






Paralympic Activities

Can you do some of these activities below. You will need something to time with, an object (ball, socks rolled into a ball, pillow) and a partner to help you with some of the activities.

Activity	Attempt 1	Attempt 2	Attempt 3
How many times can you bounce a ball while sitting down in a minute? 			
How many times can you throw an object at a target while sitting down in 2 minutes? 			
How long can you keep an object off the floor by hitting the ball up with your hands, while sitting on the floor? 			
How many times can you throw the ball to your partner and back without dropping it while both sitting down? 			
How many times can you roll an object at a target while sitting down in 2 minutes? 			

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