

ACTIVITY CARD 6



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You will need:

- bouncy ball (football / tennis ball)

BOUNCY BALL

- See how many times you can bounce a ball in one minute.
- Where you are able to, try bouncing your ball in the following ways:
 1. with both hands
 2. with one hand
 3. standing on one leg
 4. whilst moving
- You can do this activity in a seated position, either in a chair or on the floor.
- You could also try bouncing your ball on a table top.



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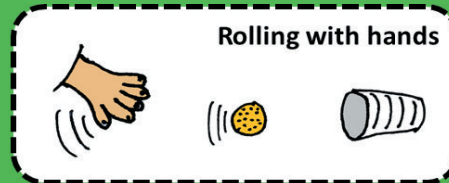
You will need:

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

“GET IN THE CUP” GOLF

IMPORTANT: *Golf clubs can be dangerous if not used carefully. Make sure that you **do not swing your golf club until you are sure that there is nobody around you and 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?



- 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.