

HAMPSHIRE SCHOOL GAMES SPRING CHALLENGE



PRIMARY



HAMPSHIRE SCHOOL GAMES ORGANISERS' VIRTUAL COMPETITION PROGRAMME

On behalf of the Hampshire School Games' Organisers (SGOs), 'Thank You' to all the entries we had for the Virtual Hampshire School Games Competitions that took place in Autumn 2020. We have listened to the feedback you have given us and have made some changes to the events planned for the Spring Term.

Unfortunately, we do not envisage any face-to-face events taking place until the Summer Term and have designed a mixture of activities, with fewer skill challenges and easier to administer if delivering as part of a lesson.

Gymnastics, Dodgeball and Netball have three skill challenges, one based on fitness. The Skipping Challenge could be delivered at lunchtime, as part of a 'Brain Break' activity, at home or in your PE lesson. The Skipping Challenge has been designed to support Healthy Heart month that takes place in February. All entries should be submitted by 31 March 2021.

During lockdown, the Dance challenge proved popular with a different cohort of pupils and we had a lot of girls engaging. The Dance Challenge for the Spring Term should be completed in Spring 1 and the winning entries, for the different Key Stages, will be used as part of the Hampshire School Games organisers social media campaign for Empathy Week on 22 – 26 February 2021.

Finally, we have a Leadership Challenge when we are asking schools to focus on providing pupils with an opportunity to Learn to Lead in lessons, or lunchtime, or after school! We simply want you to record the number of pupils, in different year groups, who lead an activity during the Spring Term.

The activities we have designed, will support your school in continuing to be engaged in School Games activity. The new School Games Framework self-review tool asks schools to consider a range of areas including intra and inter school competition, opportunities for leadership, targeting pupils most affected by COVID. These virtual challenges can help your school evidence their involvement and support the completion of your self-review!

Energise Me, Hampshire Active Partnership for Hampshire and IOW, have agreed to co-ordinate the entries through their website: www.energiseme.org/schools/hampshire-school-games/. Entries can be sent to your local School Games Organiser who will upload the information on your behalf, or you can upload them yourself.

Prizes will be awarded to the top three school teams in each sport at both SGO area (Level 2) and County level (Level 3) and participation certificates will be sent to all schools who enter their scores in the relevant sports.

We hope you enjoy the challenges, please get in touch with your local School Games Organiser with any queries regarding the programme.

Good Luck!
Hampshire SGO's

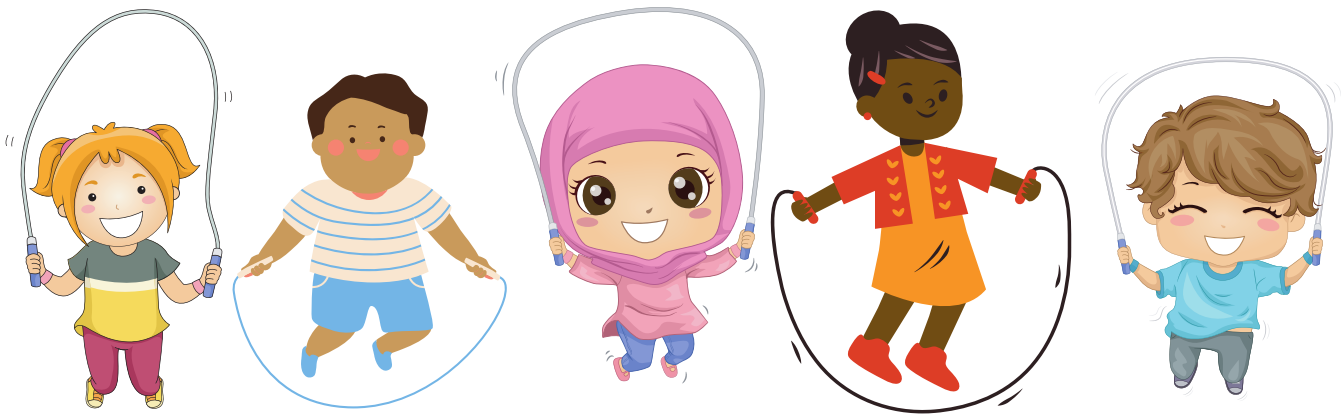
HAMPSHIRE SCHOOL GAMES

HEALTHY HEART WEEK

SKIPPING CHALLENGE

Welcome to the Hampshire School Games Virtual Skipping Challenge

Competition Intention: To develop physical skills.



