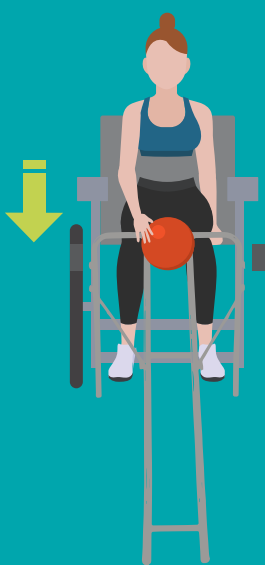


Exercise Circuit

Motor Skills

This circuit has been adapted with permission from Special Olympic Ireland's Motor Activity Training Programme (MATP). The MATP is designed to help athletes develop a variety of gross and fine motor skills, which may improve functional independence in daily life and/or ultimately enable progression to official events in Special Olympics sports.

All exercises can be completed seated or standing and can be adapted depending on the individual. E.g. perform 5-10 repetitions of each exercise or spend 10-minutes on each exercise. Physical prompts or tactile prompts can be used to initiate movement or encourage a desired movement with permission from the participant.



Bean Bag Lift

Equipment: Bean Bag (variety of colours, shapes, textures), table, basket/container (for further training).

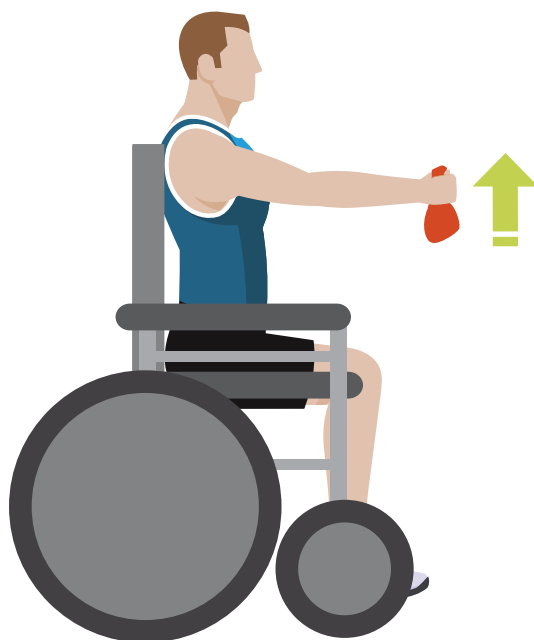
Action: Participant reaches for a bean bag and grasps in one or two hands and lifts from its resting surface.

Coaching Tips:

- If the athlete finds it difficult to grasp the bean bag, the coach may provide hand-over-hand assistance to achieve this.
- Practicing the skill with sponge/rubber balls may help develop the grasping skill by providing a more gripable surface.

Adaptations:

- Vary the shape and size of the bean bag.
- Vary the starting point of the bean bag i.e. higher or lower surface.
- Use one/two hands, dominant or non-dominant hand.
- Drop the bean bag into a container once lifted.



Ball Push

Equipment: Large or small ball (e.g. sponge ball, light plastic ball, tennis ball, football, basketball); table or gym mat.

Action: The participant will use their hand(s) to push the ball forward. The individual may be seated at a table or on the floor.

Coaching Tips:

- If the participant finds it difficult to grasp the bean bag, the coach may provide hand-over-hand assistance to achieve this.
- If seated on the floor, the participant should sit in the straddle position with the ball between his/her legs.

Adaptations:

- Change the ball size, shape, texture to provide varying stimuli.
- Use one or both hands to push the ball.
- Introduce the concept of direction in pushing the ball i.e. aim for target to right/ left of table.



Ten Pin Bowling

Equipment: 10 plastic bowling pins, ball, bowling ramp if required.

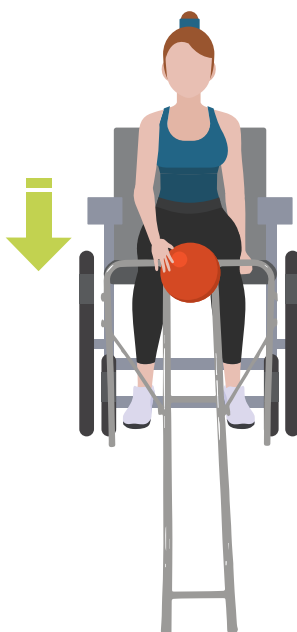
Action: The participant starts at a designated marked line and rolls or kicks the ball in the direction of the target pins to knock them down. The 10 pins are set in a triangular formation.

Coaching Tips:

- At all times participants should be encouraged to roll the ball and not to throw the ball.
- Knocked pins should be cleared from the pin deck after the first and has been rolled and all 10 pins must be reset after the second ball has been rolled.
- Homemade bowling ramps can be made with kid's outdoor slide or PVC Pipe.

Adaptations:

- Change size of ball depending on participants ability i.e. the bigger the ball the easier to knock down the pins.
- Increase distance of start line from pins.
- Use one or both hands/feet to move the ball.



Target Putt

Equipment: Golf Ball, Golf Putter (plastic or traditional) or plastic hockey stick, Flat putting surface (e.g. carpet, putting mat), Plastic Cup/ Tape to mark out a target zone.

Action: The participant will putt the ball from a starting point into the target.
cup/zone from a designated start line.

Coaching Tips:

- Gripping Aid gloves may be used to assist athletes who have poor grip strength.
- The putt can be performed one-handed or to the side of a seated position.

Adaptations:

- Increase the distance to the target zone.
- Reduce or increase the size of the target zone(s).
- Participants who are unable to grip a golf club might slide a bean bag /ball from hand.
- Use a larger ball to make the task a little easier.



Knock Em Down

Equipment: 4 Large Cones, 4 balls (e.g. sponge ball, light plastic ball, tennis ball) to place on top of cones, plastic hockey stick or broom stick.

Action: Balls are balanced on top of larger cones. Participant knocks ball off the cone with a stick.

Coaching tips:

- Gripping Aid gloves may be used to assist participants who have poor grip strength.
- Use two hands on stick if necessary.

Adaptations:

- Vary objects placed on top of cones – different shapes and sizes may be easier or more difficult to knock (e.g. football is difficult to hit as it is heavier than a balloon which will fall off with the slightest touch).
- Participant can kick ball off cones if arm mobility is reduced.

