

# KEEP IT UP

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## The Goal:

Strike or toss objects up as many times as possible. Beat your best score or the clock!

## What You Need:

1–3 Lightweight objects (balloons, plastic bags, Scarves, or punch balls)

## How To Play:

- Clear a 10' indoor or outdoor space. Start with 1, 2 or 3 lightweight objects.
- Modify as needed based on individual needs.
- Don't let the object(s) hit the floor. If it does, pick the object(s) up and keep going.
- On the start signal, strike objects upward. Count how many hits you can score.
- If using multiple objects, alternate striking each object. Don't strike the same object twice in a row.

## UDL Mods:

- Create a learning environment based on individual needs/abilities
- Suspend a balloon on a string
- Place objects on tray or table top
- Use fan/blower to manipulate objects

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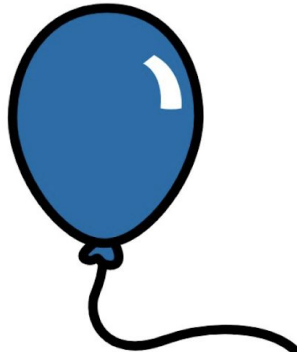
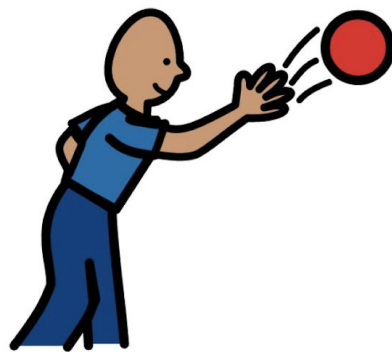
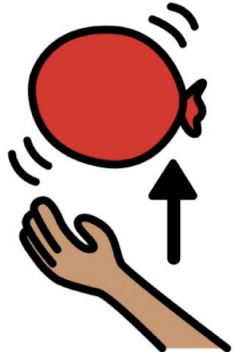
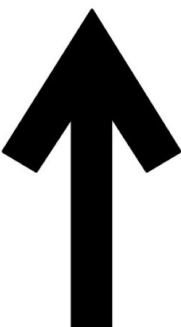


# KEEP IT UP

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 <p>Balloon</p>	 <p>Toss</p>	 <p>Hit Balloon</p>	 <p>Keep Up</p>
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# SCAVENGER HUNT



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## The Goal:

Find as many items listed on the worksheet as possible.

## What You Need:

Printed Copy of Scavenger Hunt Worksheet (modify based on students' needs/abilities)

## How To Play:

- The items you have to find are things lying around your house, yard, or in a designated area.
- On the start signal, search around your designated space and collect/mark the items that fit the description on the worksheet.
- How quickly can you find all items on the worksheet?

## UDL Mods:

- Adapt visuals on scavenger hunt worksheet to match student needs / device.
- Designated colors, shapes, toys can be varied.

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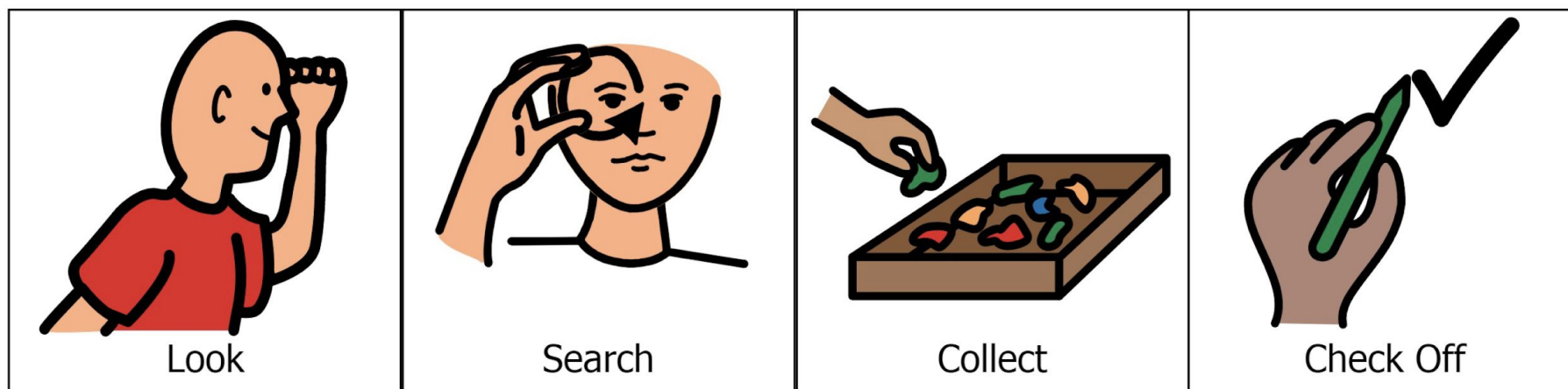


# SCAVENGER HUNT

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# SPOON RELAY

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## The Goal:

Work with a partner to get all 5 objects to the finish line.

## What You Need:

1 Carrying Implement, 1-5 Small Objects to Balance, Spot Markers for Start/End points

## How To Play:

- Create start and end points using spot markers.
- Get ready with 1 object balanced on the implement.
- On the start signal, carefully move from start to end with 1 object.
- Drop off the object at the end point, return to start, and retrieve the next object.
- If you drop an object, stop, place it back on the implement and continue the relay.

## UDL Mods:

- Use implements that meet student needs (like a spoon, short-handled racquet, tray, basket, or student hands).
- Use objects that meet student needs (ball, marble, bean bag, etc.)
- Shorten/lengthen travel distance as needed.

