

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: DRIBBLE

ACTIVITY: *Mirror Dribbling*⁵

Description: The lead partner starts dribbling; the follower tries to mirror all lead partner's dribble movements.

Number of participants



2 or more



<https://www.youtube.com/watch?v=-BqAUiO6XGM>

Skills

Physical: hand-eye coordination, reaction time, gross motor skill

Cognitive: sustained attention, selective attention, visual processing

Social: joint attention

Equipment

- 1 Medium-sized ball OR basketball per child

Goal examples:

- The child will be able to lead the movements with a partner for 30 seconds while using a larger, bouncier ball.
- I can mirror my partner by bouncing the ball faster and slower when they do.

My personal goal:

Next Check-In Date:

⁵ 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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Modifications

| To make the activity easier | To make the activity harder |
|---|--|
| Change the environment | |
| <ul style="list-style-type: none">• Designate a specific space for the child and their partner to dribble, away from other children to decrease cognitive demand | |
| Change the task | |
| <ul style="list-style-type: none">• Have the lead partner give verbal direction or cues to the other partner to decrease physical and cognitive demand | <ul style="list-style-type: none">• Have the lead partner dribble and take steps simultaneously to increase the physical demand• Have the partner's switch roles on a signal to increase the cognitive demand |

⁵ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.