

PHYSICAL THERAPY

Gross Motor Concerns
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AREA OF CONCERN – BALL SKILLS

- Avoiding participating in group sports
- Difficulty throwing and catching a ball
- Ball skills help with development of bilateral coordination, crossing mid-line, body awareness, visual tracking, and social interactions with peers

Modifications and supports that can be implemented immediately:

1. Use light weight or large size balls, or a balloon.
2. Encourage success with short distances, light tosses, or hitting close/large sized targets.
3. Bounce the ball to the child to increase time they have to react/catch.
4. Verbally prompt to discourage fear of the ball.
5. Avoid small, hard balls i.e rubber or tennis balls.

Activities & Strategies for whole group or individual student which increase *hand-eye coordination, strength, opposition of upper and lower body*:

1. Make others aware of the concern/fear to increase consistency of confidence building.
2. Encourage siblings and peers to play catch with them often.
3. Tossing and catching a bean bag in the air or to a target.
4. Play keep it up with balloon or a beach ball.
5. Rolling a weighted ball reciprocally, while seated on the floor.
6. Break task into steps, such as “take a step forward with left foot, then push right arm forward from your shoulder.”

***ACTIVITIES SHOULD BE COMPLETED WITHIN COMFORTABLE RANGE.
DISCONTINUE ANY ACTIVITY THAT CAUSES DISCOMFORT AND IF YOU ARE NOT
SURE HOW TO PERFORM PROPERLY.**