

NOT AT SCHOOL SCHOOL GAMES

SECONDARY LESSON 5



ACTIVITY 1



Battleships - With someone else in your house, sit at opposite ends of a room and place 4 items each (boxes, tins, plastic cups etc.) in the middle of the room as your battleships. With a rolled up pair of socks, take it in turns to throw the socks and hit your opponents ships (it must hit directly, it can't roll and hit it). The winner is the first person to destroy all of the other players battleships.

ACTIVITY 2



Seated Volleyball

With someone else in your house, mark out a court (A rug could be the playing court). Build a net in the middle of the court with household items. Players sit either side of the net. Using rolled up socks, balloon or soft ball, player 1 serves to player 2 using their hand, player 2 must return the serve with their hand without the ball bouncing and so on. You win a point if your opponent fails to return your shot, hits their shot out of the court or hits the net. There are no attacking shots in the game, so you can't hit the ball directly down and you must remain seated at all times. First to eleven points wins.

WARM UP



Heads, Shoulders, Knees, Toes, GO - Stand opposite someone in your house, 1 metre apart. Place 1 object in between both of you and ask someone to sing the heads, shoulders, knees and toes lyrics. When they shout GO, race to pick up the item in between you. After each round, perform a stretch. First to 5 wins.

CHALLENGE 1



Boccia At Home

Roll up 7 pairs of socks (3 of one colour, 3 of another and 1 other colour). Sit down and throw the individual pair of socks and use this as 'the jack'. Players then take it in turns to throw their colour socks and get closest to the jack. Whoever is closest wins and you get 1 point for each sock of the same colour which is closest to the jack. First to 10 points wins. Use this challenge as practice for your entry into the **SLSSP Quad Cup - Boccia Challenge**. Click [here](#) for more information and to enter the competition!

