

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Passing Practice*¹

Description: Child kicks a soccer ball to another person and receives the ball back.

Number of participants



2 or more

Skills

Physical: accurate ball kicking, lower limb coordination, balance, gross motor skill

Cognitive: visual processing, selective attention

Social: taking turns

Equipment

- Soccer ball



https://youtu.be/_TqU1T8x0CA

Goal examples:

- The child will show readiness to kick the ball (e.g., body ready, eyes on the ball) for 7 out of 10 turns.
- I can kick the ball back and forth with my friend.

My personal goal:

Next Assessment Date:

¹ Special Olympics: <https://www.youtube.com/watch?v=uU93P7iU3so&t=14s>

Name:

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FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Passing Practice*¹



Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">• Decrease the distance between child and parent to decrease physical demand	<ul style="list-style-type: none">• Increase the distance between child and parent to increase physical demand
Change the equipment	
<ul style="list-style-type: none">• Use a bigger ball to decrease physical and cognitive demand	<ul style="list-style-type: none">• Use a smaller ball to increase physical and cognitive demand

¹ Special Olympics: <https://www.youtube.com/watch?v=uU93P7iU3so&t=14s>