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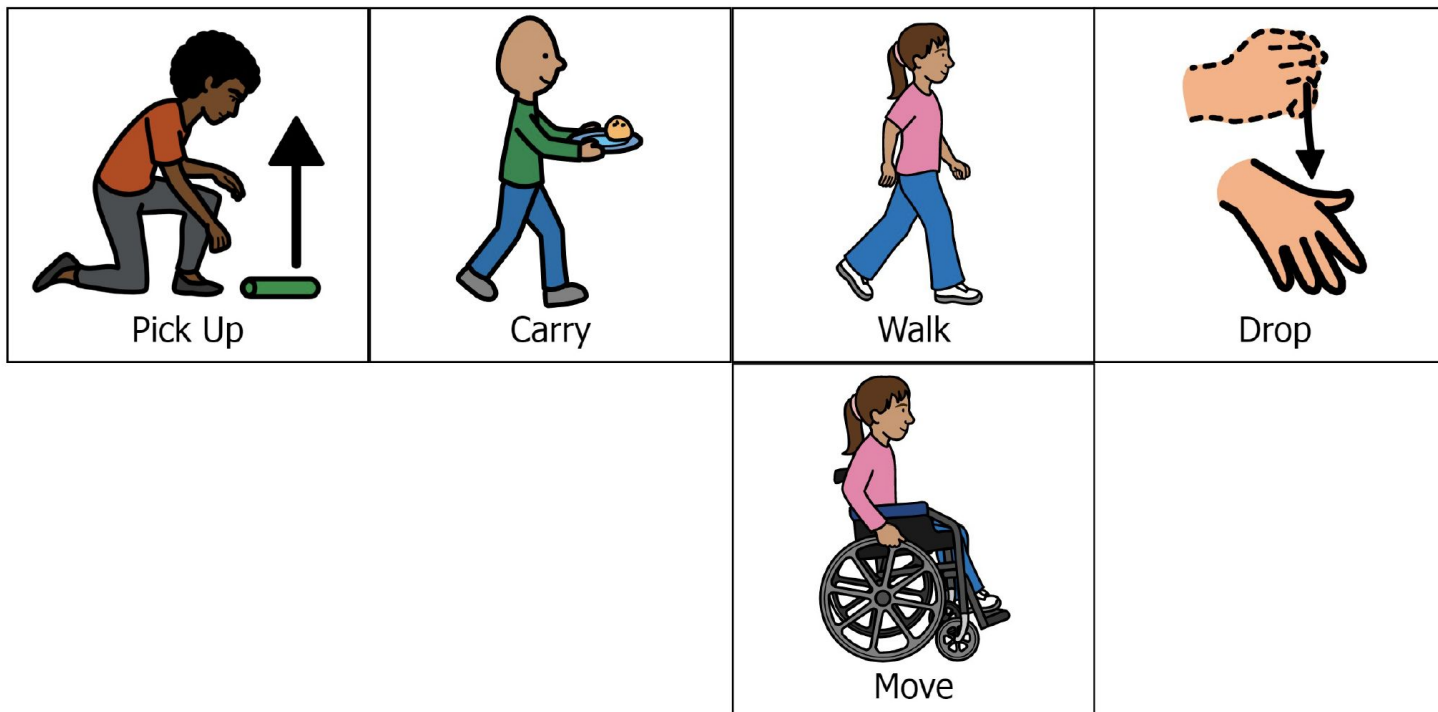


# SPOON RELAY

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# WIND BOWLING

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## The Goal:

Knock all the cups off a table with a manipulative chosen to meet student ability needs.

## What You Need:

10 Plastic Cups, 1 Object to Create Wind (paper plate, paddle, hair blower, or fan)

## How To Play:

- Set 10 empty cups, single file, at the edge of a table.
- On the start signal, fan the plate or paddle aiming the wind toward the empty plastic cups.
- Wave the paper plate like a fan with the wind hitting the cups, or aim a hair blower to meet student ability.
- Score a point for every cup that gets knocked off the table in the time designated to meet individual needs
- Student who makes at least 3 attempts to complete this event can mark it complete on the scorecard.

## UDL Mods:

- Adjust the number of cups (more or less) to challenge and meet student abilities.
- Allow students to knock the cups off reaching with a hand or safe implement.