During Healthy Heart Month in February 2021, the Hampshire School Games Organisers are challenging you to see how many times you can jump over a rope:

- KS1 - How many skips can you do in 30 seconds
- KS2 - How many skips can you do in 60 seconds

The challenge can be completed during the week 8 - 12 February 2021. Why not have a go each day and try to beat your score!

It can take place at home or at school. As an individual or as a class; in a PE lesson or at lunchtime!

Schools can send in the top 5 boys and 5 girls highest scores to be entered into the Hampshire Schools Skipping Challenge for the chance to be crowned County Champions! Parents can also send in individual pupils scores to their School Games Organiser.

HAMPSHIRE SCHOOL GAMES

HEALTHY HEART WEEK

SKIPPING CHALLENGE

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the [Energise Me website](#) or send your score sheet to your SGO to submit for you.

Number of children who took part in the challenge:

Name or Number	Year Group	Girl/Boy	School	Skipping Score <small>Number of skips in 30 seconds.</small>
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				

ENTRIES SHOULD BE SUBMITTED BY WEDNESDAY 31 MARCH 2021 TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL TWO/THREE EVENTS.

HAMPSHIRE SCHOOL GAMES

LEADERSHIP CHALLENGE

Competition Intention: To engage a new audience.

Spring Term 2021:

Over the course of the Spring Term, the Hampshire School Games Organisers are challenging schools to see how many pupils they can engage in Leadership activities. Some examples of activities pupils could do, to count towards the challenge are:

- Leading a warm-up activity for a partner, small group or whole class
- Giving feedback to your partner or small group on how to improve a movement or skill
- Setting up equipment for an activity
- Demonstrating an activity to your partner/participants
- Recording scores for the activity
- Timing an activity

The main objective is to get as many participants involved in the virtual leadership challenge as possible. There are many different ways pupils can be involved in the Leadership activity, these include:

- PE Lessons
- Breaktimes – setting up an activity
- Lunchtimes – setting up an activity
- After School clubs
- Helping with the virtual School Games Challenge
- Leading a Brain Break activity
- Counting laps on the Daily Mile

Please send the number of pupils who have been involved in the Leadership Challenge on the sheet below and return to your SGO by 31 March 2021

HAMPSHIRE SCHOOL GAMES LEADERSHIP CHALLENGE

School	Year Group	Number of pupils involved in leadership.

Please submit your numbers to your School Games Organiser by 31 March 2021 to be entered into the Hampshire School Games Virtual Leadership Challenge.

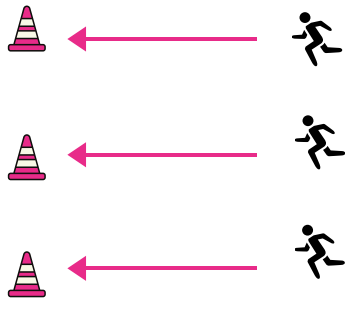
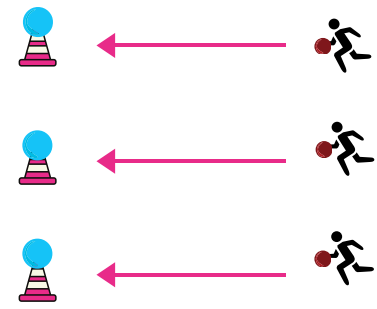
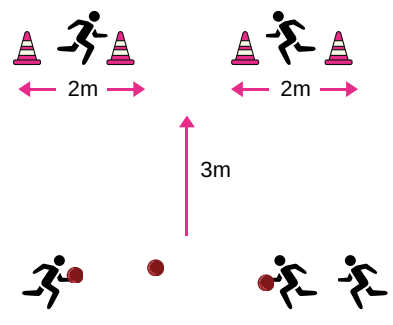
HAMPSHIRE SCHOOL GAMES

VIRTUAL DODGEBALL COMPETITION

YEARS 5 AND 6

Welcome to the Hampshire School Games Virtual Dodgeball Championships.

