

Week 4- April 20-24-**Ball Extravaganza**



Monday 4/20-Hit the Target

Equipment: Tape (or Chalk), ball (or balled up clean sock)

Directions:

- 1.) tape a larger circle on a wall or draw one with chalk, draw a smaller circle inside the larger circle
- 2.) Tape or Draw one line about 5 feet from target and another line about ten feet from target
- 3.) From 5 feet throw ball at target and see how many times you can hit it, then move to line 10 feet away and see how many times you can hit the target

Modifications:

Grab a ball or an object and practice grasping object and then see if you can drop it into target below you, hand over hand assistance with throwing

Tuesday 4/21: Throw a ball into multiple targets

Equipment: Multiple bowls or boxes (or can draw targets with chalk), ball or balled up clean socks

Directions:

- 1) Put the targets (bowls, chalk circles, boxes) in a straight line. You can keep the distance between the targets close or for more of a challenge spread them further apart
- 2) Stand in front of line or targets and Underhand toss the balls into the first target
- 3) If you make it in the first target, then try to make it in second target. If you miss continue to try and throw the ball into each container until you make it.
- 4) Once you make one target move to the next further target to try and make it into that target

Modifications:

Hand over hand throwing, working on dropping an object into a container when standing,

Different Challenges: See how many you can make in the targets in a minute, spread the targets farther apart and see the farthest target you can make, Throw Overhand instead of underhand throws

Wednesday 4/22: Catching

Equipment: Ball or balled up clean socks

Directions:

- 1) Grab a sibling or parent to play catch
- 2) Stand very close to each other and underhand toss to each other and try to catch the ball, and continue to toss until you have caught the ball
- 3) Every time you catch the ball take one step backward
- 4) Continue to take steps backward to see how far you can get while still catching it

Modifications: hand over hand assistance with catching, allow to catch the ball with a bounce, if ball is dropped allow student to pick up ball by themselves or with some support, put a bell on a ball for VI students

Challenges: Have students pick where they want to catch a ball each time, throw overhand and try to catch the ball, go for a long distance catch

Thursday April 23-JUGGLING

Why not start a fun new hobby while we are quarantined in our homes. Juggling can be a super fun yet challenging activity. It is important to start slow and find objects in your house that will help you with the skill as well as create a safe atmosphere for both you and your family. NO BROKEN WINDOWS. Below is a video that was made to help new individuals learn a few simple steps to juggle

Equipment :

Juggling Balls (Tightly rolled sock, tissue paper, scarfs, or tennis ball.)

Video: https://www.youtube.com/watch?v=0IKHXKoJ7iE&feature=emb_logo

Modifications:

Start with one ball vs 2 or 3

Use tissue or TP squares if balls are too fast or practice tossing and catching multiple tissue before using multiple balls

For students that have limited mobility I like to get multiple scarves and toss them gently on students and see if they can shake scarves, Tissues off of themselves with their hands, moving heads or any other body part.

VI students can try to catch bright balls, or bright socks for that matter. If tracking the ball is too hard try tossing against a wall and catching or even try tossing against your own chest and catching.

Friday April 24 - Volleying

It may be a little difficult to play a game of tennis, Tetherball or even volleyball right now. But we can challenge ourselves to see how many Volleys we can hit to ourselves or a family member

Equipment

Volleyball, Beachball, Balloon,

Try and hit or VOLLEY the ball in the air. Maybe you can set a goal of 10 hits, 50 hits maybe some of you can even try 100. Try using only your hands, or only your head, or only your feet. Try to hit or volley back and forth to a partner or even a wall outside your house.

Modifications

If a beach ball or Volleyball are too fast try using a balloon

For students that have limited mobility we can try to strike a balloon hand over hand.

We can also place a tennis ball or rolled up sock in a stocking and try to hang from the ceiling. This stationary target is a good starting point to strike the ball or even practice tracking the the ball with their eyes

VI students can try to volley a stationary target as mentioned above or even hitting up against a wall or hit short and controlled bounces in the air.