

Boules Set

Perfect for people of all abilities to play target games individually or with the whole family. Can be used with a ramp, for those with limited mobility, made out of cardboard or drainpipe (if you have any lying around!)



- Aim for a target ball and the closest wins
 - Knock other balls out of the way!
 - Can you get them all in the washing up basket?
 - Tactical and calm game of boules or bocchia.
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Crazy Can Alley

Bring the funfair to your garden (or living room). These are a very visual prompt for success - and so satisfying.



- Can you knock over all the cans?
 - How far away can you stand and how few throws can you do it in!
 - How high can you stack the cans?
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Quoits Set

Great to play on your own or with the whole family. Suitable for indoors and younger children.



- Aim for the targets!
 - How far can you stand/sit and still hit the target?
 - Group the rings altogether or aim for different ones
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Skittles

Set of 9 plastic skittles and ball.



- Knock them over bowling style / in a line / as many as possible / one ball in each hand / backwards and through your legs / down a home-made ramp
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Pedometer

Walking pedometer for tracking step count.

- See how many steps you can do in a day and challenge yourself to beat it the next day / set a weekly step target



Bean Bags (x6)

Small bean bags, different colours.

- Aim for hoops, a hat or even a saucepan!
- Play catch, juggle or use for target practice (just not at other people in the house...!)
- Soft and easy to manipulate with hands.
- How far away can you stand from your partner and play catch?



Flexi Rings

Great for throwing, catching, flicking, holding onto and squeezing or rolling on the floor. Very sensory and great for those with limited mobility.

- Can you squeeze it with your hand?
- Can you hook it on your foot?
- Try to catch it with one hand.
- Can you pass it to a partner?



Beach Ball

24" beach ball, this ball will move slower through the air making catching games easier for those with limited mobility.

- Can you catch it?
- Try some volleyball by hitting the ball to your partner.
- Can you race in your garden whilst dribbling the ball with your wheelchair?



Nest Ball

A ball with gaps, making it easier for someone to catch with limited mobility.

- Can you catch the ball?
- Can you pass it to a partner?
- Can you flick it, drop it or roll it onto a target?
- Can you link your fingers into the holes?



Foam Tennis Balls (x2)

Softer tennis balls made with foam.



Primary Skills Racket (x2)

2 smaller rackets ideal for indoor use. Can be used with tennis balls, foam balls, beach balls and ping pong balls.

- Can you hit the ball to a partner?
- Can you hit it up to land back on your racket?
- How far can you hit the ball?
- Use it to play rounders, cricket or tennis!



Tennis Hitting Hands

Wrap the paddle to your hand (velcro strap) and try to hit the ball. Perfect for someone who may struggle to hold a tennis racket or rounders bat. Also good for individuals who struggle with hand-eye coordination.

- Play tennis with a partner.
- How far can you hit the ball?
- Stop the ball as it rolls along the floor.
- Practice your tennis serve!



Floor Markers (circles)

Flat rubber markers.

- Jump from one to the other.
- Add into an obstacle course.
- The floor is LAVA!
- Can you throw a beanbag to land on one?



Floor Markers (arrows)

Flat rubber markers.

- Follow the arrows!
- Add into an obstacle course.
- Point to a target.
- Can you run/balance along them?



TheraBand Resistance Bands

Thick elastic bands that provide a way to strengthen muscles at home.

- To be used alongside the TheraBand booklet