Competition Intention: To increase motivation

Activity	Description/Rules
<p>Run to the middle</p> 	<p>Each player has their own cone. They stand against the wall in line with their cone which is 5 metres away from the wall.</p> <p>How many times can pupils touch their cone in 45 seconds?</p> <p>Pupils must touch cone with their hand. They must run back to the wall and touch the wall before turning and touching their cone again.</p> <p>If players can not touch wall, just pop a cone on the floor that players have to touch.</p> <p>SCORING – RECORD HOW MANY TIMES THEY TOUCH THE CONE</p>
<p>Aim for the target</p> 	<p>Split your class into pairs; one starts as the thrower whilst the partners is the retriever.</p> <p>Place a cone, with a ball on top, 5 metres away from players.</p> <p>Throwers have a ball each and have 60 seconds to see how many times they can knock/hit the balls placed on the cones. Retrievers will roll balls back to throwers. If a ball gets knocked off, retrievers quickly place back on cone.</p> <p>Stop the clock. Throwers swap with retrievers. New throwers have 1 minute to beat their partner's score. Total, 2 minutes per pair.</p> <p>SCORING – ADD BOTH PLAYERS SCORES TOGETHER. HOW MANY BALLS DID THEY KNOCK OFF THE CONE IN 2 MINUTES</p>
<p>Dodge the ball</p> 	<p>For this activity, you need Dodgers and Attackers.</p> <p>Dodgers stand in between two cones, 2metres apart. They must sidestep between the cones for 45 seconds. Touching the cone with a foot each time.</p> <p>Every time they touch a cone, they get a point. How many points can they get in 45 seconds?</p> <p>Attackers, 3m away throwing balls at the dodgers (below waist). If dodger gets hit the attacker scores a point for their pair.</p> <p>Swap roles and try to beat your score.</p> <p>SCORING – RECORD THE HIGHEST SCORE YOU GOT IN 45 SECONDS</p>

HAMPSHIRE SCHOOL GAMES

VIRTUAL DODGEBALL COMPETITION RESULTS

YEARS 5 AND 6

Using the table below submit your top 5 girls and top 5 boy scores for your school and enter through the [Energise Me](#) website or send your score sheet to your SGO to submit for your School Games Organiser.

School Name:

Total number of participants:

Name or Number	Year Group	Girl/Boy	School	Run to the Middle	Aim for the Target	Dodge the Ball	Total
1.	5	G					
2.	5	G					
3.	5	G					
4.	5	G					
5.	5	G					
6.	5	B					
7.	5	B					
8.	5	B					
9.	5	B					
10.	5	B					
11.	6	G					
12.	6	G					
13.	6	G					
14.	6	G					
15.	6	G					
16.	6	B					
17.	6	B					
18.	6	B					
19.	6	B					
20.	6	B					

ENTRIES SHOULD BE SUBMITTED BY 31 MARCH 2021 TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL TWO AND THREE EVENTS

HAMPSHIRE SCHOOL GAMES

VIRTUAL DODGEBALL

STEP TOOL FOR INCLUSION

	Run to the Middle	Aim for the Target	Dodge the Ball
S _{pace}	<ul style="list-style-type: none"> • Make sure space appropriate for each individual it's all about stretching yourself. • Lay on floor move a cone from one side of your body to another • Make the distance shorter 	<ul style="list-style-type: none"> • Make sure there is enough space between the cones • Shorten the distance if propelling down a ramp • Use a bigger target 	<ul style="list-style-type: none"> • Change the distance between the attacker and the dodger to make it easier or harder • Make sure there is enough space between different pairs • Lie on floor and send ball to a target
T _{ask}	<ul style="list-style-type: none"> • Touch cone with wheelchair or foot if cannot bend • Wheelchair users can self-propel or be pushed 	<ul style="list-style-type: none"> • Could roll or kick the ball to try and knock ball off the cone • Use a ramp to send the ball to the target • Roll ball off tray placed on the wheelchair into a bucket placed below 	<ul style="list-style-type: none"> • Could roll or kick the ball to try and hit the dodger • Use a ramp to send the ball • Could be repetition based eg. How many times can you hit something that is not moving?
E _{quipment}	<ul style="list-style-type: none"> • Wheelchair users go around slalom poles • Use electric wheelchairs or wheelchairs/mobility aids. • Place a cone on a skittle that the pupil can touch with hand 	<ul style="list-style-type: none"> • Move an object as far as you can with one push eg. A ball. • Use bigger balls for target ball • Use brightly coloured balls or bell balls for VI pupils 	<ul style="list-style-type: none"> • Change the size of the ball. • Dodger could try to catch the ball • Use brightly coloured balls or bell balls for VI pupils
P _{eople}	<ul style="list-style-type: none"> • An adult could push wheelchair user • Adults can act as guides. • VI pupils could have a caller 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • VI pupils could have a caller 	<ul style="list-style-type: none"> • Adults can help as needed. • Each young person is different and can complete a challenge based on their ability. • Match dodger and attacker regarding ability

