



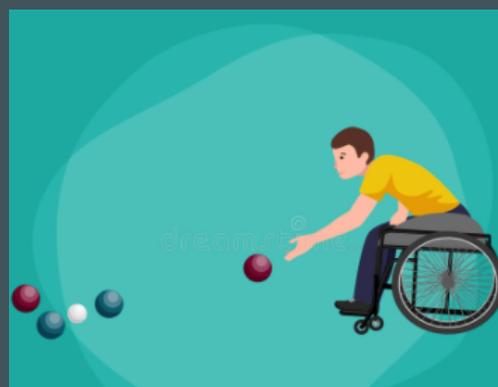
Inclusive games

Boccia Game

Indoor/outdoor activity -

**Materials : Rolled up socks (6 black , 6 multi colour and 1 white)
1/2/3 players on each team depending on numbers playing.**

- One team will have 6 black rolled up socks and other team are the multi colour socks.
- First team throws the white sock onto the ground and then throw their sock, as close to the white sock as possible.
- The other team then throws their sock nearest the white sock.
- The team furthest away from the white sock keep throwing till they get closer to the white sock than the opposite team.
- When all socks are thrown, the winner is team who's sock is the closest to the white sock





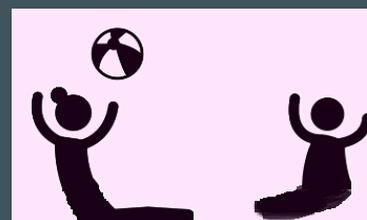
Inclusive games

Sitting Volleyball

Outdoor activity

Equipment : balloon or light ball

- Sit across from person on the ground
- To start , tap/volley the ball upwards towards your playing partner who taps the ball back.
- Player must stay seated on the ground and are allowed to use their hands and legs to shuffle/move around to reach for the ball
- Count how many volleys you can get before the ball touches the ground





Inclusive games

Goalball

Indoor/ Outdoor Activity

Materials: Tape some paper / plastic bag around a soft ball so you can hear ball rolling on the ground.

Two cones for a goal (or plastic cups) and an eye mask

- Place two cones at either end of the room/garden for the goals and have a player at each goal.
- Player wears an eye mask (or keep their eyes closed) while takes turns to roll the ball into the opposition's goal
- The aim of the game is to listen to the ball rolling and stop it from passing into your goal.
- The player can use their hands/ leg to block the ball
- When they catch the ball they can roll it back along the ground into the opposite goal.
- The most goals wins!





Inclusive games

Table Tennis

Indoor/ Outdoor Activity

Materials: Flat table, bouncy ball , bat (if no bat use your hand or a frying pan flipper to give you a surface area to hit the ball) , for the net you can roll up a towel and place across the table)

- The server tosses the ball with free hand and hits the ball with the bat , the ball must hit the servers side of the table before going over the net and must touch the receivers side of the table.
- The return player must hit the ball over the net touching the other side of the table.
- The volley continues until the player misses/ ball doesn't touch the correct side of the table or gets caught in the net.
- First person to 21 wins





Inclusive games

Popcorn game

Outdoor activity

Material: a towel/ sheet and some light soft balls/ balloons/ teddy bears !

- Have a person either end of the towel/sheet
- Place all the light ball /balloon/ teddy bears on the towel/sheet.
- Players must wave the towel/sheet up and down to make the items pop like popcorn.
- Once all items are off the towel/sheet , stop the game and replace all the items back onto the towel/sheet

