

# ADAPTED PING PONG ACTIVITIES

## Setting up the games at home

### Game 1



How many balls can you get to bounce in the cone?  
How many can you do without missing?

### Game 2



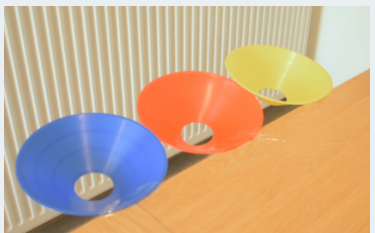
Can you get the balls to bounce into the cones?  
Can you go blue, yellow and then red in order?

### Game 3



How many balls can you get into the cones in one minute?  
Can you try it with fewer bounces?

### Game 4



Can you either roll or bounce the balls through the cones?  
Can you do it with your other hand?

### Game 5



Can you get the balls to bounce between the bats?  
Every time you get it through move the bats closer!

### Game 6



How many balls can you make hit the bats?  
How many balls does it take you to hit all 3 bats?

### How to sit or stand :



Sit on a chair or stay in your wheelchair and use your hand or the bat



Stand up, feet shoulder width apart, bend from the waist



Stand up, feet shoulder width apart, bend from waist, touch your nose with the ball and throw

For more information please get in touch via [peter@pingpong4u.co.uk](mailto:peter@pingpong4u.co.uk) or on 07434530134. Please ask permission to post your best action shots on @PINGPONGFORU