HAMPSHIRE SCHOOL GAMES

DANCE CHALLENGE

Competition Intention: To Develop character and life skills.



The song to dance to is “Count on Me” by Bruno Mars

The theme of the dance should be “Empathy” to tie in with Empathy week. More information is available at www.empathy-week.com

Dances should be 30 – 40 seconds long and can be done as a solo, duo or group/class dance. They can be any style of dance.

Good Luck

There will be Key Stage Prizes and the winning entries will be used as part of the Hampshire School Games organisers social media campaign for Empathy Week on 22 – 26 February 2021.

You will be scored on:

- The idea – originality and innovation (10 marks)
- The performance – focus, enthusiasm, theatrics,
- timing (10 marks)
- The movements (10 marks)
 - use of different actions – travelling, jumping, turning and gestures
 - use of different dynamics such as force, speed and flow
 - use of space, such as levels, directions and formations

**SEND YOUR FINISHED ENTRY TO: mcampbell@priorysouthsea.org
BY FRIDAY 19th February 2021**

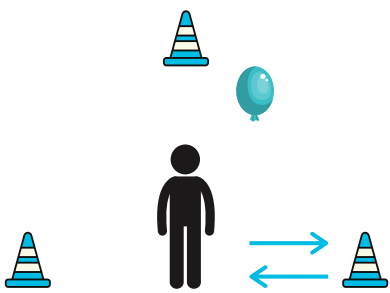

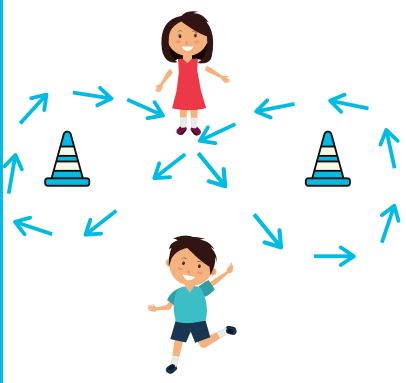
HAMPSHIRE SCHOOL GAMES

VIRTUAL NETBALL COMPETITION

YEARS 5 AND 6

Welcome to the Hampshire School Games Virtual Netball

Competition Intention: To develop sport specific skills.

Activity	Description/Rules
<p data-bbox="95 638 470 683">Balloon Agility Fun</p> 	<p data-bbox="518 627 1508 705">Working in pairs. Blow up a balloon. Place 3 cones in a triangle shape, about 2m apart. Start in the middle of the triangle.</p> <p data-bbox="518 716 1476 795">Knock the balloon into the air and move to a cone and back to the middle, before the balloon falls.</p> <p data-bbox="518 806 1388 884">Knock the balloon up again before going to another one. Repeat for 1-minute.</p> <p data-bbox="518 896 1053 952">Make sure you drive off the cones.</p> <p data-bbox="518 963 1500 1008">How many cones do you touch in 1-minute? Partner counts.</p> <p data-bbox="518 1019 1460 1064">For more information, watch this video: start at 15 seconds)</p>
<p data-bbox="103 1176 446 1220">Shoot for the stars</p> 	<p data-bbox="518 1176 1420 1299">Split the class into 4 groups (2 groups can work per hoop). Depending on how many balls you have split them evenly between groups – minimum 1 ball per group.</p> <p data-bbox="518 1310 1500 1388">2 groups start either side of the hoop – the distance where they prefer (within the D).</p> <p data-bbox="518 1400 1492 1523">Group 1, player 1 takes a shot, runs to the other side. Group 2, player 1 then takes a shot (keep alternating until everyone has had a go).</p> <p data-bbox="518 1534 1173 1579">Repeat until everyone has had 5 attempts.</p> <p data-bbox="518 1590 989 1635">What is your score out of 5?</p>
<p data-bbox="119 1680 414 1724">Fancy Footwork</p> 	<p data-bbox="518 1680 1516 1803">You will need 2 markers about 1m apart and a partner in front of you. Stand in between the 2 markers facing your partner or wall. Keep your feet facing this way throughout the drill</p> <p data-bbox="518 1836 1516 1960">Move-in a figure-of-eight shape around the markers. As you get to the middle, throw the ball at the wall or to your partner. Receive it or return it and repeat.</p> <p data-bbox="518 1993 1053 2038">How many can you do in 1 min?</p>

