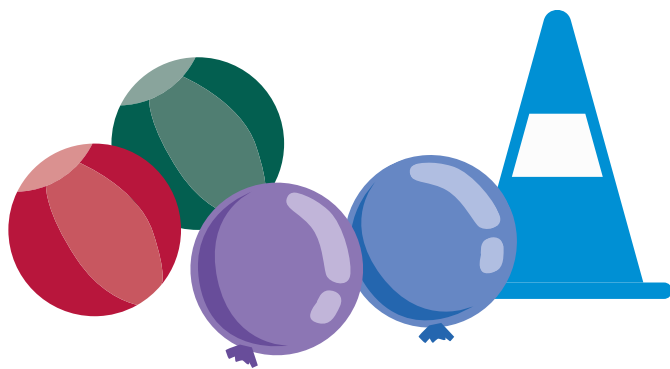
Challenge yourself - Have a go at:

1. Working with a teammate to improve your technique.
2. Using team tactics to achieve a higher score.
3. Adapting the game so everyone can take part - try changing the task or the equipment.



Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of the playing area. 	<ul style="list-style-type: none"> Increase the size of the playing area.
Task	<ul style="list-style-type: none"> Allow participants to catch the ball before throwing it upwards. 	<ul style="list-style-type: none"> Give participants a passing sequence to follow.
Equipment	<ul style="list-style-type: none"> Use a larger, lighter, or softer ball. 	<ul style="list-style-type: none"> Give participants two balls to keep up at the same time.
People	<ul style="list-style-type: none"> Reduce the number of participants in each group. 	<ul style="list-style-type: none"> Increase the number of participants in each group.



Impairment specific considerations

Blind and visually impaired participants

- Use an audible ball or a balloon with rice inside it.

Participants with a learning disability

- Give clear instructions and use practical demonstrations.

Deaf and hearing-impaired participants

- Use visual cues. E.g. a flag or colourful bib to signal the start and end of the activity.
- Stop the game to introduce new rules or give teaching points.

Participants with a physical impairment

- Use a lighter or softer ball to hit. E.g. a balloon, or beach ball.
- Participants can take part in a seated position.



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Net, court, and wall games

Wall squash

How to play

- Split group participants into pairs (2s) and set them up on a small marked out court facing a wall.
- Participant one throws a ball against the wall so that it bounces or lands within the court.
- Participant two can allow the ball to bounce once before catching it and then throwing it back against the wall to player one.
- Participants continue passing back and forth to each other. If the ball bounces twice on the court, or it lands outside the court, the participants restart from zero.
- Each pair keeps a score of how many throws they complete with no errors.



Equipment

-  A large playing area
-  A wall
-  Cones or markers
-  A range of balls

Challenge yourself - can you:

1. Adapt this activity so everyone in your group is included and can play against each other?
2. Work together to improve each other's skill level?



Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Reduce the size of the playing area.
Task	<ul style="list-style-type: none"> Increase the number of bounces allowed. Allow participants to roll the ball against the wall. 	<ul style="list-style-type: none"> Participants can only use their non-dominant hand to throw the ball.
Equipment	<ul style="list-style-type: none"> Use a larger or lighter ball. 	<ul style="list-style-type: none"> Introduce a racquet or bat.
People	<ul style="list-style-type: none"> Take part individually first to develop throwing and catching skills. 	<ul style="list-style-type: none"> Increase the number of participants on each court.

Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.

Participants with a learning disability

- Give prompts and reminders during the activity.
- Encourage participants to focus on accuracy rather than scoring points.

Deaf and hearing-impaired participants

- Demonstrate the activity to the group before you start the activity.

Participants with a physical impairment

- Participants can take part from a seated position in a small area.
- Play on a raised surface by positioning a table up against a wall.

