

Occupational Therapy Home-Based Activity

Week of 1/18/21-1/22/21

Activity: Sports at home: bowling, basketball, or soccer

Materials:

- Ball
- Laundry Basket
- Cups/bottles

Goals:

- Increase participation in play
- Increase self-determination and choice making
- Improve reaching and grasping
- Improve strength and range of motion

Directions:

1. Ask your child which sport they'd like to play: bowling, basketball, or soccer
 - a. Here are some songs to familiarize your child with each sport:
 - i. Bowling: <https://www.youtube.com/watch?v=HOA394zZZqk>
 - ii. Basketball: <https://www.youtube.com/watch?v=dvJsspeUckk>
 - iii. Soccer: <https://www.youtube.com/watch?v=ukHpbpc1gWA>
2. Set up the game you child chose:
 - a. Bowling
 - i. Use cups or bottles as the pins and have your child push a ball across a table or the floor to knock down the pins
 - ii. Include other family members if possible and indicate who's turn it is when and keep score if you'd like



b. Basketball

- i. Place a laundry basket to the side of your child's chair and have them push the ball off of their tray and into the basket
- ii. If your child stands without support, you can practice moving the basket around the room to work on targeting
- iii. Get family members involved and play a game like PIG (<https://www.youtube.com/watch?v=fLfpOPHaSvQ>)



c. Soccer

- i. Have your child sit somewhere where their feet can be as close to the floor as possible (if your child has a Rifton activity chair, please see this video for how to lower the chair all the way to the floor <https://www.youtube.com/watch?v=lnmgOfXMjh4>)
- ii. Place the laundry basket on its side on the floor as the "goal"
- iii. Get family members involved, take turns, keep score, have fun!



3. Tips & Tricks

- a. If your child has a visual impairment, try using a ball that makes noise when you move it (e.g. a ball with a bell inside) or a ball that is brightly colored; also position the ball & basket or pins in your child's best visual field
- b. If your child needs help moving their arms or legs to get to the ball, try supporting the weight of their arm or leg (at the elbow or knee) and see if that helps them move their hand/foot toward the ball

- c. Practice the movements with your child a few times then allow them to move by themselves
- d. If your child uses switches and has a switch-adapted walking toy at home, they can use the walking toy to push the ball at the target
- e. Have fun!!!

Contact your OT for any questions!