HAMPSHIRE SCHOOL GAMES

VIRTUAL NETBALL COMPETITION RESULTS

YEARS 5 AND 6

School Name:

Total number of participants:

Name or Number	Year Group	Girl/Boy	School	Balloon Agililty Fun	Shoot for the stars	Fancy Footwork	Total
1.	5	G					
2.	5	G					
3.	5	G					
4.	5	G					
5.	5	G					
6.	5	B					
7.	5	B					
8.	5	B					
9.	5	B					
10.	5	B					
11.	6	G					
12.	6	G					
13.	6	G					
14.	6	G					
15.	6	G					
16.	6	B					
17.	6	B					
18.	6	B					
19.	6	B					
20.	6	B					

ENTRIES SHOULD BE SUBMITTED BY 31 MARCH 2021 TO BE ENTERED FOR THE HAMPSHIRE
SCHOOL GAMES LEVEL TWO AND THREE EVENTS

HAMPSHIRE SCHOOL GAMES

VIRTUAL NETBALL

STEP TOOL FOR INCLUSION

	Balloon Agiligty Fun	Shoot for the stars	Fancy Footwork
S pace	<ul style="list-style-type: none">• Make the area smaller or bigger• depending on wheelchairs, walkers etc.• Each player stays in certain areas so balloons don't cross paths.• Adapt the distance.	<ul style="list-style-type: none">• Set more posts up if you have them.• Adapt the distance between the posts.• Adapt the shooting distance.	<ul style="list-style-type: none">• Make the distance smaller or change the shape.• Adapt the distance of the cones.
T ask	<ul style="list-style-type: none">• Use bigger or smaller balloons.• Adapt the distance or the shape.• Can have someone to hit for them.	<ul style="list-style-type: none">• Set a shooting distance.• Get pupils to see if they can beat their best score.• Adapt the height of the netball post.	<ul style="list-style-type: none">• Can change the movement pattern to suit ability of the pupil.• Can change the pass you receive in the middle.
E quipment	<ul style="list-style-type: none">• Use a different size balloon.• Use of spot markers instead of cones.• If you do not have balloons can you use socks or a soft ball to bat if the ball is thrown at the cone.	<ul style="list-style-type: none">• Adapt the height of the netball post.• Use a lighter ball.• If you have no posts can you use a basketball post or hang a hula hoop with a skipping rope?• Use floor posts if needed.	<ul style="list-style-type: none">• Can change the ball to use socks or a jumper made into a ball.• Use objects as markers.
P eople	<ul style="list-style-type: none">• Adults can help as needed.• Each young person is different and can complete a challenge based on their ability.	<ul style="list-style-type: none">• Can you adapt to make it a team competition instead of individual.	<ul style="list-style-type: none">• An adult can provide assist.• Adapt they type of pass or movement to the ability of the people.

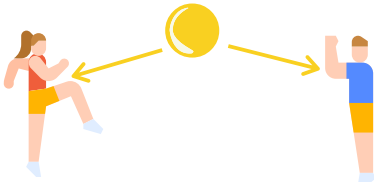

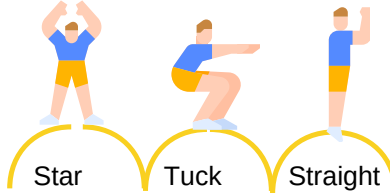
HAMPSHIRE SCHOOL GAMES

VIRTUAL GYMNASTICS COMPETITION

YEARS 1 AND 2

Welcome to the Hampshire School Games Virtual Gymnastics Championships.

