



Soccer throw using a big ball

EXPLANATION SECTION

1 SKILL EXPLANATION

- Student stands facing forward with their feet slightly apart
- Student holds a big ball with both hands and held behind their head but not touching the neck
- Student throws the ball over their head to the Adult standing 5m in front of them without a bounce
- Adult catches the ball and underarm throws it back to the Student to catch without a bounce
- Continue for 4 minutes

2 HOW TO DO @HOME

- Swap the big ball for a fluffy toy
- Throw and catch in an open space like the bedroom or beside the dining room table

3 DEVELOPMENTAL BENEFITS

- Directionality
- Gross motor co-ordination
- Bilateral integration

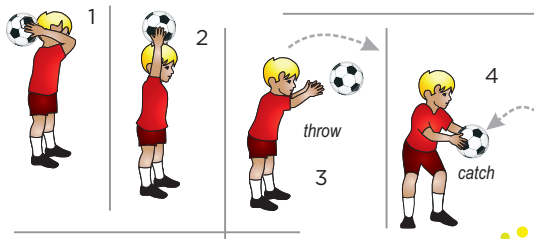
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball

5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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Catch a small ball with two hands

EXPLANATION SECTION

1 SKILL EXPLANATION

- Student stands facing forward with their feet slightly apart
- Student holds a small ball with their dominant hand
- Student underarm throws the ball to the Adult standing 3m in front of them without a bounce
- Adult catches the ball and underarm throws it back to the Student to catch without a bounce
- Continue for 4 minutes

2 HOW TO DO @HOME

- Swap the big ball for a fluffy toy
- Throw and catch in an open space like the bedroom or beside the dining room table

3 DEVELOPMENTAL BENEFITS

- Hand-eye co-ordination
- Tracking

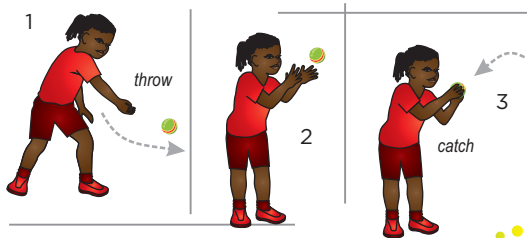
DIAGRAM SECTION

4 EQUIPMENT USED

Small ball



5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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Tennis forehand

EXPLANATION SECTION

1 SKILL EXPLANATION

- Student stands with a small ball in their NON-dominant hand straight in front of the body
- The same foot steps forward
- Student lifts dominant hand holding a plastic plate or just a flat hand
- Student drops the small ball allowing it to bounce
- Student hits the back of the ball when it is at waist height with the plate or the palm of the hand
- Continue for 4 minutes

2 HOW TO DO @HOME

- Swap the big ball for a balloon or a beach ball
- Use the space in the passage way
- There is no bounce so hit the side of it once it is dropped from the hands

3 DEVELOPMENTAL BENEFITS

- Directionality
- Gross motor co-ordination
- Crossing the midline

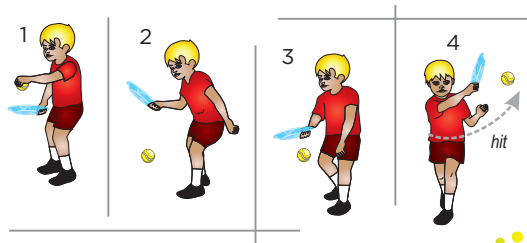
DIAGRAM SECTION

4 EQUIPMENT USED

Small ball
Plastic plate



5 SKILL DIAGRAM





Overarm throw a small ball

EXPLANATION SECTION

1 SKILL EXPLANATION

- Place 2 markers 5m apart
- Place a target (plastic bowls stacked on top of each other) 5m at the 2nd marker
- Students stands sideways with small ball held at the ear and the other hand pointing at the target
- Student overarm throws the small ball at the target
- Student to holds the ball using 3 fingers (thumb/pointer and middle finger)
- Continue for 4 minutes

2 HOW TO DO @HOME

- Swap the small ball for a soft fluffy toy
- Place a dining room chair to the side of the room as a target
- Overarm throw the fluffy toy at the chair

3 DEVELOPMENTAL BENEFITS

- Bilateral integration
- Laterality
- Gross motor co-ordination
- Crossing the midline

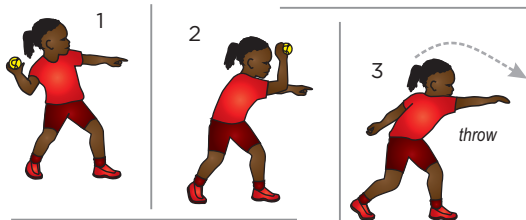
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball
Plastic bowls
2 markers
(paper plates or
cups placed
up-side down)

5 SKILL DIAGRAM





Run - bend/pick up - throw

EXPLANATION SECTION

1 SKILL EXPLANATION

- Draw a chalk circle or use a piece of string to create a circle (approx. 50cm)
- Place a marker 8m to the left side of the circle and a big ball between the marker and the circle
- Student runs from the marker toward the circle and picks up the big ball as they move past it to the circle
- At the circle the Student underarms throws the ball as far forward as possible

2 HOW TO DO @HOME

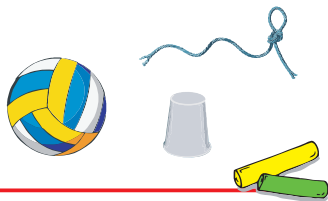
- Swap the small ball for soft fluffy toy
- The diningroom works well for the activity
- Stand at a corner of table and place the fluffy toy on the floor.
- Jog around the table. On the 2nd time round the table, pick up the toy and continue to jog round the table
- As the Student returns to the start point, they stop and gently underarm the fluffy toy forward along the length of the table

3 DEVELOPMENTAL BENEFITS

- Foot-eye co-ordination
- Motor planning
- Gross motor co-ordination
- Dynamic balance

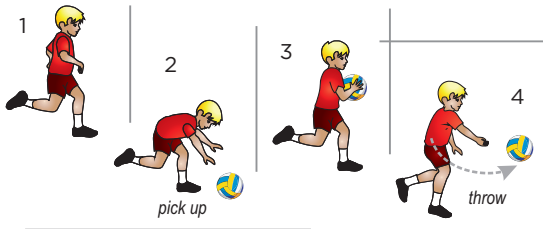
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball
Chalk or string
1 marker
(paper plate or
cup placed
up-side down)

5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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