

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: THROWING/CATCHING

ACTIVITY: *Train Tunnel*¹

Description: Children stand in a line and roll the ball underneath them to the next child

Number of participants



3 or more



<https://www.youtube.com/watch?v=Vy-43QfM7bM&t=10s>

Skills

Physical: throwing, catching, under-hand technique, upper limb coordination, hand-eye coordination

Cognitive: selective attention, visual processing

Social: turn taking

Equipment

- 1 medium-sized ball per group

Goal examples:

- Child is able to roll the ball for a distance of 1m in 3 tries out of 4.
- I can roll the ball between my legs.

My personal goal:

Next Assessment Date:

¹ Special Olympics: <https://www.youtube.com/watch?v=Vy-43QfM7bM&t=10s>

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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 children stand closer together to decrease physical demand	<ul style="list-style-type: none">Increase the distance between partners to increase physical demand
Change the task	
<ul style="list-style-type: none">Have the child use two hands to throw the ball to decrease physical demand	<ul style="list-style-type: none">Have the child use one hand to throw the ball to increase physical demand
Change the equipment	
<ul style="list-style-type: none">Use a larger ball to decrease physical demand	<ul style="list-style-type: none">Use a smaller ball to increase physical demand when catching

¹ Special Olympics: <https://www.youtube.com/watch?v=Vy-43QfM7bM&t=10s>