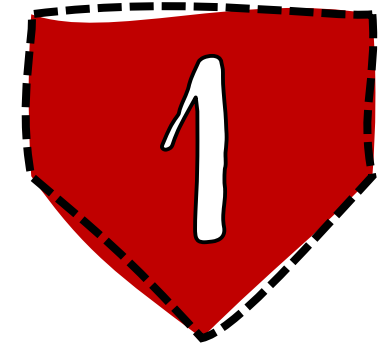


# MULTISPORTS

SEND  
active

## STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.



## SKITTLES

- Set up the skittles in a safe area.
- Mark a line a short distance away from the skittles.
- Using a suitable ball try to knock the skittles over by throwing or rolling.
- How many skittles can you knock down in three throws / rolls?

## HOW TO ADAPT THIS ACTIVITY

- Create a bigger or smaller target by changing how the skittles are positioned.
- Move the throwing / rolling line closer or further away from the skittles.
- Change the size and weight of the ball – a larger ball may be easier to roll accurately towards the skittles, whilst a smaller ball may require a higher level of skill.
- Allow the use of a ramp to throw / roll where required.

## EQUIPMENT

- skittles or plastic / paper cups
- balls of varying sizes
- a ramp (Boccia / Kurling ramp) or similar



CLICK HERE TO CHECK  
OUT A VIDEO OF THIS  
ACTIVITY

# MULTISPORTS

## TENNIS KEEP-IT-UPS

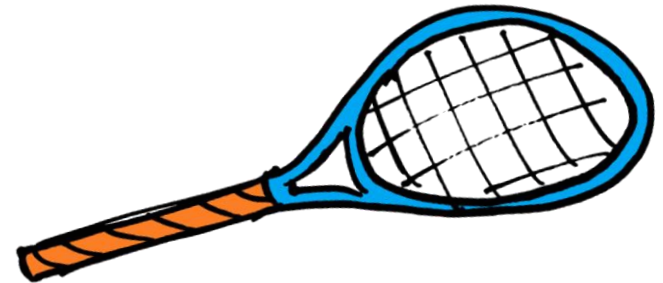
- Make sure you have plenty of room around you.
- Start by balancing your ball or balloon on your racquet or hands.
- Once comfortable with this, see if you can hit the ball / balloon into the air and let it land on your racquet or hands.
- Now see if you can hit the ball up into the air two or three times.
- How long can you keep your ball / balloon in the air without it hitting the floor? Can you do it for 5 seconds? Now try 10 seconds? 20 seconds?

### HOW TO ADAPT THIS ACTIVITY

- Try using different equipment (see above).
- Try using different sized balls.
- Allow the ball to bounce on the floor between hits.

### EQUIPMENT

- tennis racquet / tray / chopping board
- balls of varying sizes / balloons (sanitise after inflating)



## OTHER RESOURCES

VISIT THE SENDACTIVE PARTNER  
SCHOOL DASHBOARD AT  
[WWW.SENDACTIVE.ORG](http://WWW.SENDACTIVE.ORG)  
FOR ADDITIONAL  
MULTISPORTS RESOURCES

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