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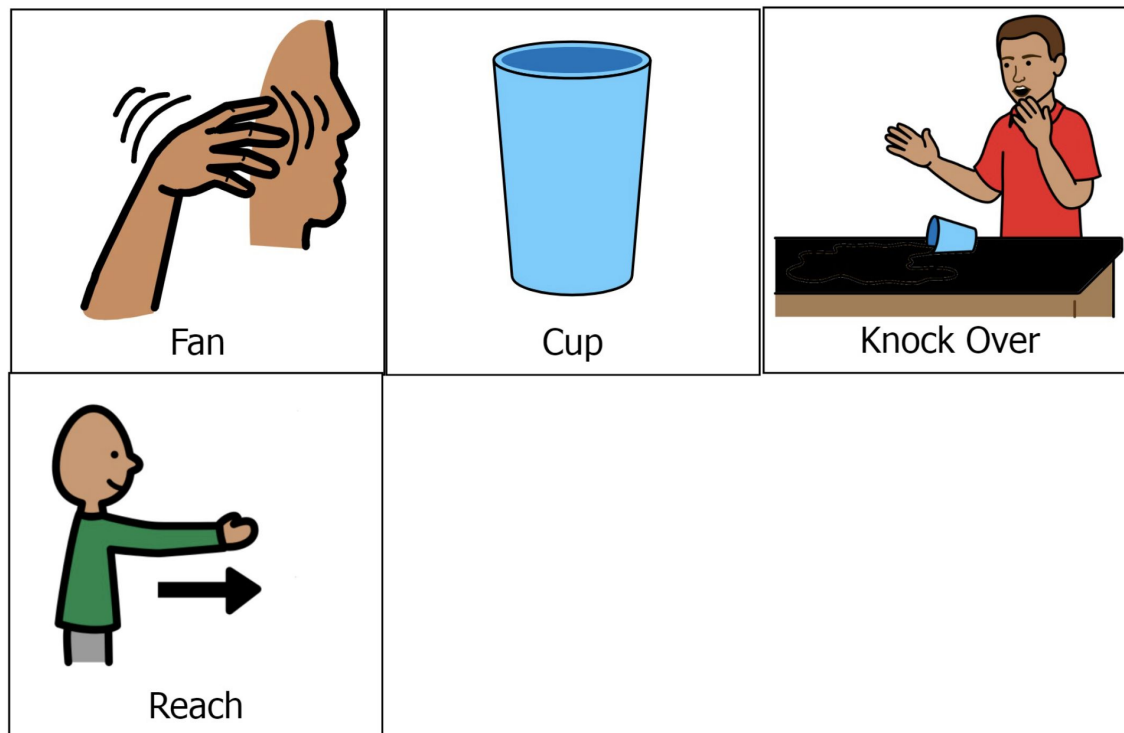


# WIND BOWLING

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# BOWL BALL

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## The Goal:

To score as many points as you can in a set time by tossing the ball into the bowls.

## What You Need:

6 Large Bowls (or targets of your choice), 1 Sock Ball (or tossable object of your choice)

## How To Play:

- Set bowls on the floor in a triangle 3"- 4" apart.
- Mark the point total for each bowl with paper or tape in the bottom of each bowl. Mark a tossing line 6'-8' away  
Hint: Big bowls are easier than small bowls!
- On the start signal, begin tossing. After each toss, retrieve the sock and hustle back to toss again.
- If the sock lands in a bowl, or crosses target area (based on needs), tally points with pen and paper.
- On the stop signal, calculate your score. If you make at least 3 attempts to improve your score, mark the event complete on the scorecard.

## UDL Mods:

- Use hula hoops, jump rope or taped circles in place of bowls.
- Use a light ball inside a sock, scarf or grocery bag.
- Adapt shape, size, placement of targets as needed.
- Use multiple tossing objects to prevent retrieval after a throw.
- Allow students to throw, push, transfer or drop objects.

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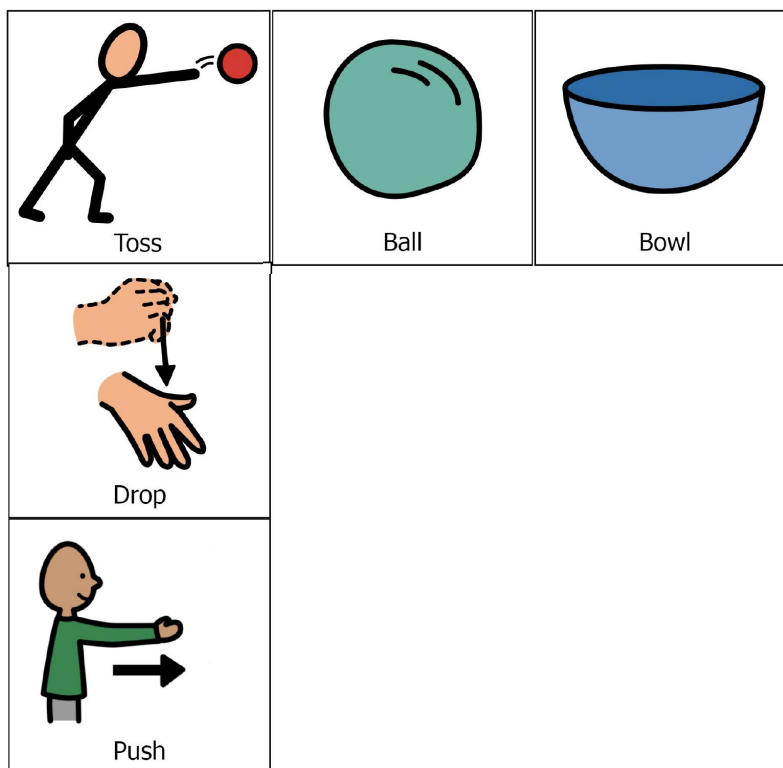


# BOWL BALL

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# FLIP YOUR LID

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## The Goal:

The object is to flip your plastic lid upside down as many times as you can in a set time.

## What You Need:

1 Kitchen Spatula, 1 Plastic Lid (from a jar or plastic container)

## How To Play:

- Place the lid facing up on a table or on the floor. Get your spatula ready!
- On the start signal, slide your spatula under the lid and try to flip it into the air so that it lands upside down.
- Earn a point for each successful flip. Total your points.
- Quickly reset the lid after each flip.
- If you make at least 3 attempts to improve your score, mark the event complete on the scorecard.

## UDL Mods:

- Change the spatula for a short handled paddle, kitchen strainer with handle, small sand shovel, or allow students to use hands.
- Change the lid for a spot marker or flying disc.
- Place lid on spatula for students before each flip.
- Use stomp/smash pad to launch lid.

