

At Home in the House Games Guide

Multi-Skill Challenges

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. Into the Tower (Indoor)

Video Link – <https://youtu.be/4pCM-tmeQIE>

Equipment: 3 x Jam Jar Lids (Bean bags, Toy cars, rolled up socks), **Chair**, **Smooth Floor**, **Stopwatch or Kitchen Timer**.

Aim: “Stop the ‘stone’ underneath the tower”

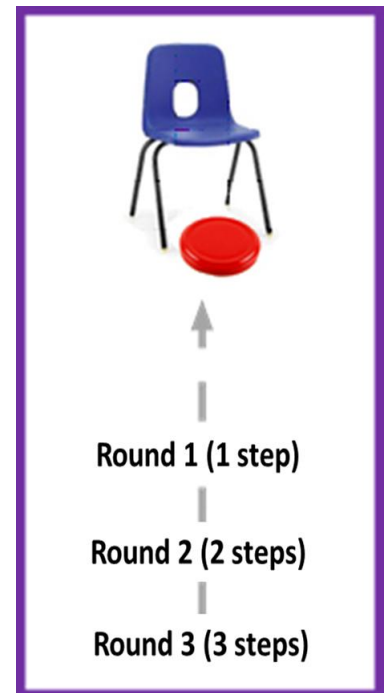
- Starting 1 step back from the chair, push the lid, to come to rest under the chair
- If successful, move back another step
- Each go has **three** attempts
- If you miss on one attempt, stay at that distance from the chair

Scoring: If successful, you score:

- 1 point @ 1 steps back
- 2 points @ 2 steps back
- 3 points @ 3 steps back
- Maximum points per turn = $1 + 2 + 3 = 6$ points.
- **Timed:** Total points based on 1 minute play. Retrieve your own lids. Using a stopwatch or kitchen timer.
- **High Score:** 3 full goes (9 attempts). How many can you score, out of a maximum of 18 points?

Variation Games:

- Can be played seated on a table, using a box as the tower
- Knock-Out. Place one lid under the chair. Push another lid, to hit it, removing it from under the chair.



2. Funfair (Indoor)

Video Link - <https://youtu.be/E76uthkCoJY>

Equipment: 4 x Socks Rolled Up (bean bag or small ball), 4 x Tin Cans, 4 x Objects to stand on the tins (Boxes Tupperware, Soft Toys), **Stopwatch or Kitchen Timer**

Aim: “Knock items off the tins”

- **Round One** - Throw 4 socks, from 1 step back
- **Round Two** - Throw 4 socks, from 2 steps back
- **Round Three** - Throw 4 socks, from 3 steps back

Scoring:

- 1 point - for each item knocked off in Round One
- 2 points - for each item knocked off in Round Two
- 3 points - for each item knocked off in Round Three
- Maximum score per turn = 4 (round one) + 8 (round two) + 12 (round three) = 24 points.
- **Timed:** Total points based on 1 minutes play. Using a stopwatch or kitchen timer. Retrieve your own socks.
- **High Score:** 2 full goes (12 + 12 throws). How many can you score, out of a maximum of 48 points?



3. Precision Bean Bag (Indoor)

Video Link - https://youtu.be/_hmqisIGiU

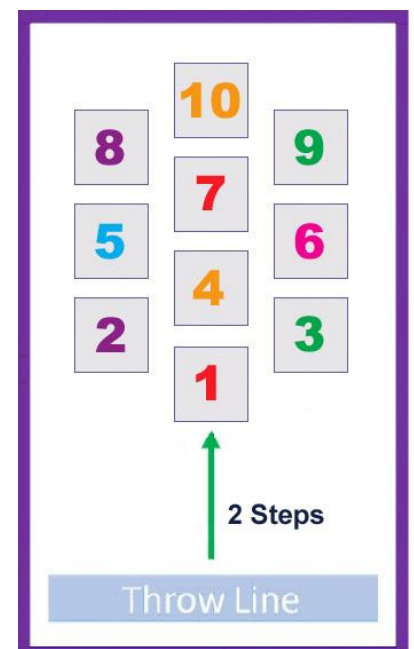
Equipment: 5 x Socks Rolled Up (Bean Bags, Soft Toys, Scrunched-Up Foil.), 10 x A4 Paper with Numbers 1-10, Chair, **Stopwatch or Kitchen Timer**

