

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: THROWING

ACTIVITY: Wall ball – Throw¹

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

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:

¹ 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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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the environment	<ul style="list-style-type: none">Have the child stand closer to the wall to decrease physical and cognitive demandHave the child complete the activity in a loud room/room full of other people to increase cognitive demand
Change the task	<ul style="list-style-type: none">Have the child sit and roll the ball at the wall to decrease physical demandHave the child do a jump before throwing the ball to increase physical demand

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