

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: THROWING/CATCHING

ACTIVITY: *Back Up*¹

Description: In pairs, children take positions around the gym with their own wall space. One partner tosses the ball against the wall; the other partner lets the ball bounce once and then catches it. If successful, the partner takes one step back and repeats again.

Number of participants



2 or more

Video/picture coming soon:



Skills

Physical: upper limb coordination, hand-eye coordination, fine motor skill

Cognitive: selective attention, visual processing

Social: turn taking

Equipment

- 1 ball per pair

Goal examples:

- The child is able to catch a ball that bounces off the wall 3 out of 5 times.
- I can catch the ball after it hits the wall and bounces on the ground.

My personal goal:

Next Assessment Date:

¹ Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNDamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.

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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
<ul style="list-style-type: none">• Have the child use a larger ball to decrease physical demand	
Change the task	
<ul style="list-style-type: none">• Have the children catch the ball after their partner throws it against the wall to increase cognitive demand	

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