



TAKING AIM INSTRUCTIONS

PURPOSE

The Taking Aim Activity is more than just a tool - it's a game-changer in enhancing visual scanning and depth perception. This activity not only sharpens balance and eye-hand coordination skills but also challenges users to push their limits. With each use, individuals can expect to focus their attention, elevate spatial awareness, and perfect their precision.



SCAN HERE to access
directions on your phone



TO START

- 1** The Mover takes a position near the edge of the mat, and is then asked a trivia question, and if they answer it correctly, then they are awarded 10 points and can then toss the beanbag toward a desired target zone. The number that the beanbag lands on is then added to the score if they can answer a second trivia question.
- 2** If they incorrectly guess the correct answer to the question, then they do not move forward, are not awarded any points and then becomes the Quizzer.

BONUS CHALLENGES

- Attempt retrieving the beanbag using an alternate method such as hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before be allowed to “step / travel” forward
- Attempt tossing the beanbag from a further distance, or with the opposite hand.

For more information on what's included, set-up and safety, rules, scorecards, triva bonus challenge, and movement bonus challenge, please contact us at (800) 681-0684 or email us at info@fitandfunllc.com.

SAFETY SUPPORT

If requested the Mover can ask that another team member hold their hand, push their wheelchair, or assist in any manner needed. If available, use a wall to lean on as needed and gradually move away from it as the Mover becomes stronger.

! *Prior to the start of any movement or play, all participants should take a few moments to make sure that he/she is wearing loose fitting clothing, and if applicable is wearing athletic footwear. All participants should check to ensure that he/she is physically cleared to participate. Any person who is not “cleared” to participate for whatever reason should refrain from the “movement” elements of the game play, but can participate as a Quizzer or overall judge. Safety supports should and can include any physical, visual, or verbal support a participant may request or require from another person or item. Safe play makes great play!*