

Category	BodyParts	ExerciseName	Purposes	SPID	Instructions	Progression	Precautions	DrawingMaterial
Ball skills	Upper Limbs	Standing: bounce and catch a basket ball	1. To improve eye-hand coordination	9	1. Student stands on a fixed spot 2. Student bounces a basket ball on the ground and catches it as it bounces back without stepping off the spot	1. Use a smaller size ball as the student improves	1. Stay clear of dangers such as stairs or walls	
Ball skills	Upper Limbs	Standing: bounce and catch a tennis ball	1. To improve eye-hand coordination	9	1. Student stands on a fixed spot 2. Student bounces a tennis ball on the ground and catches it as it bounces back without stepping off the spot	1. Start with two hands and then progress to one hand	1. Stay clear of dangers such as stairs or walls	

Ball skills	Upper Limbs	Standing: throw-clap-catch	1. To improve eye-hand coordination	9	1. Student throws a ball up into the air, claps a number of times and then catches the ball again before it hits the ground	1. Increase the number of claps before catching the ball 2. Gradually reduce the size of the ball	1. Stay clear of dangers such as stairs, furniture or low ceiling
Ball skills	Upper Limbs	Standing: throw-bounce-catch	1. To improve eye-hand coordination 2. To improve upper limb strength	9	1. Student stands at a fixed distance from the wall 2. Student throws a basket ball onto the wall with both hands and catches it when it bounces back	1. Start off with allowing the ball to bounce once on the ground before catching the ball 2. Gradually stand further away from the wall 3. Gradually reduce the size of the ball	1. Stay clear of dangers such as stairs or furniture

Ball skills	Upper Limbs	Standing: dribble a tennis ball with one hand	To improve eye-hand coordination	9	<p>1. Student stands on a fixed spot</p> <p>2. Student dribbles a tennis ball on the ground as many times as he/she can using his dominant hand without moving away from that spot</p>	<p>1. Can use a larger size bouncy ball to start with and then gradually work towards using a regular size tennis ball</p>	<p>1. Stay clear of dangers such as stairs or walls</p>
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Ball skills/Balance	Upper Limbs	Sitting: throw and catch ball	1. To improve sitting balance 2. To strengthen the upper limbs and trunk 3. To improve eye-hand coordination	8	1. Student sits in chair/wheelchair with feet well supported 2. Helper plays ball games with student	1. Helper throwing ball to student from different directions for balance purpose 2. Gradually increase the weight of the ball for strengthening purpose 3. Gradually use a smaller size ball for hand-eye coordination	1. Places cushions/pillows around the student 2. Helper must be ready to catch the student if he/she loses balance
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Ball skills	Upper Limbs	Sitting: pushing ball on table	<p>1. To improve eye hand coordination</p> <p>2. To improve sitting balance</p>	8	<p>1. Student sits on a chair with feet flat on the floor</p> <p>2. Helper pushes a ball towards the student from the other side of the table</p> <p>3. Student catches and pushes the ball back to the helper with two hands</p>	<p>1. Varies the speed of the ball</p> <p>2. Gradually decrease the size of the ball</p> <p>3. Pushes the ball gradually away from the midline</p> <p>4. As the student's balance improves uses a higher chair so that the feet are off the floor</p>	<p>1. A second helper must be ready to catch the student if he/she loses balance</p>
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Ball skills/Balance	Upper Limbs	Sitting: bounce and catch ball	1. To improve eye hand coordination 2. To improve sitting balance	8	1. Student sits over the edge of the chair 2. Student leans forwards and practises bouncing the ball on the ground and then catches it with two hands	1. Gradually reduce the size of the ball	1. Helper must be ready to catch the student if he/she loses balance
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Ball skills/Balance	Upper Limbs	Sitting: catches and throws a bouncing ball	1. To improve eye hand coordination 2. To improve sitting balance 3. To improve concentration	8	1. Student sits on a chair with feet flat on the floor 2. Helper bounces a ball on the ground towards the student from a distance 3. Student catches the ball and bounces it back to the helper 4. As the student's balance improves uses a higher chair so	1. Gradually increase the distance between the student and helper 2. Gradually reduce the size of the ball 3. Helper bounces the ball from different directions	1. A second helper must be ready to catch the student if he/she loses balance
Ball skills	Upper Limbs	Standing: throw and catch ball	1. To improve eye hand coordination 2. To improve standing balance	9	1. Student throws a ball up into the air and catches it as it drops.	1. Gradually reduce the size of the ball	1. Stay clear of dangers such as stairs, furniture or low ceiling

Ball skills/Balance	Upper Limbs	Standing with back against the wall: throw and catch ball	1. To improve standing balance 2. To strengthen the upper limbs and trunk 3. To improve eye-hand coordination	9	1. Student stands with back against the wall 2. Helper plays ball games with student	1. Helper throwing ball to student from different directions for balance purpose 2. Gradually increase the weight of the ball for strengthening purpose 3. Gradually use a smaller size ball for hand-eye coordination	1. A second helper must be ready to catch the student if he/she loses balance
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Ball skills	Upper Limbs	Standing: dribble a tennis ball with two hands	To improve eye-hand coordination	9	1. Student stands on a fixed spot 2. Student dribbles a tennis ball on the ground with alternating hands for as many times as he/she can without moving away from that spot	1. Can use a larger size bouncy ball to start with and then gradually work towards using a regular size tennis ball	1. Stay clear of dangers such as stairs or walls
Ball skills	Upper Limbs	Standing: throwing ball with 2 hands	1. To encourage development of throwing action 2. To improve accuracy in throwing ball	9	1. Student stand in a fixed spot 2. Student throw a ball with 2 hands knocking over skittles or other toys placed in front of him/her	1. Increase the distance 2. Use a heavier ball	No Precaution

Ball skills	Whole Body	Standing: dribble a basket ball with one hand	To improve eye-hand coordination	9	1. Student stands on a fixed spot 2. Student dribbles a basket ball on the ground as many times as he/she can using his dominant hand without moving away from that spot	1. Gradually increase the number of times the student can dribble continuously	1. Stay clear of dangers such as stairs or walls
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Ball skills	Upper Limbs	Standing: bounce and catch a tennis ball with one hand	1. To improve eye-hand coordination	9	1. Student stands on a fixed spot 2. Student bounces a tennis ball on the ground and catches it as it bounces back without stepping off the spot with one hand	1. Stay clear of dangers such as stairs or walls	No Precaution
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