Aim: “Land on Numbers”

- Throw 5 socks from a seated position, 2 steps away from the numbered targets
- The score is taken from where the **sock first lands**, not its finishing position.
- If the sock finishes out of the scoring area, this scores 0. e.g. bean bag hits 5, then slides off, score = 0.
- **Only one score per numbered target**
e.g. three socks land on 6, scored as 6 points (not 18)

Scoring:

- Maximum score from 5 socks is: $10 + 9 + 8 + 7 + 6 = 40$ points
- **Timed:** Total points based on 1 minutes play. Using a stopwatch or kitchen timer. Retrieve your own socks.
- **High Score:** 2 full goes (10 attempts). How many can you score? Can you get to a maximum of 80 points?



Variations Games:

- Maths Challenge: 5 throws need to add up to a chosen number, between 15 and 40.
- Change the numbers to letters, spell your (and family) names, in the correct order.

4. Pirate Ship (Indoor)

Video Link - <https://youtu.be/ieMVqynrp4Q>

Equipment: 6 x **Treasure Items** (Rolled up socks, Board Game Counters, Soft Toys), 10 x **A4 Paper with Numbers 1-10**, **Treasure Chest** (Rug, sofa, chair), **Stopwatch or Kitchen Timer**

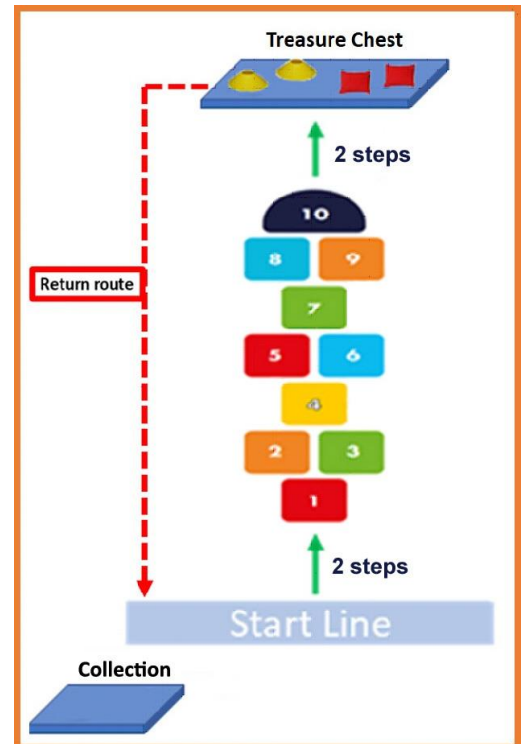
Set up: Lightly tape numbers floor, if you have a slippery floor.

Aim: “Continuous Hopscotch to grab Treasure”

- Hop & Jump your way to the ‘treasure’, take 1 item at a time back to the collection area behind the Start Line.
- **Round One** - Hop on numbers 1 – 4 – 7 – 10. Take 1 item. Return back to start line. Leave item in collection area.
- **Round Two** - Jumping two feet 2&3 - 5&6 - 8&9. Take 1 item. Leave item in collection area.
- **Round Three** – Full Hopscotch, alternating 1 foot to 2 feet on numbers: 1 – 2&3 – 4 – 5&6 – 7 – 8&9 – 10. Take 1 item. Leave item in collection area.
- **Repeat**, rounds 1 to 3, until all 6 items are collected (all 6 items must be in/on the collection area to finish).

Scoring:

- **Timed:** How long does it take you to collect all 6 items from the Treasure Chest & bring them back to the Collection area?



Adaptation:

- Wheelchair users: Complete alternate courses as shown in the video and diagrams below.

