

Taking part in the activity is the most important thing, use the suggestions below to adapt, or come up with your own adaptations.

**Target bean bag throw**

Space	Alter the distance run or let those who can't run remain at the spot
Task	Consider using a ramp or other method such as a kick
Equipment	Find what works best to propel, a ball, a balloon etc. Make the scoring zone bigger
People	Can someone guide or hand the object to participants

**Bean bag balance**

Space	Distance travelled altered depending on who is taking part
Task	Balance the bean bag on easier parts of the body (shoulder, hand or lap)
Equipment	Change the beanbag for a bigger object which is easier to balance
People	Use a guide the participants can follow e.g. sight impairment

**Speed bounce and sprint**

Space	Instead of sprinting use a target such as a skittle to knock over. Alter distance moved
Task	Use kicks or foot taps on a target if participants can't jump
Equipment	Use lines on the floor to step over into different zones instead of jumping
People	Others can help by counting and guiding

**Bat and Ball balance**

Step	Alter the distance needed to travel
Task	Use a carry instead of a balance
Equipment	Bigger racket and balls/bean bag to adjust difficulty
People	Ask participants which method they prefer. Use a guide if needed

**Skittles target roll**

Step	Move the skittles closer
Task	Use scoring zones which can be bigger/smaller, different ways to propel like a seated kick or push off wheelchair tray
Equipment	Use a ramp, bigger ball
People	Support each other, stand by the skittle and clap hands to aid visual/perceptually impaired participants

