

ACTIVITY CARD

HAND SKILLS

Activity Name	Description	Outcome Focus
PART 1		
Toss and Try	<p>With ball in personal space:</p> <ul style="list-style-type: none"> • Bounce the ball and catch it. • Toss the ball up and catch it. • Toss the ball up, clap and catch it. • Toss and catch with the right hand only. • Toss and catch with the left hand only. • Toss from hand to hand. 	Catches a soft object/ball from a self-toss.
Sorta Sporty	<ul style="list-style-type: none"> • Dribble with hands and then feet, moving in different pathways. • Shoot like a basketball so it arcs and lands right in front of your feet. • Bowl (roll) the ball against the wall. • Toss against the wall and catch on a bounce off the floor; without a bounce. • Kick against the wall so it bounces straight back to you. 	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Rolling Around	<p>Standing, roll the ball around your body:</p> <ul style="list-style-type: none"> • In a circle, clockwise around both feet together; counterclockwise. • Back and forth in front of the body; behind the body. • In a circle around 1 leg and then the other. <p>On the floor:</p> <ul style="list-style-type: none"> • In plank position, back and forth from hand-to-hand. • In sit-up position, between feet and then up overhead. 	Transfers Weight, Changes Directions and Understands Relationships with Objects
PART 2		
Partner Passes	<p>With a partner:</p> <ul style="list-style-type: none"> • Roll the ball back and forth. • Bounce the ball to each other. Try light and strong bounces. • Toss and catch with an underhand throw. • Toss the ball high and jump to make a catch. • Toss the ball low and bend to make a catch. 	Throws Underhand Using a Mature Pattern, Catches a Well-Thrown Ball with Hands, Works with Others
Double Trouble	<p>With a partner, each partner with a ball:</p> <ul style="list-style-type: none"> • Roll the balls at the same time so they crash into one another. • Roll the balls at the same time so they pass each other and make it to the opposite side. • One partner bounce passes, the other tosses across. • Mirror: One partner moves the ball in personal space while the other mirrors the movements. • Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball “tricks” while the other follows and copies the movements. 	Differentiates Between Self and General Space, Works with Others