

Adapted games - Paper Ball Games

Paper ball games - These games help young people develop balance, movement, manipulation, targeting and toss & catch skills.

Age Range

School-age, young people.

What you need

- Sheets of paper (eg old newspapers)
- Masking or other tape

How to play - game basics

- Give the group paper (e.g. old sheets of newspaper) and some tape (e.g. masking tape) and show them how to make a simple paper ball using 2-3 sheets and some tape.
- Once everyone has their paper ball, the ask players to spread out around the playing space.

Individual ball skills

- Pass the ball from hand to hand, moving towards simple toss and catch (two hands throw, two hand catch).
- Those with high support needs can roll the ball on their lap or their chair table (lap tray).
- Build activities up; for example, toss, clap and catch, toss, touch the floor and catch.
- Those with high support needs try rolling ball onto floor, push the ball off different parts of their body or chair.

Paper ball games

In pairs, or small groups, try these games.

- One player throws or rolls their ball a short distance. Their partner tries to hit the ball with theirs. 1 point if they hit, 1 point to their opponent if they miss.
- Make a line on the ground or use an existing line. The player who gets their ball nearest to the line (either side) without touching the line, wins a point.

Aim at a wall. The player getting their ball closest to the wall, without touching the wall, wins a point.



Something to think about

Use paper ball games to develop ball skills for other games.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- In balance activities, some players can start without the paper ball.
- When players of different abilities play together, rules can be amended to challenge both players; for example, use different sized targets.

hEzebe (People)

- Players who have mobility or coordination impairments can substitute other skills in toss and catch games. For example, they can toss the ball in the air and see how many times they can clap before it hits the ground.

quSaquse (Equipment)

- Some players may have better success in throwing and catching if they begin with larger paper balls.
- Try using empty plastic water bottles as targets.

bOta (Space)

- Make sure that players have sufficient individual space, particularly when movement is introduced.
- Decrease the distance to the target (or make the target bigger) to make the game easier.
- Increase the distance to the target, or make it smaller, as skills improve.

Safety

- Everyone should be aware of other players when throwing. It may help to have everyone throw in the same direction initially.

How to improve

- It is important that players are stable and balanced, whether they are standing or seated, before making a throw.



Extension game - Horseshoes

- This game is based on the old game of 'horseshoes' – where players throw old horseshoes at a metal spike in the ground.
- 2 targets are placed on the ground an agreed distance apart (depending on ability); or mark a cross or circle on the ground.
- Players try to land on the target from the opposite end. Once everyone has played, the end is scored (for example, 0 points for a miss, 1 point for landing in an outer circle, 3 for the centre circle).
- If a circle on the ground is used; 3 points inside the circle; 1 point if the paper ball lands on the rim; 0 for a miss.
- Players then play back towards the other target.