Category	BodyParts	xerciseNam	Purposes	SPID	Instructions	Progression	Precautions	rawingM
outego.y	Dody, area	re-sisemen	Tarposes	0.10		108.033.01.		
					1. Student stands on a fixed spot 2. Student			
					bounces a basket ball on the ground			
			4.7		and catches it as it bounces	1. Use a	1. Stay	
Dell'alcilla	Upper	Standing: bounce and catch a basket	1. To improve eye-hand coordinati		back without stepping off the	smaller size ball as the student	such as stairs or	
Ball skills	Limbs	ball	on	9	spot	improves	walls	
					1. Student			
					stands on a fixed spot 2. Student			
					bounces a tennis ball on the ground			
					and catches it as it	1. Start	4.60	
		Standing: bounce and catch	1. To improve eye-hand		bounces back without stepping	with two hands and then progress	1. Stay clear of dangers such as	
Ball skills	Upper Limbs	a tennis ball	coordinati on	9	off the spot	to one hand	stairs or walls	

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

					1. Student stands on		
					a fixed		
					spot		
					2. Student		
					dribbles a		
					tennis ball	1 Can use	
					on the	a larger	
					ground as	size	
					many	bouncy	
					times as	ball to	
					he/she	start with	
					can using	and then	
					his	gradually	
					dominant	work	1. Stay
		Standing:	То		hand	towards	clear of
		dribble a	improve		without	using a	dangers
		tennis ball	eye-hand		moving	regular	such as
	Upper	with one	coordinati		away from	size tennis	stairs or
Ball skills	Limbs	hand	on	9	that spot	ball	walls

						1. негрег	
						throwing	
						ball to	
						student	
						from	
						different	
						directions	
						for	
						balance	
						purpose	
						2.	
						Gradually	
						increase	
						the	
			1. To			weight of	
			improve			the ball	1. Places
			sitting			for	cushions/
			balance		1. Student	strengthe	pillows
			2. To		sits in	ning	around
			strengthe		chair/whe	_	the
			n the		elchair	3.	student
			upper		with feet	Gradually	2. Helper
			limbs and		well	use a	must be
			trunk		supported		ready to
			3. To		2. Helper	size ball	catch the
			improve		plays ball	for hand-	student if
Ball		Sitting:	eye-hand		games	eye	he/she
skills/Bala	Upper	throw and	coordinati		with	coordinati	loses
				0			
nce	Limbs	catch ball	on	8	student	on	balance

						1	
					1. Student	1. Varies	
					sits on a	the speed	
					chair with	of the ball	
					feet flat	2.	
					on the	Gradually	
					floor	decrease	
					2. Helper	the size of	
					pushes a	the ball	
					ball	3. Pushes	
					towards	the ball	
					the	gradually	
					student	away from	
					from the	the	
					other side	midline	
					of the	4. As the	
					table	student's	1. A
			1. To		3. Student	balance	second
			improve		catches	improves	helper
			eye hand		and	uses a	must be
			coordinati		pushes	higher	ready to
			on		the ball	chair so	catch the
		Sitting:	2. To		back to	that the	student if
		pushing	improve		the helper		he/she
	Upper	ball on	sitting		with two	off the	loses
Ball skills	Limbs	table	balance	8	hands	floor	balance

					1. Student		
					sits over		
					the edge		
					of the		
					chair		
					2. Student		
					leans		
					forwards		
					and		
			1. To		practises		
			improve		bouncing		1. Helper
			eye hand		the ball on		must be
			coordinati		the		ready to
			on		ground	1.	catch the
		Sitting:	2. To		and then	Gradually	student if
Ball		bounce	improve		catches it	reduce	he/she
skills/Bala	Upper	and catch	sitting		with two	the size of	loses
nce	Limbs	ball	balance	8	hands	the ball	balance

					1. Stuaent		
					sits on a		
					chair with		
					feet flat		
					on the		
					floor		
					2. Helper		
					bounces a		
					ball on the	1.	
					ground	Gradually	
					towards	increase	
					the	the	
					student	distance	
					from a	between	
					distance	the	
					3. Student	student	
			1. To		catches	and	
			improve		the ball	helper	
			eye hand		and	2.	
			coordinati		bounces it	Gradually	1. A
			on		back to	reduce	second
			2. To		the helper	the size of	helper
			improve		4. As the	the ball	must be
		Sitting:	sitting		student's	3. Helper	ready to
		catches	balance		balance	bounces	catch the
		and	3. To		improves	the ball	student if
Ball		throws a	improve		uses a	from	he/she
skills/Bala	Upper	bouncing	concentra		higher	different	loses
nce	Limbs	ball	tion	8	chair so	directions	balance
			1. To				
					1. Student		1. Stay
			on		into the	1.	such as
			2. To		air and	Gradually	stairs,
		Standing:	improve		catches it	reduce	furniture
	Upper	throw and	standing		as it	the size of	or low
Ball skills	Limbs	catch ball	balance	9	drops.	the ball	ceiling
Ball skills		throw and	2. To improve standing	9	air and catches it as it	Gradually reduce the size of	stairs, furniture or low

						ı. негрег	
						throwing	
						ball to	
						student	
						from	
						different	
						directions	
						for	
						balance	
						purpose	
						2.	
						Gradually	
						increase	
						the	
			1. To			weight of	
			improve			the ball	
			standing			for	
			balance			strengthe	
			2. To			ning	
			strengthe		1. Student	purpose	1. A
			n the		stands	3.	second
			upper		with back	Gradually	helper
			limbs and		against	use a	must be
		Standing	trunk		the wall	smaller	ready to
		with back	3. To		2. Helper	size ball	catch the
		against	improve		plays ball	for hand-	student if
Ball		the wall:	eye-hand		games	eye	he/she
skills/Bala	Upper	throw and			with	coordinati	
nce	Limbs	catch ball	on	9	student	on	balance

Ball skills	Upper Limbs	Standing: dribble a tennis ball with two hands	To improve eye-hand coordinati on	9	1. Student stands on a fixed spot 2. Student dribbles a tennis ball on the ground with alternatin g 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 developm ent 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 Precautio n

					1. Student		
					stands on		
					a fixed		
					spot		
					2. Student		
					dribbles a		
					basket		
					ball on the		
					ground as		
					many	1.	
					times as	Gradually	
					he/she	increase	
					can using	the	
					his	number of	
					dominant	times the	1. Stay
		Standing:	То		hand	student	clear of
		dribble a	improve		without	can	dangers
		basket	eye-hand		moving	dribble	such as
	Whole	ball with	coordinati			continuou	stairs or
Ball skills	Body	one hand	on	9	that spot	sly	walls

					1. Student		
					stands on		
					a fixed		
					spot		
					2. Student		
					bounces a		
					tennis ball		
					on the		
					ground		
					and		
					catches it		
					as it		
					bounces		
		Standing:			back	1. Stay	
		bounce	1. To		without	clear of	
		and catch	improve		stepping	dangers	
		a tennis	eye-hand		off the	such as	No
	Upper	ball with	coordinati		spot with	stairs or	Precautio
Ball skills	Limbs	one hand	on	9	one hand	walls	n

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