

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: STRIKING

### ACTIVITY: *Circle Strike*<sup>1</sup>

**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

#### Number of participants



Groups of 5



#### 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 <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 goal:**

Next Assessment Date:

<sup>1</sup> 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.*

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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"><li>Use a larger ball to decrease <b>physical</b> and <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Use a smaller ball to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
Change the task	
<ul style="list-style-type: none"><li>Have the child call another child's name before striking the ball to the other child to decrease <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child strike the ball with their non-dominant hand to increase <b>physical</b> and <b>cognitive demand</b></li></ul>

<sup>1</sup> 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.*