Modifications:

None

L2
Locomotor

220

Locomotor Activity 2

Retriever

Instructions:

- Have the child choose a ball, bean bag, or other object from a box available at one end of the path.
- While on his hands and knees in a dog-like posture, have him push the object forward with his head along a designated path.
- When he reaches the destination, have him choose a different item from a different box to push with his head along the same path back to the starting point.

Performance Objectives:

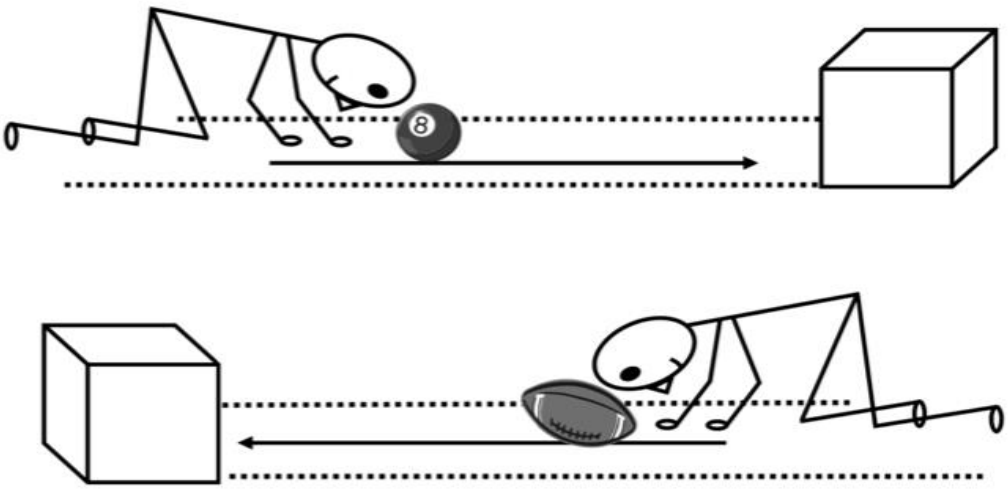
- Develop motor control
- Develop co-contraction of the upper body
- Develop core strength, extremity strength, and proprioceptive understanding

Further Suggestions:

- If the balls being used are small, such as golf balls or tennis balls, (or are difficult, such as a football!) a small channel created by two ropes on the floor may be helpful.
- Lightweight balls, such as ping pong balls or playground balls, are more difficult to control while pushing and provide less input.
- Can also use ping-pong balls for the child to blow along a protected path.

Pre-K Approved

Pre-K adjustment: Use a 5"-9" soft rubber ball. The path should be created using something that will prevent the ball from rolling away, such as small storage tubs on either side.



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L2 Intensity Level

Level of Difficulty

Retriever