

Stage 1



Key Points at Each Stage

1. The head is often turned away from the ball
2. There is little or no attempt to close the arms/hands around the ball
3. The arms are too far apart to cradle the ball

To Move to the Next Stage

1. Watch the ball approach until it is in the arms
2. Keep the elbows in close to the body, with the palms turned upward
3. Close the arms on the ball as it arrives

Cue Words

- Watch ball
- Cradle ball

Stage 2

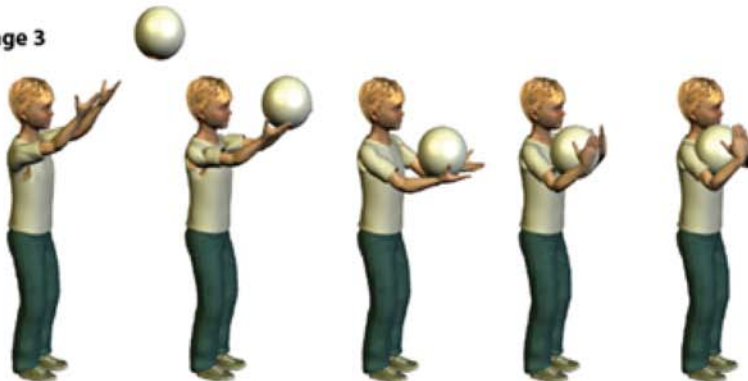


1. Watch the ball until it is in the arms
2. The elbows are by the body - the gap between the arms is small enough to catch the ball
3. The arms close around the ball once contact has been made

1. Keep the eye on the ball at all times
2. Reach out toward the ball, and move the hands with the ball as it approaches
3. Close the hands and arms around the ball as contact is made
4. Pull the ball into the chest

- Eye on ball
- Reach for ball
- "Give" with ball

Stage 3



1. The arms reach for the ball
2. The hands move toward the ball at the same speed as the ball is moving
3. The hands move to be on the top and sides of the ball, with the palms toward the ball
4. The arms and hands close around the ball as it approaches the chest
5. The ball is trapped

Participants with a Disability

Locomotor

Wheelchair users cannot move to get out of the way of balls or move quickly from side to side. Use a soft ball so there is no damage if a ball hits a child. Have throwers sit in a chair to be at the same height.

Sensory

A very difficult skill for individuals with a visual impairment. Use a soft ball that makes noise, and roll it along the floor toward the sitting child.

Intellectual

For individuals with an intellectual disability, keep instructions brief and simple. Use brightly coloured balls or beanbags or both.