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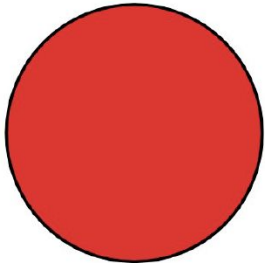

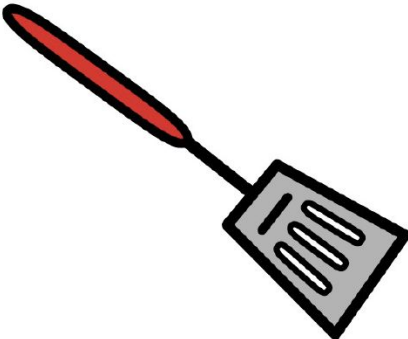



# FLIP YOUR LID

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 <p>Lid</p>	 <p>Put On</p>	 <p>Spatula</p>	 <p>Flip</p>
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# FAN-A-WAR

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## The Goal:

Keep the object on your opponent's side of the centerline until you hear the stop signal.

## What You Need:

1 Paper Plate (cardboard, folder, or paddle) per player, Centerline (tape, string, or chalk),  
1 ping pong ball (or other lightweight object)

## How To Play:

- Set a timer for 1 minute. On the start signal the timer begins.
- Start fanning/moving the object toward your opponent's side of the center line and away from your side. Score 5 points at the end of the 1-minute round if the object is on your opponent's side.
- Play 3 or 5 rounds. All players participating can mark this event complete on the scorecard.

## UDL Mods:

- Use pool noodle to push the ball (or other object - like a cup)
- Change rules to meet needs (e.g. Place the object on a student tray/table).
- Student pushes cup across line and then back as many times as possible in designated time.

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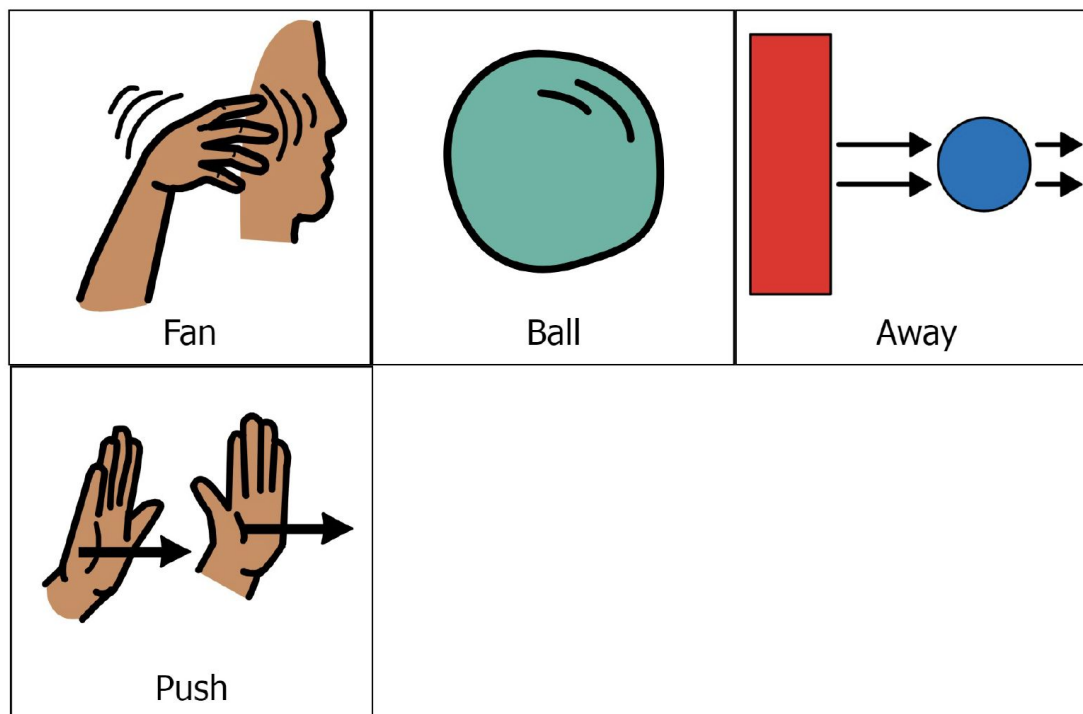


# FAN-A-WAR

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# SOCK-ER SKEE-BALL



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## The Goal:

Score as many points as possible in 10 attempts by kicking sock balls into skee-ball targets.

## What You Need:

Rolled Socks as Sock-balls, 3 Targets (large, medium, small – e.g. laundry baskets, bucket, large coffee can) stacked in Skee-ball Formation (on sides with opening facing players)

## How To Play:

- Start kicking sock balls into the targets.
- Score 1 point for every sock in the large target, 5 points for the medium target, 10 points for the small target.
- You get 10 chances to score as many points as possible.
- If you complete all 10 attempts, mark the event complete on the scorecard.

## UDL Mods:

- Use targets of various sizes to match students' needs.
- Rather than kicking, students can place, throw, roll, toss, drop, or push balls into the containers.