Competition Intention: To develop physical skills.

Activity	Description/Rules
<p>Balance: Steady as a rock!</p> 	<p>Students will be working in pairs; whilst one student completes the challenge the other is passing them the ball and counting their score.</p> <p>The students stand facing each other 3m apart.</p> <p>The student completing the challenge must stand on one leg ready to start. On 'go' the students pass the ball back and forth counting each pass that is caught successfully.</p> <p>If the student loses their balance, they must regain their balance before continuing with the challenge.</p> <p>How many catches can they do in 30 seconds?</p>
<p>Fitness: Jumping Jacks</p> 	<p>Students will be working in pairs; whilst one student completes the challenge the other student is counting their score, and then they swap.</p> <p>Jumping Jacks are performed with the feet on the floor, this exercise is not star jumps.</p> <p>Students jump with their feet together and their arms by their side, to their feet part and their arms in the air, as shown in the diagram.</p> <p>How many jumping jacks can the students do in 1 minute?</p> <p>Make sure students complete the full range of movement and don't cheat.</p>
<p>Jump: 3 Jump Challenge</p> 	<p>Students will be working in pairs; whilst one student competes the challenge the other student is measuring for them, and then they swap.</p> <p>Students need start behind a line or a cone, the aim is to jump as far as possible.</p> <p>They do one star jump, one tuck jump and one straight jump when they land their final jump (straight jump) their partner puts a cone down to mark the distance.</p> <p>Each student gets 3 goes each to better their distance.</p> <p>Measure the best distance and record their score, round it to the nearest 10cm.</p>

HAMPSHIRE SCHOOL GAMES VIRTUAL GYMNASTICS COMPETITION RESULTS YEARS 1 AND 2

School Name:

Total number of participants:

Name or Number	Year Group	Girl/Boy	School	Balance: Steady as a rock!	Fitness: Jumping Jacks	Jump: 3 Jump Challenge	Total
1.	1	G					
2.	1	G					
3.	1	G					
4.	1	G					
5.	1	G					
6.	1	B					
7.	1	B					
8.	1	B					
9.	1	B					
10.	1	B					
11.	2	G					
12.	2	G					
13.	2	G					
14.	2	G					
15.	2	G					
16.	2	B					
17.	2	B					
18.	2	B					
19.	2	B					
20.	2	B					

ENTRIES SHOULD BE SUBMITTED BY 31 MARCH 2021 TO BE ENTERED FOR THE HAMPSHIRE
SCHOOL GAMES LEVEL TWO AND THREE EVENTS

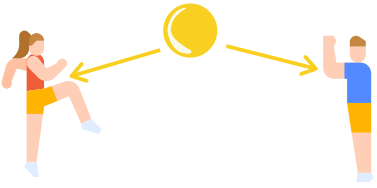


HAMPSHIRE SCHOOL GAMES

VIRTUAL GYMNASTICS COMPETITION

YEARS 3 AND 4

Welcome to the Hampshire School Games Virtual Gymnastics Championships.

Competition Intention: To develop physical skills.

Activity	Description/Rules
<p>Balance: Steady as a rock!</p> 	<p>Students will be working in pairs; whilst one student completes the challenge the other is passing them the ball and counting their score.</p> <p>The students stand facing each other 3m apart.</p> <p>The student completing the challenge must stand on one leg ready to start. On 'go' the students pass the ball back and forth counting each pass that is caught successfully.</p> <p>If the student loses their balance, they must regain their balance before continuing with the challenge.</p> <p>How many catches can they do in 45 seconds?</p>
<p>Core Strength: Crab Walks!</p> 	<p>Students will be working in pairs; whilst one student completes the challenge the other is counting their score, and then they swap.</p> <p>Each pair needs 2 cones set 3m apart.</p> <p>Students need to get into the crab position as shown in the diagram.</p> <p>On 'go' students walk in their crab position up and around their cone and back again. Each time they go round a cone they count.</p> <p>How many cones can you go around in 1 minute?</p> <p>As they complete the challenge please remind students to keep their belly buttons high, aiming for them to be level with the hips and shoulders.</p>
<p>Rotation/Rolls: Dizzy Street!</p> 	<p>Students will be working in pairs; whilst one student competes the challenge the other student is counting for them, and then they swap.</p> <p>Each pair will need a large school gym mat, if your school uses the small gymnastics mats then put two together to create the same distance.</p> <p>If you do not have enough mats, then make the group sizes bigger.</p> <p>Students log roll from one end of the mat to the other, every time they reach an end, they score a point.</p> <p>How many lengths can each student do in 30 seconds?</p>

