

Adaptations/Customizations Sheet

1. Climb The Ladder: We did this with tennis balls and added water to the bottle. It only counted as a “knock-off” if the ball hit the bottle FIRST and then it fell off the rung (hitting the ladder only can knock the bottle off). You CAN play that if the bottle falls off no matter what it moves up to the next rung. Three balls/throws per round for each participant. Adults throw from farther back.
2. Sock-er Skee-Ball: We did traditional Skee-Ball and rolled balls. I made a ramp using a box, pillows and a dry-erase board for the actual ramp. Make a large circle out of rope or string and then place three different sized objects (small box/bucket, medium box/bucket, and a larger box/bucket) in a straight line going away from the ramp inside the rope with space between each object. You can decide how many points each is worth (we did 2=stayed inside rope; closest=5; middle=10; and furthest=20). We added two soup bowls on the sides and they were worth 40pts! Play 5-10 rounds (3 balls each round/person) and tally up your totals. Make the circle of rope larger for easier points.
3. Bowl Ball: Use any type of ball instead of sock balls, and make sure the bowls or objects being used are heavy enough that they don't tip over. Boxes make it easier.
4. Paper Plane Corn Hole: Not really anything to change on this one, but instead of having one minute to accumulate points, I would suggest playing against someone and play games to 11. Add more buckets if needed.

Paper airplane making link:

<https://www.foldnfly.com/#/1-1-1-1-1-1-1-1-2>

5. If The Shoe Fits: Again, instead of doing this in a certain amount of time, play games to 11 or 21.
6. Water Bottle Trap: We used a box and it's another one where I think games to 11 or 21 work better. Work on good bowling technique...bend down low, opposite foot of your rolling arm should be forward, and get a nice smooth roll! (-:
7. Penguin Race: Definitely more fun if you race another person, or you can create a little competition with family members (mix up the teams a few times). Explore with different balls you have around the house to see what works best for everyone.
8. Wind Bowling: We had more fun doing this by blowing up a balloon and releasing it, making the balloon itself knock the cups down. We also used the cups as target practice with rubber bands, and each round you got three shots. First person to knock them all down wins, OR, the person that knocks down the last one (which means you don't reset them) wins.