

Name:

Date Assigned:

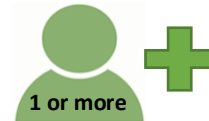


## FUNDAMENTAL MOTOR SKILL: THROWING

### ACTIVITY: *Wall ball – Throw*<sup>1</sup>

**Description:** Children alternately throw the ball against the wall, with a bounce in between. They count the number of times they throw the ball consecutively without losing control

#### Number of participants



Adapted from [https://www.youtube.com/watch?v=nlb\\_KqJAhig&ab\\_channel=P.E.Pratt](https://www.youtube.com/watch?v=nlb_KqJAhig&ab_channel=P.E.Pratt)

#### Skills

**Physical:** under-hand throw, upper limb coordination, hand-eye coordination

**Cognitive:** selective attention, visual processing

#### Equipment

- 1 small ball (i.e., tennis ball)

#### Goal examples:

- I will be able to throw the ball to hit the wall from a distance of 2m away from the wall.
- I can throw the ball towards the wall.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

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## FUNDAMENTAL MOTOR SKILL: THROWING

### ACTIVITY: *Wall Ball - Throw*<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>Have the child stand closer to the wall to decrease <b>physical</b> and <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child complete the activity in a loud room/room full of other people to increase <b>cognitive demand</b></li></ul>
Change the task	
<ul style="list-style-type: none"><li>Have the child sit and roll the ball at the wall to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child do a jump before throwing the ball to increase <b>physical demand</b></li></ul>

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