

Name:

Date Assigned:

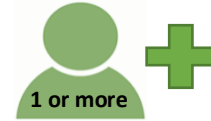


## FUNDAMENTAL MOTOR SKILL: BALANCE

### ACTIVITY: *Floor Ball*<sup>1</sup>

**Description:** Child places two hands on a stick and hits a ball toward a target.

#### 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 stick 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://youtu.be/AANrmjFxoOY>

#### Skills

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

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

#### Equipment

- Medium-sized ball
- Stick

#### Goal examples:

- The child is able to strike the ball for a distance of 3m to a friend, for 4 out of 5 tries.
- I can hit a ball with a stick to a target.

**My personal goal:**

Next Assessment Date:

Name:

Date Assigned:

## FUNDAMENTAL MOTOR SKILL: STRIKING

### ACTIVITY: *Floor Ball*<sup>1</sup>



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 the parent or coach hold the ball steady to decrease <b>physical</b> and <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child run and then strike the ball to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
Change the equipment	
<ul style="list-style-type: none"><li>Use a bigger, lighter ball (i.e., beach ball) to decrease <b>physical</b> and <b>cognitive demand</b></li><li>Use a shorter stick to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Use a smaller ball to increase <b>physical demand</b></li></ul>

<sup>1</sup> Special Olympics: [https://www.youtube.com/watch?v=1\\_rqNU\\_iK9U&t=8s](https://www.youtube.com/watch?v=1_rqNU_iK9U&t=8s)