**Invictus Challenge**

**Equipment**
- **Goalball** - if not a football or basketball or netball or a similar sized ball.
- **Markers** - if not socks or cans or plastic cups can be used.
- **Eyeshade** - if not a scarf or a jumper or a woollen hat or close your eyes tight.
- **Guide** - someone to retrieve the ball and support with your aim and keep score.
- **Boccia Ball** - if not a tennis/juggling or similar ball or a rolled-up pair of socks or a bean bag or rolled up tin foil.
- **Line markers** - if not chalk or tape or string or socks.
- **Measuring tape** - if not a 30cm ruler or A4 paper/book - A4 is approx. 30cm in length.
- **Chair** - if not sit on the floor.
- **Basketball** - if not a netball or a football or a ball that you are able to bounce.
- **Stopwatch** - if not a phone or a watch or a tablet (iPad).

**Challenge 1**
**Goalball - Roll Up**

**Challenge 2**
**Boccia - Mind the Gap**

**Challenge 3**
**Wheelchair Basketball - Dribble Mastery**

Practice & submit your best scores to your teacher.

Click the buttons for demonstration video for each challenge.