

# At Home Garden Games Guide

## Multi-Skill Challenges

Use these games as a guide. Adapt the equipment to use what you've got at home. Adapt the size of games to fit your space. Play for your personal best. Challenge yourself. Determine to improve on your own records.

### Adaptations

Visually impaired players: a helper can clap to aid direction of a target or, assistance with directions.  
Wheelchair users: ramps can be used to help propel objects, if you don't have a ramp, grab a long piece of cardboard, change the distances or place the equipment off ground level (on a table) instead.

## 1. Shooting Range

Video Link - <https://youtu.be/WdECq1NgDMM>

**Equipment:** 3 Balls (or collect 1 ball each time, or rolled up sock, ball of tin foil), Stick (Garden Cane), 3 x Buckets (Basket, Flexi Tub, Box, Plant Pot), Stopwatch

**Aim:** "Throw balls into buckets"

- Throw from behind the stick line, 3 shots per go.
- Throw towards the closest bucket (2 steps away). If successful, throw towards the (4 steps away) bucket. If successful, throw towards the furthest bucket (6 steps away).

*Adding water to the buckets will decrease the chance of the ball bouncing out.*

**Scoring:**

- 1 point per successful shot
- 1 Extra Bonus point, if score all 3 baskets in one go
- **Timed:** Total points based on 1 minutes play, using 3 balls. Retrieve your own balls. Using a stopwatch or kitchen timer.
- **Timed:** Total points based on 2 minutes play, using only 1 ball. Retrieve your own ball.
- **Best Score:** How many goes does it take to complete 2 successful rounds. Minimum of 6 throws. Continue throwing at each bucket, until you are successful. Only then move to the next bucket.



**Variation Games:**

- Vary the size of the balls (tennis ball, sock, basketball) and vary the size of the buckets
- Increase distances away from the buckets.

## 2. Messi Football (Outdoors)

Video Link - [https://youtu.be/I\\_ZxFt5DmoA](https://youtu.be/I_ZxFt5DmoA)

**Equipment:** Football, 6 x Plant Pots (pile of leaves, hats), **Goal** (2 sticks/canes/buckets/jumpers), 2 x Tall Cones (2 sticks/canes), **Stopwatch**

**Set-up:** Place 2 cones (canes) in the goal, 1/3<sup>rd</sup> & 2/3<sup>rd</sup> across.

**Aim:** “Dribble the ball & score in the corners”

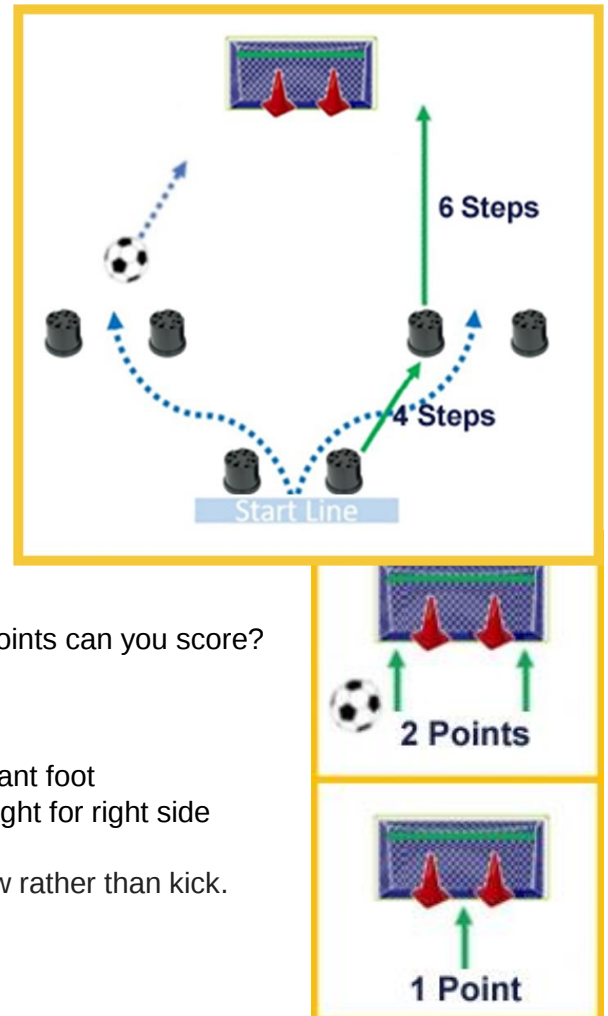
- From a start line, dribble the ball through the first sets of pots, continue to the right set of pots.
- Once through the 2nd set of pots, shoot to score.
- Next round, continue to the left set of pots - alternate sides for each go.