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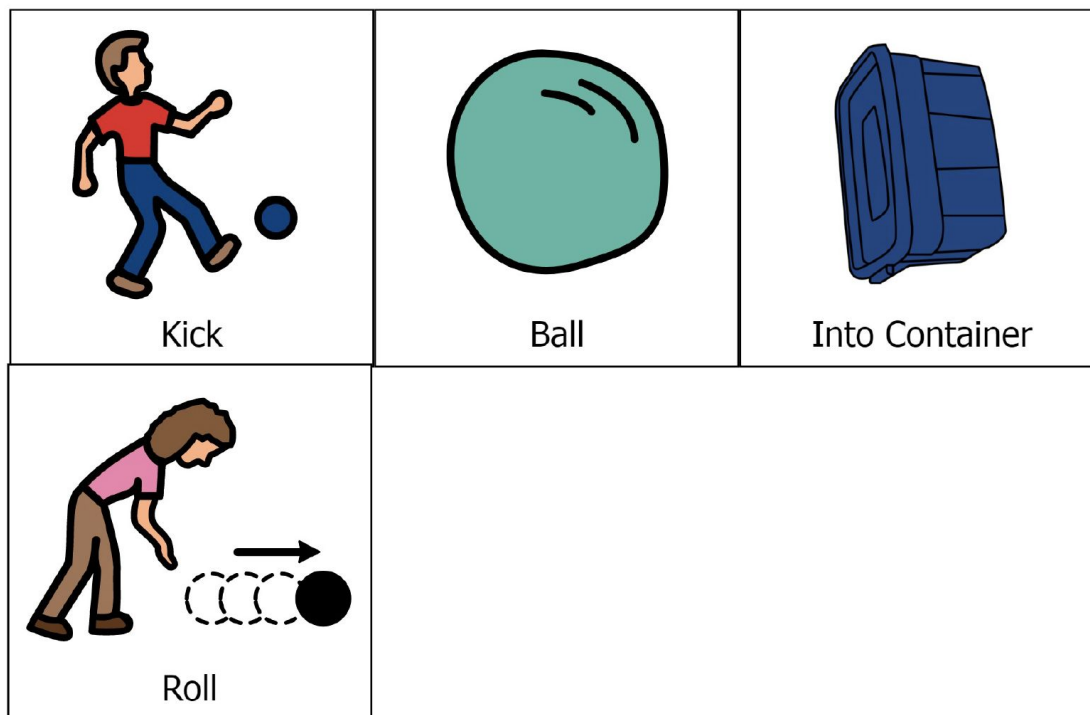


# SOCK-ER SKEE-BALL



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# WATER BOTTLE TRAP



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## The Goal:

Score as many points as possible in 1 minute (or another designated time)..

## What You Need:

1 Empty Water Bottle (or bucket), 1 Laundry Basket (or large container), 1 Sock/Tennis Ball

## How To Play:

- Lean the edge of a laundry basket on top of an empty water bottle. Mark a rolling line 8'-10' away (the open side of the basket should face you).
- Roll ball at the water bottle. To score the ball must hit the bottle. (Rolls that hit the basket first don't count!)
- Score 1 point = basket falls and traps ball only
- Score 2 points = basket falls and traps bottle only
- Score 3 points = basket falls and traps both!

## UDL Mods:

- Students can kick or push the ball instead of rolling.
- Attach a string to the bottle or bucket and have the student pull the string until the bottle tips and basket falls off.

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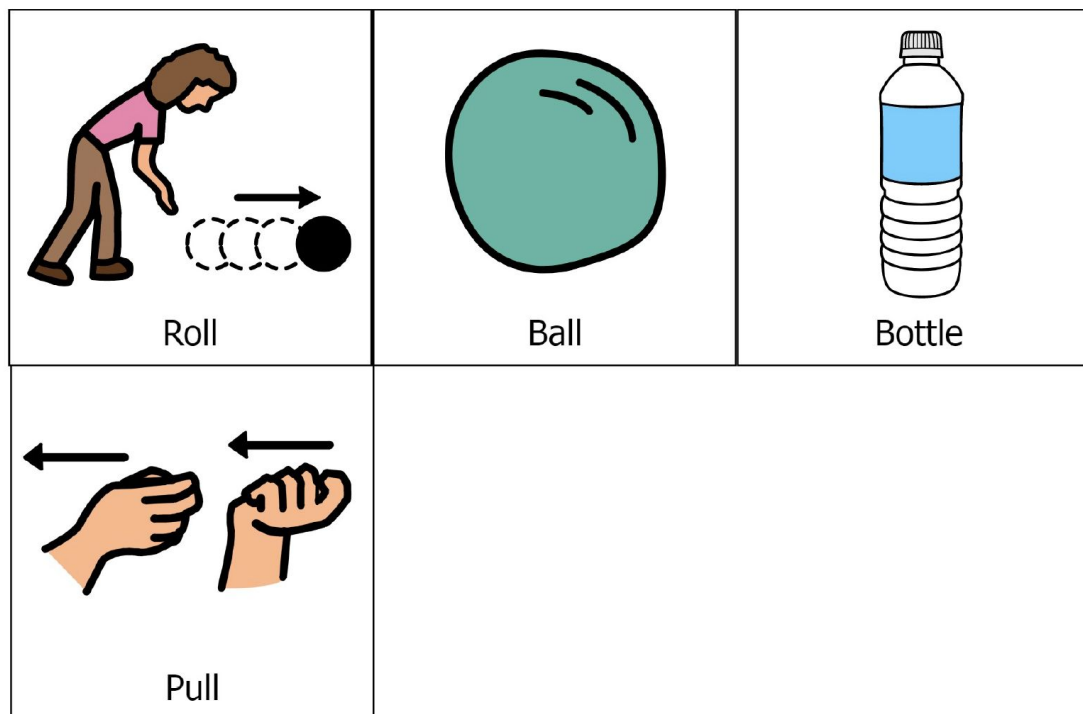


# WATER BOTTLE TRAP



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# PENGUIN RACE

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## The Goal:

Score as many points as possible in 1 minute (or another designated time) by walking like a penguin and flipping over the cups.

