Modifications:

- use a bouncing ball with a handle as in the Pre-K adjustment
- use a large ball with the child seated, holding them or their hands for stability

P6
Proprioceptive

202

Proprioceptive Activity 6

Bungee Bouncer

Instructions:

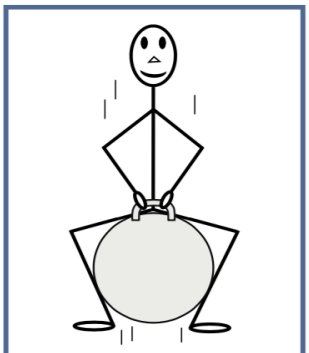
- Have the child hold the handle of the bungee bouncer with both hands and step onto it with control.
- Have him jump the designated path, or within the designated area.

Performance Objectives:

- Stimulate internal joint proprioception from "Heavy Work" of jumping
- Develop flexion-extension control of lower extremities
- Stimulate linear vestibular responses
- Integrate coordination of upper extremity pressure and control with lower extremity pressure and control

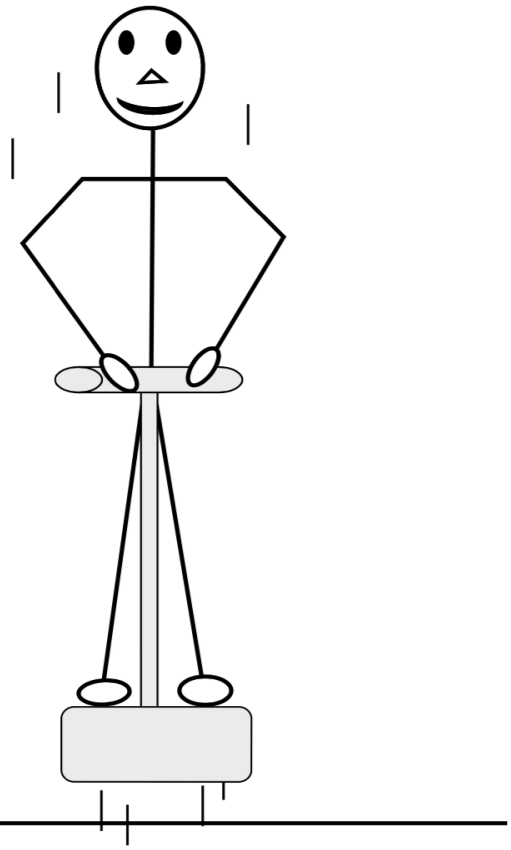
Further Suggestions:

- May be done to music with a strong beat to encourage rhythm.



Pre-K adjustment:
Use a bouncing ball with a handle for the young child to sit on and bounce. Once they are proficient in controlling the ball, then designated paths can be given.

Pre-K Approved



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