

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: STRIKING

ACTIVITY: *Handball*¹

Description: Child hits the ball off a cone.

Adaptations for Wheelchair Users:

- Children who are using wheelchairs can practice holding the ball with one hand and hit the ball with their other hand while sitting in their wheelchair



<https://youtu.be/kQ7sQmDI-4w>

Goal examples:

- The child will be able to accurately strike the ball 8 out of 10 times for a distance of 2m.
- I can strike the ball off of the cone with my left hand.

My personal goal:

Number of participants



Skills

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

Cognitive: visual perception, sustained attention, selective attention

Equipment

- Medium-sized ball
- Cone on which to place the ball

Next Assessment Date:

¹ Special Olympics: https://www.youtube.com/watch?v=1_rqNU_iK9U&t=8s

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ACTIVITY: Handball¹



Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Have the parent or coach hold the ball steady to decrease physical and cognitive demand	<ul style="list-style-type: none">• Have another person gently toss the ball for the child to strike to increase physical and cognitive demand
Change the equipment	
<ul style="list-style-type: none">• Use a larger ball to decrease physical demand	<ul style="list-style-type: none">• Use a smaller ball to increase physical demand

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