## What You Need:

1 Sock or Tennis Ball and 2 Plastic Cups per Player.

## How To Play:

- Race the clock or another penguin.
- Place and hold the egg (ball) between your knees.
- On the start signal, waddle back and forth from one cup to the other. When you reach the cup, turn it over.
- Score 1 point every time that you flip a cup.
- If you drop the egg, do 5 jumping jacks (or other exercise) before continuing.
- **Partner-Race-Challenge!** Be the first to turn 6 cups.

## UDL Mods:

- Place the egg on any body part and move from one cup to the other.
- Place cups on higher surface.

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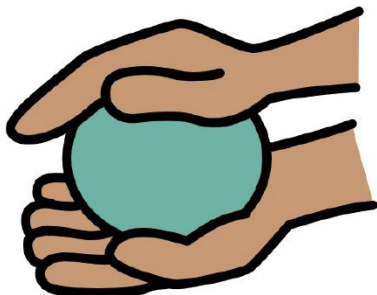
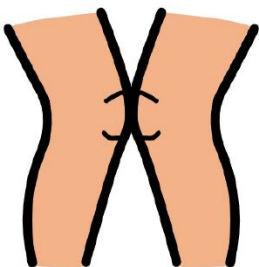
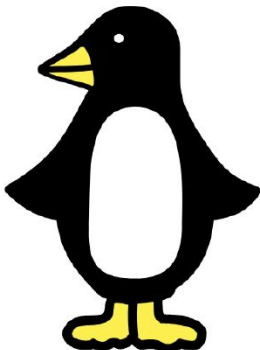
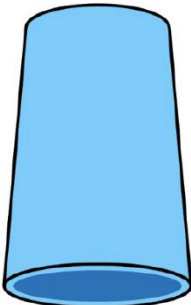


# PENGUIN RACE

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 <p>Hold Ball</p>	 <p>Between Knees</p>	 <p>Penguin Walk</p>	 <p>Flip Cup</p>
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# BACKBOARD BANK IT



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## The Goal:

Score as many points as possible in 1 minute (or another designated time) by tossing sock balls off of the wall and into the basket.

## What You Need:

5 Sock Balls (paper or foam ball or any soft ball available), Laundry Basket or Bucket, Wall

## How To Play:

- Place a basket or bucket against a wall. Mark a distance 5'-10' from the basket.
- On the start signal start tossing the sock balls into the basket. You MUST bounce the ball off of the wall for the point to be counted.
- Score 1 point for every sock that is banked into the basket.

## UDL Mods:

- Allow students to choose a ball based on preference/skill.
- Modify the distance between the tossing spot and the basket to increase success.
- Allow all baskets to count as a point, even those not banked.

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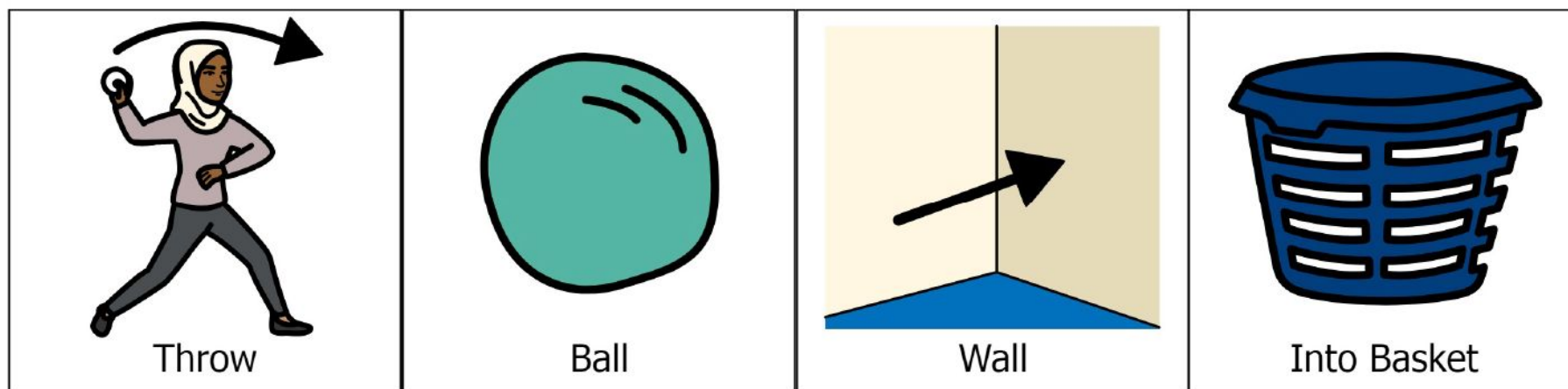


# BACKBOARD BANK IT



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# PAPER PLANE CORN HOLE



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## The Goal:

Score as many points as possible in 1 minute (or another designated time) by throwing your paper object (like a plane) into the target (bucket or hoop).

## What You Need:

3 Sheets of Paper per Player, a Target (bucket, hoop, laundry basket)

## How To Play:

- Place a basket or bucket against a wall. Mark a distance 5'-15' from the basket. Create paper objects.
- On the start signal, toss paper objects to the target.
- When all 3 objects have been tossed, hurry to collect them and then keep tossing until time runs out.
- Score 1 point for every object that hits the outside of the target, and 2 points for every object that lands inside the target.

