

# Ball Bouncing

This activity makes you do several things at once.

## **Step 1. Ball Bounce and Letter Chart**

Start with the letter chart on the floor about 1 meter in front of you. The letter chart can be printed from the charts menu at the top of the screen. Pat bounce a basketball, swapping hands with each bounce while reading the letter chart, letter by letter, so you read a letter each time your hand hits the ball.

### **Notes for helpers:**

The ball should be bounced so that the palm of your hand hits the ball downwards, you should not put your hand under the ball and turn it over to bounce it.

Start by reading only one line at a time, trying to read the whole line while bouncing the ball as you say each letter, Then try 2 lines at a time, then 3 lines, etc until you can do the whole chart without any mistakes.

When this is easy attach the chart to a wall at eye level and go through the above process again. This is usually more difficult because you must now use your peripheral vision to control the ball and your central vision to read the letters.

When this is easy, use a letter chart from the computer. Click on '**Run Activity**' at the top of this screen. Then click on '**Letter chart**' from the menu at the top. Then click on '**New Chart**' at the bottom right of the screen. Stand about 2 meters in front from the screen, bouncing the ball as you read the chart, letter by letter, reading a letter with each bounce. This is usually more difficult because the letters are smaller.

## **Step 2. Ball Bounce with Upper and Lower Case Chart**

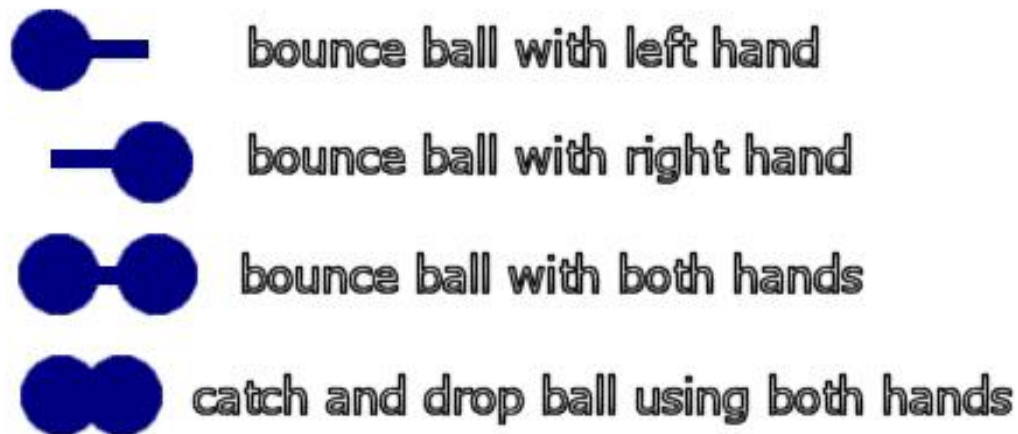
Now use the upper and lower case chart - this chart can be printed from the chart menu at the top of the screen. Now one hand bounces the ball if you are reading a lower case, (small letter) and the other hand bounces the ball if you are reading an upper case (capital letter). You might begin with right hand for upper case and left hand for lower case.

Start with the chart on the floor if you need to, but progress as you did in level 1, trying first to read a whole row, then several rows, then the whole chart.

Then put the chart at eye level and repeat.

## **Step 3. Ball Bounce and Code Chart**

This code chart can be printed from the chart menu at the top of the screen. The code chart has 4 shapes:



Start with the chart on the floor and bounce the ball according to the code chart. There should be only one bounce for each shape and you cannot stop the ball at any time. Try to do a whole row without error, then several rows, then the whole chart.

When this is easy, put the chart at eye level and continue, aiming first for a whole row without error, then several rows, then the whole chart.

Later you can use the chart on the computer. Click on '**Run Activity**' at the top of this screen. Click on '**New Chart**' at the bottom right of the screen. Now

'read' the chart, without stopping, according to the shapes. If you click on 'new chart', a different chart with the same code shapes will display.

### Ball Bounce Code Chart

