

Sporting Pairs

Athletics



How far can you Hop,
Skip & Jump?

Athletics



How far can you Hop,
Skip & Jump?

Basketball



Find something to use as a
basket, some screwed up paper
and see how many baskets you
can score

Basketball



Find something to use as a
basket, some screwed up paper
and see how many baskets you
can score

Cricket



Practice your overarm
bowling

Cricket



Practice your overarm
bowling

Dance



Make up a dance and
teach it to your
household

Dance



Make up a dance and
teach it to your
household

Equestrian



Gallop around the
garden

Equestrian



Gallop around the
garden

Fencing



Look up how to perform
the attack in fencing and
have a go at this move

Fencing



Look up how to perform
the attack in fencing and
have a go at this move

Gymnastics



Perform a roll of your choice

Gymnastics



Perform a roll of your choice

Hockey



Using something to represent a stick & a ball
perform 10 passes

Hockey



Using something to represent a stick & a ball
perform 10 passes

Judo



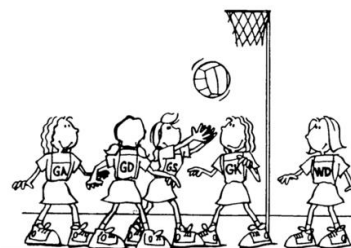
Flamingo Balance – lift one leg of the ground and balance for 10 seconds

Judo



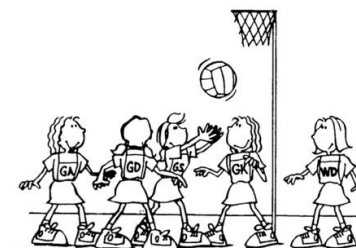
Flamingo Balance – lift one leg of the ground and balance for 10 seconds

Netball



Perform 10 Chest Passes

Netball



Perform 10 Chest Passes

Orienteering



Map out a route from your bedroom to the kitchen

Orienteering



Map out a route from your bedroom to the kitchen

Rugby











Play a game of Tag with members of your household

Rugby



Play a game of Tag with members of your household

<p>Swimming</p>  <p>Lay across an object (e.g. arm of sofa) and perform the arm action for front crawl</p>	<p>Swimming</p>  <p>Lay across an object (e.g. arm of sofa) and perform the arm action for front crawl</p>	<p>Tennis</p>  <p>How many times can you hit a ball with a partner (or against the wall)?</p>	<p>Tennis</p>  <p>How many times can you hit a ball with a partner (or against the wall)?</p>
<p>Volleyball</p>  <p>Using a balloon or ball how many times can you tap it in the air before losing control?</p>	<p>Volleyball</p>  <p>Using a balloon or ball how many times can you tap it in the air before losing control?</p>	<p>Wheelchair Basketball</p>  <p>How many baskets (use a bin or something similar) can you score from a sitting position?</p>	<p>Wheelchair Basketball</p>  <p>How many baskets (use a bin or something similar) can you score from a sitting position?</p>

Rules of the Game

- Print off the set of cards and cut out. If you don't have a printer cut up 32 squares of paper and write each activity on to a card as above.
- Shuffle up the cards and then lay them out on a flat surface so they are the wrong way up.
- Each person takes it in turn to turn 2 cards over. If you get a matching pair you get to keep the cards. You must also perform the sporting activity on your pair of cards.
- Keep playing until all the cards have been paired up. The player with the most pairs at the end of the game is the winner.