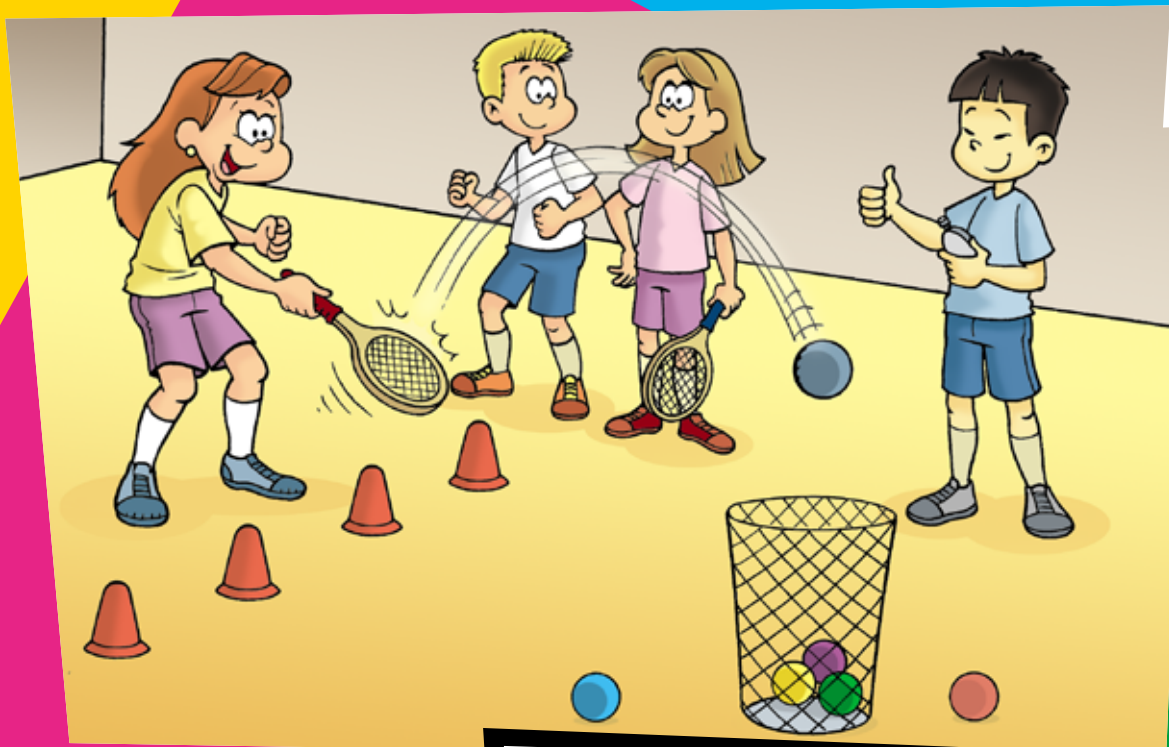


TIDDLYWINKS

Achieve the challenge

The aim is to get as many items into the target as possible in the time given.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Ensure there is plenty of space between the targets, and you are not striking towards another person.

Link it up

- This game helps you accurately place a ball or shuttlecock which is useful in sports such as tennis, badminton and volleyball.

How to play

1. Make a target using a bucket or cones/markers.
2. Stand two metres away from the target with a racket and some balls or shuttlecocks.
3. When the timer starts, try to hit a ball or shuttlecock into the target.
4. After the time is up, count how many items are in the target.

Equipment

Essential

- A racket.
- Balls or shuttlecocks.

Optional

- Bucket/cones or makers to make a target.

Spirit of The Games



Self-belief:

Try setting yourself a target that you think you can achieve and then gradually increase it and keep your belief each time.



Respect:

Watch others and congratulate them on their performance.



Passion:

Do you practice this activity outside of school?

Think tactics

- How long do you take between your shots? Why?

TIDDLYWINKS

Roles for leaders and officials

- Make sure all the equipment is ready – you will need lots of balls or shuttlecocks.
- If players are waiting a long time for their turn, could you come up with an activity for them to do while they are waiting?
- Check everyone is scoring correctly. You might want to design a recording sheet.

Including Everyone

- Have the balls/shuttlecocks on higher surfaces. Ask players which is the most comfortable position.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Stand closer to the target.
- T** Try hitting your shot from out of your hands.
- E** Choose a bigger racket.
- P** Use a feeder to help you take your shots.

HARDER

- S** Stand further away from the target.
- T** Swap your grip after each shot you take.
- E** Choose a smaller racket.
- P** Compete against a partner.

Change it up

- Add more than one target at different distances and with different scores.
- Play a relay with different targets to hit in a set order.
- Play against others.
- Add in targets which you must try to avoid hitting.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.

