

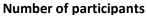
FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: Circle Strike1

Description: Children form a circle. One child drops the ball and strikes it to a child who is not beside them. This child catches the ball, then drops the ball and strikes it to another child, and so on.

Adaptations for Wheelchair Users:

• Children in wheelchairs can participate in this activity by striking the ball with their hand and catching it while in their wheelchair





Groups of 5

Schools Of State of the State o

Skills

Physical: upper limb coordination, hand-eye coordination, reaction time

Cognitive: visual perception, sustained attention, selective attention

Social: teamwork

Equipment

• One ball per group of 5

 $From ~\underline{https://www.youtube.com/watch?v=IHEoYVvtnfU}$

Goal examples:

- By the end of the program, I will be able to strike the ball accurately to a friend 8 out of 10 times.
- I can strike the ball with my hand to my friend.

My personal go	al:
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Next Assessment Date:

Last updated: October 21, 2024

¹ Legg, D. & Lloyd, M. (2009). Fundamental Movement Skills: Active Start and FUNdamental Stages – For Children with Physical Disabilities. A handbook for generalists and physical education teachers, as well as others tasked with teaching motor skill development to children with physical disabilities.

FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: Circle Strike¹



Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
Use a larger ball to decrease physical and cognitive demand	Use a smaller ball to increase physical and cognitive demand
Change the task	
Have the child call another child's name before striking the ball to the other child to decrease cognitive demand	 Have the child strike the ball with their non- dominant hand to increase physical and cognitive demand

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