

**Games you could play at home in sitting or standing**

Modified Hoopla

Grab a bucket or large plastic bowl and some balls of rolled up paper.

Sit or stand with the balls of paper the other side of the room from the bucket.

Throw the balls into the bucket.

Have a competition with other members of your household to see who can score the most goals

Good for – hand eye coordination, arm and trunk muscles and fun!

Balloon Tennis

All you need is one balloon and your hands.

Sit or stand on opposite sides of the room from your opponent and using your hands hit the balloon across the room to each other.

Good for – balance in sitting or standing, hand eye coordination.

Garden Bowls

Even if you don’t have a bowls set then you can play using any balls that you have.

You could even play indoors.

Good for - balance in sitting or standing, hand eye coordination, arm movement.

Skittles

Take some plastic cups and line them up in a triangle shape. Take a few steps back and gently throw a tennis ball, rolled up paper ball or ball of cotton wool at the cups. How many can you knock down in one go?

Good for – hand eye coordination, balance in sitting or standing.