

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: *Line Ball*¹

Description: Split the children up into pairs. Partners will place markers half way between them to designate a 'net'. One partner will drop the ball and strike it to the other partner after it bounces once. The other partner strikes the ball back over the 'net' after the ball bounces once.

Number of



2 or more

Adaptations for Wheelchair Users:

- Children in wheelchairs can participate in this activity by striking the ball with their hand while in their wheelchair. Ensure the child(ren) in wheelchairs have adequate wheelchair skills to move back and forth from the 'net'. Alternatively, ensure the able-bodied child(ren) paired with the child(ren) in a wheelchair accurately strike to the child(ren) in a wheelchair

Video/picture coming soon:



Skills

Physical: upper limb coordination, hand-eye coordination, reaction time

Cognitive: visual perception, sustained attention, selective attention

Social: Understanding of personal space

Equipment

- One ball per pair
- One racket per person

Goal examples:

- The child will be able to strike the ball to a partner, 5 times consecutively.
- I can strike the ball to my partner.

My personal goal:

Next Assessment Date:

¹ Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNDamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*

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Wheelchair friendly?

Yes

Modifications

| To make the activity easier | To make the activity harder |
|--|--|
| Change the equipment | |
| <ul style="list-style-type: none">• Use a larger ball to decrease physical and cognitive demand | <ul style="list-style-type: none">• Use a smaller ball to increase physical and cognitive demand |
| Change the task | |
| <ul style="list-style-type: none">• Have the child catch the ball before striking the ball back to their partner to decrease physical and cognitive demand | <ul style="list-style-type: none">• Have the child strike the ball using their non-dominant hand to increase physical and cognitive demand |

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