## UDL Mods:

- Paper planes and paper balls are both example of paper objects to be thrown. You can also use beanbags to promote success.
- Modify the distance between the tossing spot and the target to increase success.

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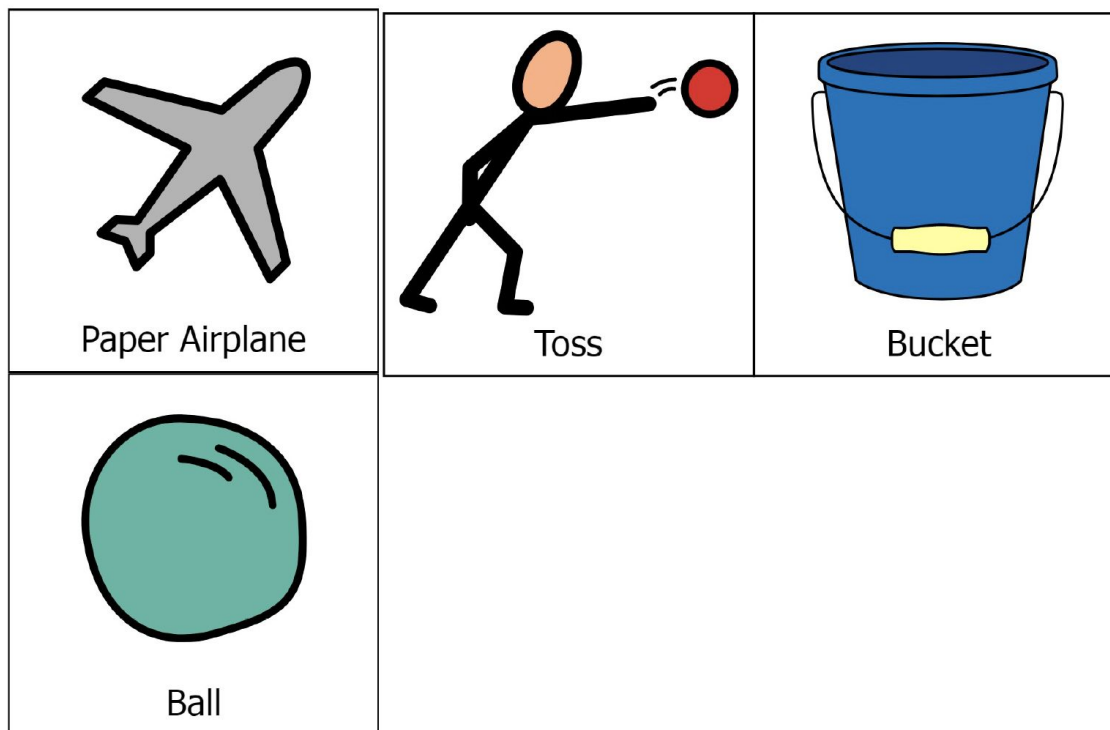


# PAPER PLANE CORN HOLE



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# TENNIS SHOE TOWER



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## The Goal:

Build a shoe tower as high as you can with the shoes collected from the pile.

## What You Need:

5-15 Shoes per Player, 1 Spot Marker per Player to Create a Home Base (e.g., paper plates)

## How To Play:

- Create a shoe pile with all of the collected shoes at one side of the activity area. Place home base spots equal distance from the pile.
- On the start signal, move and take 1 shoe from the pile. Then, return to home base and begin building. Move back and forth, collecting and building.
- If the tower falls, that's okay, rebuild and keep going.
- When the shoes are gone, count and score 1 point for every shoe in the tower.

## UDL Mods:

- Pile and/or build with shoes on a higher surface.
- Use flat shoes (e.g. flip flops)
- Use stuffed toys in place of shoes.
- Use blocks or some other easily stackable objects.

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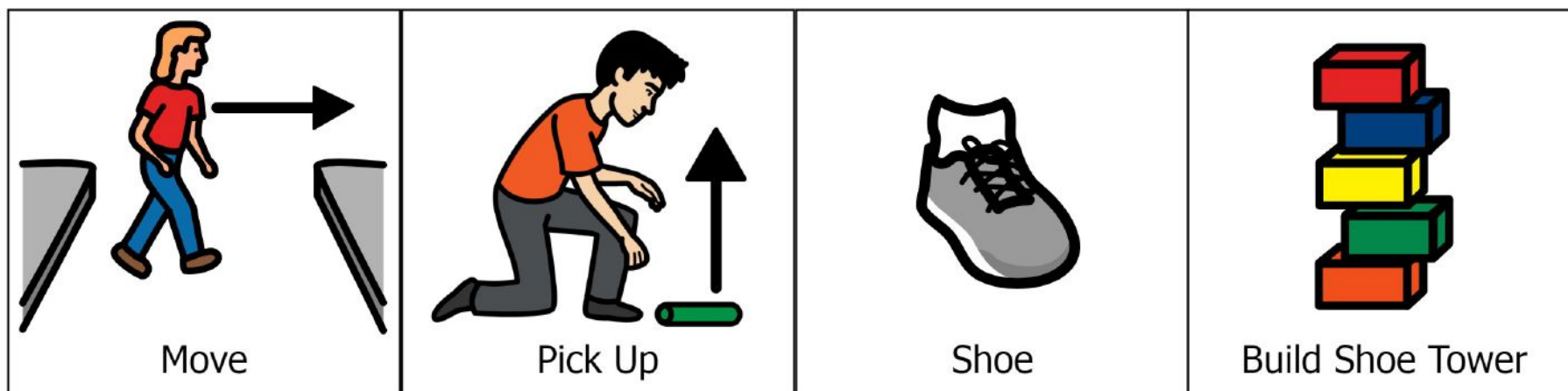


# TENNIS SHOE TOWER



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# MILK JUG RELAY

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## The Goal:

Move the objects (i.e. milk jugs) back and forth as many times as you can in 1 minute (or another designated time).

