
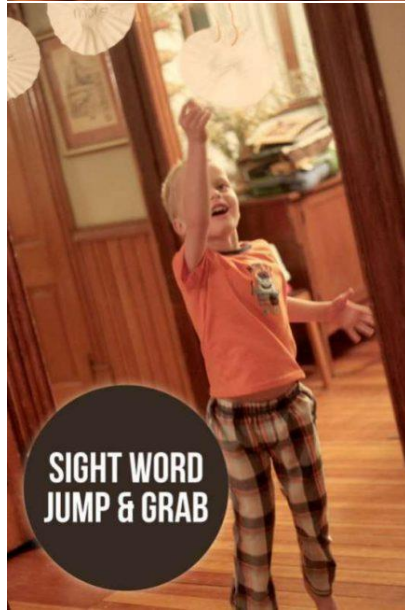


Activity	Target practice
Materials	Plastic/paper cups and ball/beanbag/rolled up socks
Skills Targeted	Hand/eye accuracy, throwing pattern
Instructions:	<ol style="list-style-type: none"> <li>1. Stack cups or place out in a line.</li> <li>2. Start at a 5 foot distance from the cups and throw to knock them down (underhand or overhand)</li> </ol> 
Modifications:	<p>If your child is not stable in standing, you may play this game in sitting.</p> <p>If your child needs an extra challenge, you can increase the distance from the cups.</p>

Activity	Indoor basketball
Materials	Newspaper/scrap paper and a basket or box
Skills Targeted	Hand/eye accuracy, throwing pattern
Instructions:	<ol style="list-style-type: none"> <li>1. Scrunch up paper into a ball (tighter ball is easier to throw)</li> <li>2. Stand at least 5 feet away from the basket</li> <li>3. Throw underhand or overhand to the basket</li> </ol>

	
<p>Modifications:</p>	<p>If your child is not stable in standing, you may play this game in sitting. If your child needs an extra challenge, you can increase the distance from the basket.</p>

Activity	Sight word jump and grab
Materials	String, paper and tape
Skills Targeted	Lower extremity strength
Instructions:	<ol style="list-style-type: none"> <li>1. Write down sight words your child is working on recognizing, one on each piece of paper.</li> <li>2. Tape the paper to a piece of string and tape the whole thing up on a door frame just 3-5 inches higher than their reach when standing.</li> <li>3. Call out a sight word and have them jump to pull it down.</li> </ol>



Modifications:

If your child is not able to stand/jump, this is a good activity to work on tip toe strength. Place the paper just one inch higher than their reach and give them support in standing while they reach on tip toes to pull down the word.  
If your child needs an additional challenge, you can increase the distance from their reach.