

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: THROWING

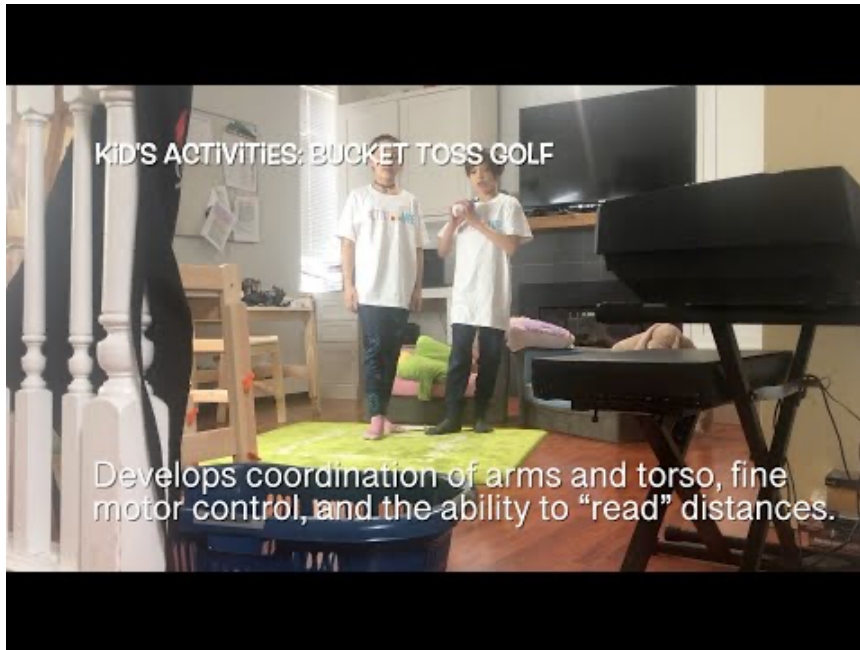
### ACTIVITY: *Bucket Toss Golf*<sup>1</sup>

**Description:** Children start at a distance from the first bucket and try to throw the ball into the bucket; if completed, they continue onto the next bucket.

#### Number of participants



2 or more



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

#### Skills

**Physical:** accuracy in throwing, under-hand toss, over-hand toss, upper limb coordination, hand-eye coordination

**Cognitive:** selective attention, visual processing

**Social:** turn taking

#### Equipment

- Buckets
- Medium-sized ball

#### Goal examples:

- The child can accurately under-hand toss the ball into a bucket placed 2m away, 2 out of 3 times.
- I can toss a ball into the bucket.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Active for Life: [https://activeforlife.com/activity/bucket-toss-golf\\_34/](https://activeforlife.com/activity/bucket-toss-golf_34/)

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### ACTIVITY: *Bucket Toss Golf*<sup>1</sup>



Wheelchair friendly?

Yes

#### Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none"><li>Decrease the distance between child and bucket to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Increase the distance between child and bucket to increase <b>physical demand</b></li></ul>
Change the equipment	
<ul style="list-style-type: none"><li>Use a bean bag instead of a ball to decrease <b>physical demand</b></li><li>Use a bigger bucket to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Increase the number of buckets to increase <b>physical</b> and <b>cognitive demand</b></li></ul>

<sup>1</sup> Active for Life: [https://activeforlife.com/activity/bucket-toss-golf\\_34/](https://activeforlife.com/activity/bucket-toss-golf_34/)