

Name:

Date Assigned:

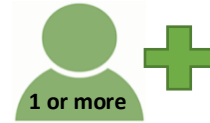


## FUNDAMENTAL MOTOR SKILL: STRIKING

### ACTIVITY: *Wall Ball - strike*<sup>1</sup>

**Description:** Child continually strikes the ball against the wall with their dominant hand, without the ball bouncing on the floor more than once between strikes.

#### Number of participants



#### Adaptations for Wheelchair Users:

- Children in wheelchairs can participate in this activity by striking the ball with their hand and catching it while in their wheelchair



#### Skills

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

**Cognitive:** visual perception, sustained attention, selective attention

**Social:** Understanding of personal space

#### Equipment

- One tennis ball per child
- Wall space for each child

Adapted from <https://www.youtube.com/watch?v=M5Oa4YJ6HAw&list=PL0adp4aHTsHGoGYWC3u0LGLesVSRKDtZh&index=14>

#### Goal examples:

- The child will be able to strike the ball against the wall from a distance of 3m and allow it to bounce only once 8 out of 10 times.
- I can strike the ball against the wall.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Adapted from Legg, D. & Lloyd, M. (2009). *Fundamental Movement Skills: Active Start and FUNdamental Stages – For Children with Physical Disabilities. A handbook for generalists and physical education teachers, as well as others tasked with teaching motor skill development to children with physical disabilities.*

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**FUNDAMENTAL MOTOR SKILL: STRIKING**

**ACTIVITY: Wall Ball - strike<sup>1</sup>**



Wheelchair friendly?

Yes

**Modifications**

To make the activity easier	To make the activity harder
Change the equipment	
<ul style="list-style-type: none"><li>Use a larger ball to decrease <b>physical</b> and <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Use a smaller ball to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
Change the task	
<ul style="list-style-type: none"><li>Have the child practice from a shorter distance to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child catch the ball without it bouncing on the ground to increase <b>physical</b> and <b>cognitive demand</b></li></ul>

<sup>1</sup> Adapted from Legg, D. & Lloyd, M. (2009). *Fundamental Movement Skills: Active Start and FUNdamental Stages – For Children with Physical Disabilities. A handbook for generalists and physical education teachers, as well as others tasked with teaching motor skill development to children with physical disabilities.*