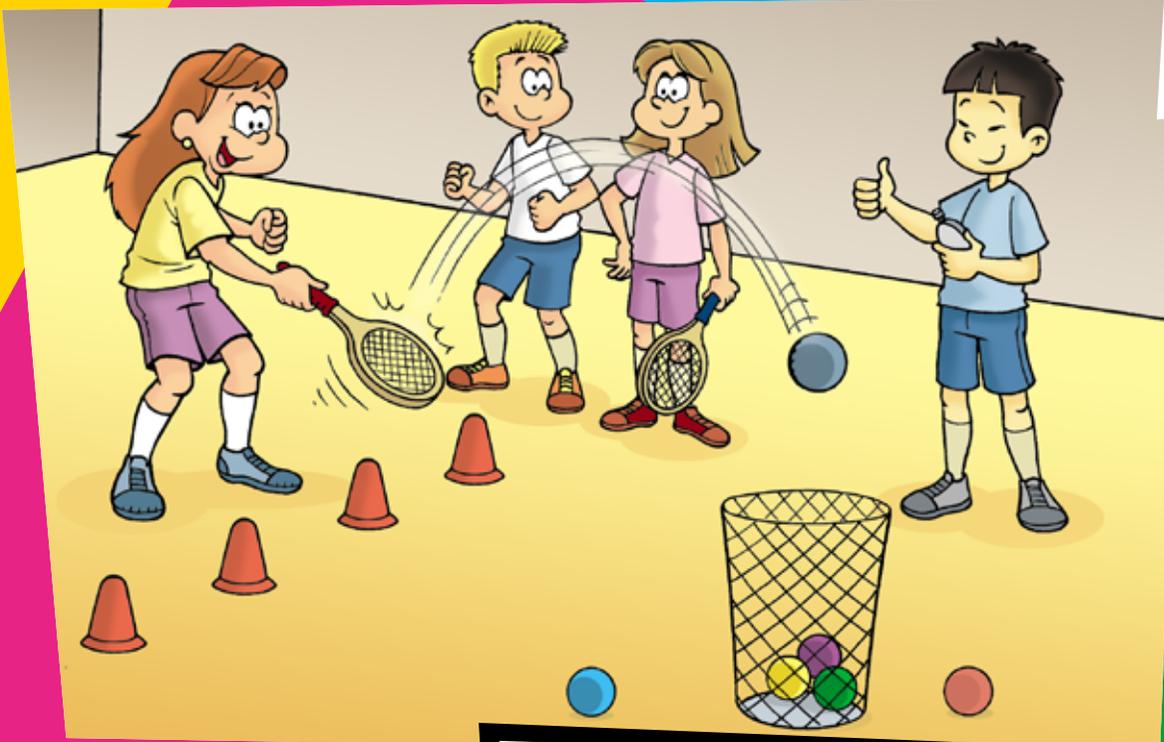


TIDDLYWINKS

Achieve the challenge

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



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 markers 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?



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.

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.**

