Adapted Sports Challenges

For participants who require it, see below the explanations of 5 adapted challenges to take part in and record your scores. *(If you wish to do this, choose 4 of the challenges below to submit scores for.)*

**Balloon Keepy Ups:** Using ANY part of your body, how many times can you keep a balloon in the air in 30secs?

**Target:** Seated if you wish. Set yourself some targets at various distances and see how many times you can hit those targets in 30secs by throwing or rolling items such as balls, bean bags or ball up socks at them.

**Bat & Ball (Balance):** Holding a bat / racquet of some kind how long can you balance an item such as a ball or bean bag on the bat / racquet. In 30secs, your score is the total number of seconds the item remains balanced within that time period. If it falls off, put it back on and continue from where you were.

**Throw or Catch:** Set a target point on a wall and see how many times in 30secs you can hit it by throwing an item at it OR get someone to stand 2metres away from you and throw an item towards you. See how many times in 30secs you can catch it.

**Boccia or New Age Kurling:** See original challenge videos - [https://www.lrsport.org/hifive-challenges](https://www.lrsport.org/hifive-challenges)