**Scoring:**

- 1 point = Goal, if scored in between the 2 cones
- 2 points = Goal in the corners, outside of either cone
- **Timed:** Total goals & points based on 1 minute of play. Collect and return your own ball. Using a stopwatch.
- **High Score:** 8 continuous goes. How many goals & points can you score? 8 goals with 16 points?

**Variation Games:**

- Alternating striking feet and strike with your non-dominant foot
- Dribble with left foot only when going to left side, and right for right side
- Basketball dribble, then roll or shoot into goal.
- Wheelchair users: May hold the ball in hands and throw rather than kick.



### 3. Murray Movement (*Outdoors*)

Video Link - <https://youtu.be/7pmANg7YV6Q>

#### Equipment:

- **Bean bag** (small ball, socks rolled up, gloves folded into themselves, small wooden block, medium sized stone)
- **Racket** (Trowel, Hardback book, Serving spoon)
- **17 x Plant Pots** (Canes/sticks in ground, pile of leaves, pots/bottles)
- **Stopwatch**

**Aim:** “Fast slalom whilst balance a bag on a Racket”

- If you drop the bag, replace it on the racket, continue.

#### Scoring:

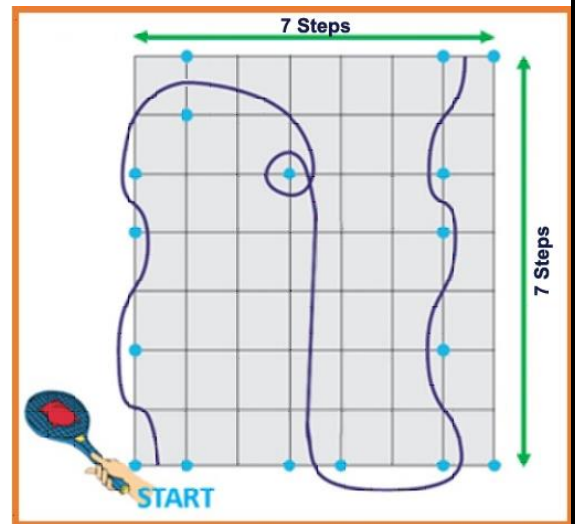
- **Timed:** Time taken for 1 course run.
- **Timed:** Time taken for 2 course runs. Continue the clock whilst going back to the start (return to the start keeping outside the court area.)

#### Variations: Consider,

- Tennis ball bounce on racket whilst completing slalom.
- ‘There & Back Again’ Version: Start from “Start”. When “Finished” - Turn around at the finish & continue in a continuous slalom back to the start. Timed.
- Consider a larger distance between each area in the diagram, 2 steps (Total space: 14 x 14 steps)
- Activity can be varied using a football to dribble around, or, hockey stick and ball.

#### Adaptations:

- Wheelchair users: Self-propel on a wider course, or, be pushed.
- Balance difficulties: Can have support from an adult and walk through all activities. Can carry the beanbag without a racket.



### 3. Flip it (Outdoors)

Video Link – <https://youtu.be/pa-xZU71H2E>

**Equipment:** Small Ball, Hola Hoop, 5 x Sticks - medium size (pots), Stopwatch

**Set Up:** Use the sticks as distance markers. They're not lines to run over.

5 Sticks: Throwing line, 2 step line, 3 step line, 4 step line, 5 step line.

**Aim** “Land a Ball into a hoop”

- 4 throws per go, all thrown from behind the Throwing Line.
- Always start each go with the hoop placed at the 1<sup>st</sup> step line.
- Score from where the ball **first lands** in the hoop (**it can roll out**).
- Flip the hoop onto the next line, progressing up 1 step line at a time
- Do not flip the hoop on a miss
- 1 point per flip (max 4 points per go, then reset to the 1<sup>st</sup> line)

**Scoring:**

- **Timed:** Total points based on 60 seconds of play. You'll need to collect your ball & flip your own hoop each go.
- **Best Score:** How many points from 3 goes? (12 throws)

**Variations Games:**

- Up & Down the ladder – Hoop progression: Starting at line 1 work up to the 4<sup>th</sup> line and then continue from the 4<sup>th</sup> line back down 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>.
- Barrow Run – Using a wheelbarrow instead of a hoop.