HAMPSHIRE SCHOOL GAMES VIRTUAL GYMNASTICS COMPETITION RESULTS YEARS 3 AND 4

School Name:

Total number of participants:

Name or Number	Year Group	Girl/Boy	School	Balance: Steady as a rock!	Core Strength: Crab Walks!	Rotation/Rolls: Dizzy Street!	Total
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					
20.	4	B					

ENTRIES SHOULD BE SUBMITTED BY 31 MARCH 2021 TO BE ENTERED FOR THE HAMPSHIRE
SCHOOL GAMES LEVEL TWO AND THREE EVENTS

HAMPSHIRE SCHOOL GAMES VIRTUAL GYMNASTICS

COMPETITION STEP TOOL FOR INCLUSION

	Balance: Steady as a rock!	Core Strength: Crab Walks!	Fitness: Jumping Jacks	Jump: 3 Jump Challenge	Rotation/Rolls: Dizzy Street!
S pace	<ul style="list-style-type: none"> Wheelchair users can time how long they can keep arms to the side without dropping Make sure space appropriate for each individual it's all about stretching yourself. Lay on floor holding a stretched position 	<ul style="list-style-type: none"> Shorten the distance Make sure space appropriate for each individual Start small and build up. 	<ul style="list-style-type: none"> Consider laying flat and stretching instead of jumping. Wheelchair users can count how many times they lift arms out to the side to shoulder height and back down Make sure space appropriate for each individual it's all about stretching yourself. 	<ul style="list-style-type: none"> Manual wheelchair users could do distance travelled with right arm push, left arm push and double arm push If laying on the floor could be how many rolls to travel across a mat Decreasing height and distance moving. 	<ul style="list-style-type: none"> Start with a shorter distance depending on ability. Consider stretching and pushing object towards a target you can hit. Eg. off a wheelchair tray. Use a table to push object from side to side.
T ask	<ul style="list-style-type: none"> Can be holding a one-foot balance for as long as possible Wheelchair users arms to the side. Holding a ball out in front of them 	<ul style="list-style-type: none"> Travel backwards in wheelchair rather than crab walk How many times stretch hands to the ceiling and back to their side in the time allocated Could be travelling on hands and feet 	<ul style="list-style-type: none"> Activity could be a grab/stretch not jump. Any activity can be measured as long as its movement above normal range. Could be repetition based eg. How many times can something be collected from above. 	<ul style="list-style-type: none"> Manual wheelchair users could do distance travelled with right arm push, left arm push and double arm push Use 3 steps rather than jump. Use a foot side stretch rather than jump. 	<ul style="list-style-type: none"> Use a table to push object from side to side. Travel across the mat and back in shortest time. Build up to a roll Use objects which make sound when hit and released such as balloons with rice in.
F equipment	<ul style="list-style-type: none"> Bigger ball or balloon Use electric wheelchairs or wheelchairs/mobility aids. Use a line or spot to stand or lie on 	<ul style="list-style-type: none"> Use a throw instead of a crab-walk Move an object as far as you can with one push eg. A ball. Use any marking on the floor to show personal best effort. 	<ul style="list-style-type: none"> Range of objects that could be grabbed eg rolled up socks. Balloons could be used to stretch up and keep in the air. String or line to move hands up. 	<ul style="list-style-type: none"> Use objects to knock over or feel and touch Use brightly coloured object to aid vision. Markings on the floor using chalk or tape if height restrictive. 	<ul style="list-style-type: none"> Travel side to side across mat rather than lengthway Use targets or those that are flat. Use objects that make a noise if pushing across a table
P eople	<ul style="list-style-type: none"> Cooperative partner Adults can act as guides. Buddy to help balance 	<ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability. 	<ul style="list-style-type: none"> Adults can help as needed. Each young person is different and can complete a challenge based on their ability.