## What You Need:

2 1-Gallon Milk Jugs per Player, Spot Markers to Mark Start/Finish Lines, Timer

## How To Play:

- Create start and end lines using spot markers. Lines can be 15-30 steps apart, or 10 pushes if you use a wheelchair.
- Fill 2 1-gallon jugs with water ( $\frac{1}{4}$ ,  $\frac{1}{2}$ , or full) and place at the start line.
- On the signal, carry the object (or objects) across the room and back as many times as you can.
- Score 1 point for each full length traveled in 1 minute.

## UDL Mods:

- Use a variety of objects and allow students to choose (e.g., soup cans, water bottles, grocery bags with objects inside.)
- Carry objects in your lap if you're pushing your wheelchair.

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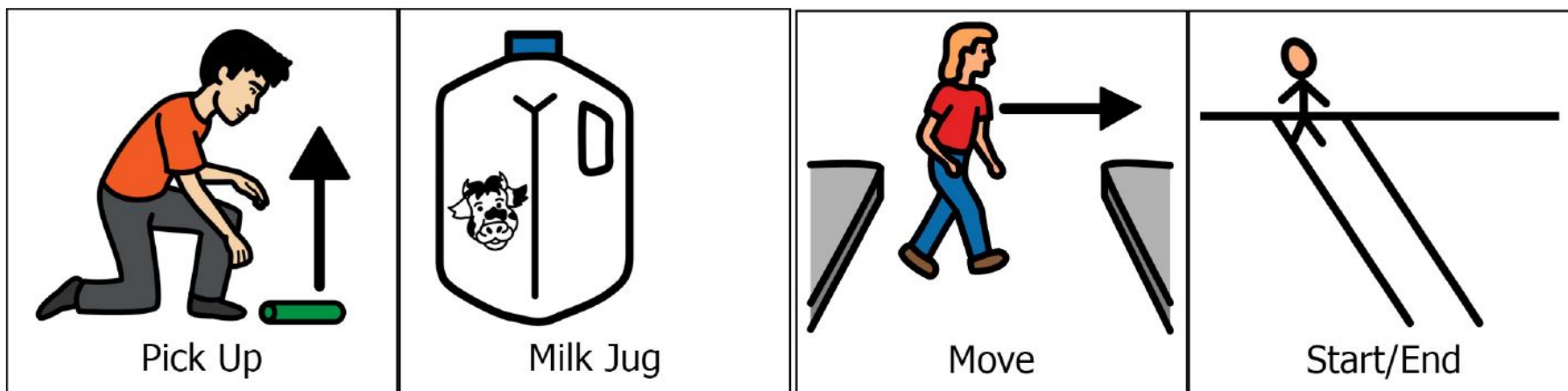


# MILK JUG RELAY

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# LOOK FOR THE GOOD



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## The Goal:

Score points by finding 4 objects in your house (1 at a time) that fit in the *Look for the Good* category of your choice.

## What You Need:

Spot Marker to Mark a Home Base

## How To Play:

- Choose a Look for the Good category from the following list: 4 of your favorite objects; 4 objects that match your favorite color; 4 objects that start with L, F, T, G Look For The Good.
- On the start signal, move through your house and find the first object in the *Look for the Good* category.
- Bring the object back to Home Base and then go find the second object.
- Continue until all 4 objects are back at Home Base.

## UDL Mods:

- Provide each player with the names of the actual objects (L, F, T, G) to be found.
- Plan ahead and create visual pictures of the objects that students can search and find.
- Choose 4 objects that make different sounds. Students search for the sounds.

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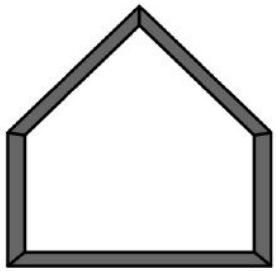
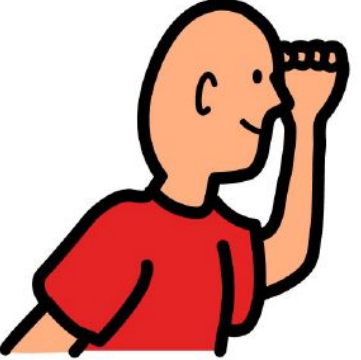
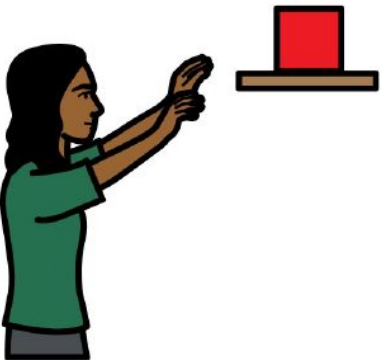
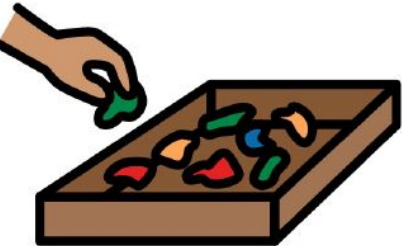


# LOOK FOR THE GOOD



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 <p>Home Base</p>	 <p>Look</p>	 <p>Find Object</p>	 <p>Collect</p>
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