

Sample Skills To Practice In Gym Class

(e.g., Gymnastics, Floor Hockey, Indoor Soccer, Relays, Dance, Badminton, etc.)

Communication

- make choices between colours of pinnies, which the individual wears for team sports (using either a picture board or actual objects)
- make choices between different balls or other equipment for one-on-one practice/work (using either picture board or object choices)
- use the Voice Output Device (e.g., Step-by-Step Communicator) to provide comments and questions to peers in pair work or to teacher when s/he comes around to provide feedback
- use Voice Output Device to provide cheers on the sidelines for teams

Fine Motor & Participation

- use a switch and Powerlink to operate a buzzer to change stations, call a foul play, etc.
- use a switch and Powerlink to run the tape recorder for dance or warm ups (e.g., start and stop)
- use hands to push a bowling ball from an adapted ramp
- practice reaching up when using balls or rackets (even with hand over hand assistance) to provide stretches
- use reach, grasp, hold and release hands skills to set up and put materials away
- where appropriate, use a finger to press a switch to activate a buzzer or tape recorder
- increase arm and shoulder strength when pushing, pulling, or holding equipment (e.g., pushing a ball; holding onto a rope; holding the hoola hoop & being pulled, etc.)
- develop trunk support during floor activities & therapy ball work

Gross Motor Participation

- engage in a game, while in a standing frame to stretch legs
- where possible, have the student move to retrieve or hand out equipment to peers (mobility in wheelchair)
- move about gym in walker
- retrieve large balls when they go out of bounds
- participate in the 'kick off' at the start of each play for soccer or floor hockey

Vision

- where appropriate, work on vision skills as outlined by your vision teacher using relevant equipment (eye contact, tracking, etc.)