

Activities to Share We go the extra smile

Hockandy!

This is a good all round active game that is just plain old simple fun. Get people moving without having to use the word exercise and bring out their competitive side.

Products needed for 2 teams of 6 people:

6 x Inflatable Candy Canes

2 x Beach Balls

12 Bean Bags

Ideas of games to be played:

Space 4 beanbags on the floor or grass leaving enough room to slalom in between, place 2 beanbags as goal posts at the end of each run.

You will need a person playing 'back stop' to get the ball and pass it back to the team for the next player to go.

If you have seated or wheelchair users, this game can still be played by putting the people in a row of 3 each with a candy cane, hit the ball to each other along the line and the last person shoots to the goal, the last person then moves to the first person position, repeat until the final person shoots.

You can also have a game in the garden of 3-a-side hockey and have a knockout tournament, use the beanbags to mark out the corners and goal posts.

You can also use these items for a target game:

Lay the candy canes on the floor putting 2 together to form a heart, space them out and grade them in nearest is 1 point, to furthest away is 12 points. Put the beach balls amongst them and use these as bonus balls. If hit by a bean bag your team gets a bonus throw. The beach ball has to stay where it gets knocked to though. 😊