

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: *Tennis Pass*¹

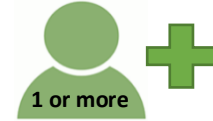
Description: Child strikes a tennis ball with a racquet.

Adaptations for Wheelchair Users:

- Children who are using wheelchairs can also participate in this activity by practicing hitting the ball with their stick over the side of their chair and passing it to another child

Safety tip: ensure children in wheelchairs have their seatbelts on so that they will not fall out of the chair

Number of participants



From <https://www.youtube.com/watch?v=nBQyhEHmz9Q>

Skills

Physical: upper limb coordination, hand-eye coordination, strength

Cognitive: visual processing, sustained attention, selective attention

Equipment

- 1 tennis racquet per child
- 1 tennis ball per child

Goal examples:

- The child will be able to show readiness to hit the ball (e.g., racquet in position, eyes on the ball) for 8 out of 10 turns.
- I will be able to hit the tennis ball with my racquet.

My personal goal:

Next Assessment Date:

¹ Grade Infinity: <https://www.gradeinfinity.com/2014/06/02/tennis-basics-for-children-what-you-need-to-know/>

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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Have the child practice just hitting the ball to decrease physical demand	<ul style="list-style-type: none">• Have the child bounce the ball before hitting it with their racquet to increase physical and cognitive demand
Change the environment	
	<ul style="list-style-type: none">• Increase the distance the child is required to hit the ball to increase physical demand
Change the equipment	
<ul style="list-style-type: none">• Use a larger ball to decrease cognitive demand	<ul style="list-style-type: none">• Use a heavier racquet to increase physical demand

¹ Grade Infinity: <https://www.gradeinfinity.com/2014/06/02/tennis-basics-for-children-what-you-need-to-know/>