

Name:

Date Assigned:

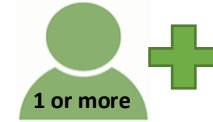


## FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: *Croquet*<sup>1</sup>

**Description:** Child uses a mallet to strike a ball through hoops placed in the ground.

### Number of participants



### Adaptations for Wheelchair Users:

- Children who are using wheelchairs can also participate in this activity by practicing hitting the ball with their mallet over the side of their wheelchair

*Safety tip: ensure children in wheelchairs have their seatbelts on so that they will not fall out of the chair*



[https://www.youtube.com/watch?v=o1FBOh1fGE&ab\\_channel=FlagHouseActivityChannel](https://www.youtube.com/watch?v=o1FBOh1fGE&ab_channel=FlagHouseActivityChannel)

### Skills

**Physical:** gross motor skill, upper limb coordination, hand-eye coordination, power, accuracy

**Cognitive:** visual perception, sustained attention, selective attention

**Social:** taking turns

### Equipment

- 1 or more hoops
- Mallet
- Croquet ball
- Field

### Goal examples:

- The child will accurately strike the ball through the hoop from a distance of 3m, in 5 tries.
- I can hit the ball with the mallet.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Flaghouse: [https://www.youtube.com/watch?v=o1FBOh1fGE&ab\\_channel=FlagHouseActivityChannel](https://www.youtube.com/watch?v=o1FBOh1fGE&ab_channel=FlagHouseActivityChannel)

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Wheelchair friendly?

Yes

**Modifications**

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none"><li>• Have a parent hold the child's hands to assist with motion to decrease <b>physical demand</b></li></ul>	
Change the environment	
<ul style="list-style-type: none"><li>• Move hoops closer together to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>• Stagger hoops and place them at different angles to increase <b>physical</b> and <b>cognitive demand</b></li></ul>

<sup>1</sup> Flaghouse: [https://www.youtube.com/watch?v=o1FBOh1fGE&ab\\_channel=FlagHouseActivityChannel](https://www.youtube.com/watch?v=o1FBOh1fGE&ab_channel=FlagHouseActivityChannel)