Prescriptive Programming

For

Secondary Students

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BOWLING

Description:
Bowling is a very functional lifetime leisure activity that utilizes an underhand rolling pattern. Sufficient strength is needed to roll a minimum 8 lb. ball.

Points of Emphasis:
Proper knee bend, pendulum arm swing, and accurate release point are critical.

Components of Bowling:
Start with feet shoulder length apart.
Swing object slightly forward and then backward with most of the body weight on the same foot as the throwing hand.
Swing the bowling ball slowly forward while stepping forward with the foot opposite the throwing hand while flexing the knees as the object is released toward the target.

Underhand Roll Activities
In order to encourage proper knee bend and proper rolling instead of tossing, place a bench, chair, or other object in front of the student and have the student roll the object under the bench or chair, which forces the student to roll and not toss. You may also put a poly spot on the floor for the student to place their knee on it when bending down to "encourage" getting down closer to the ground upon release of the ball.

Placing targets (2-liter bottles, bowling pins around the room) encourage student to roll a ball (tennis ball, softball) and knock down the targets. Also Soccer goals with hanging pop cans for noise is also fun. There are other types of bowling balls ie: handle bowling ball or a gripper bowling ball which provides an easier grip for varying types of disabilities which limit hand movement. Bowling ramps and Bowling switches are also available for success.

Utilizing the underhand rolling pattern, have the student roll a modified 4 lb. bowling ball toward a target (cones, pins, 2 liter bottles) increasing the distance of the targets as the student displays progress. (A weighted ball or indoor shot put can also be used in order to simulate the weight of a real bowling ball while practicing in the gym).

DISC "FRISBEE" GOLF

Description:
Disc or Frisbee Golf is a newer sport gaining an incredibly rise in popularity. Disc or Frisbee golf is a lot like traditional "ball" golf except plastic flying discs are used instead of a ball and clubs. The game can be played in door or outside. The object is to throw a golf disc into or at a designated target in the fewest number of throws.

Points of Emphasis: Demonstrating proper form while throwing a Disc or Frisbee.

Components of throwing a Disc or Frisbee: Take the rim of the Frisbee in your fingers. Hold it firmly but gently. Curl your wrist slightly back towards your body, as you hold the Frisbee. Your elbow should be pointing up and outwards. You are going to be performing a flicking motion as if your hand is a small spring. Find your target, straighten your arm, and as your arm is almost fully extended, flick the wrist and release, move your arm forward quickly. Not too easy and not too hard. Practice is the key.

Activities for Disc Golf:
Use plastic gallon ice cream bucket lids, cool whip plastic lids, foam Frisbees, regular plastic Frisbees, success Frisbees, regulation discs or paper airplanes to practice getting the "golf" throwing component towards its target. You may use Disc Catchers, baskets, hoola hoops or any designated target to use as a "hole" in order to keep score. Remember the fewest number of "drives", "chips" and "putts" makes you the winner.

BOCCE

Description:
Bocce is both a backyard recreational activity and a fast growing Special Olympics sport. The game utilizes an underhand rolling pattern and game strategy as its key components.

Developmental Information:
Tosses ball underhand 5 feet and hits target on wall at age 4

Points of Emphasis:
Proper knee bend, pendulum arm swing, and accurate release point are the critical attributes of the underhand roll.

Components of Bocce:
Start with feet shoulder length apart.
Swing object slightly forward and then backward with most of the body weight on the same foot as the throwing hand.
Swing the object slowly forward while stepping forward with the foot opposite the throwing hand while flexing the knees as the object is released toward the target.
For the underhand roll, the student needs to exaggerate the knee bend in order to roll the ball out in a smooth fashion.

Underhand Roll Activities
Placing targets (bowling pins or 2-liter bottles) in front of the room, encourage the student to roll object and knock down the targets.

Using a fleece or yarn ball, encourage the student to roll the ball into a hula hoop. As the student progresses, move the hoop further back and/or use a smaller hoop.

Using yarn or fleece balls, cloth balls, or indoor bocce balls, encourage the student to play a modified game of bocce by placing a target ball 20-30 feet out in front of the student and having the student roll the ball as close to the target as possible.

Place strips of tape on the floor with lines 1 and 2 placed 3 feet apart (1 point), lines 2 and 3, 2 feet apart (2 points) and lines 3 and 4, 1 foot apart (3 points). (Similar to a shuffleboard court). Using the above named balls have students roll the balls into the particular areas of play, earning points for each ball which lands in the particular area. You may also play, if an opponent's ball lands in the same area, the balls cancel each other's out and no score is awarded for the equal number of balls cancelled out.

GOLF PUTTING

Description:
The skill of putting is a functional striking pattern which if mastered can lead to participation in the community based lifetime leisure skill of miniature golf.

Points of Emphasis:
Use hand over hand instruction as needed until the student has a kinesthetic sense of how the pattern feels.

Components of Putting:
Stand with feet shoulder width apart, holding the putter with two hands, with the dominant hand on the bottom.
Place head of the putter directly behind the ball, with both arms in complete extension.
Keeping arms extended, slowly take putter straight back lifting the putter slightly off of the ground. Do not take the putter back more than 24 inches.
Start the putter forward in the same line it came back, accelerating slightly through contact in order to have sufficient force to the putt.

Activities for Putting
Begin with a modified putter (old tennis or badminton rackets and fleece or cloth balls).
Encourage student to putt modified balls into a large hula-hoop.
If the student has difficulty with the backswing (wanting to take the putter back too far or bends elbows to lift club), place the student near a wall with the dominant shoulder 6-8 inches from the wall. This will automatically limit the backswing.

Gradually move the hoop further away from the student and begin to create a smaller size hole (carpet sample with a hole about the size of a standard frisbee works well).

Begin to move toward a more standard putter and a smaller ball creating motivating “holes” for the student.

Work toward a regular putter, ball, and some type of commercial putting cups that return the ball.

BADMINTON

Description:
Badminton is a racquet sport played by opposing players on opposite halves of a rectangular court, divided by a net. Players score points by striking a shuttlecock with a racquet over the net so that it lands on the opponent's half of the court. The shuttlecock can only be struck one time on each side before it passes over the net, otherwise a point is awarded to the other player.

Points of Emphasis: Proper forehand stroke in order to return a shuttlecock over a net.

Components of Forehand stroke: Shake hands with the racquet, v of the thumb and pointer finger down the shaft, around the grip of the racquet. Body needs to be parallel to the net. Line feet Hold racquet, with racquet face open toward the net with up swing at a 45 degree angle. The swing needs to be back and forth with hip rotation, toward the net, making contact at about waist level, with follow through.

Activities for Forehand stroke:
Use balloons, balloons in Walmart bags, balloons with tape strips around the balloon, large shuttlecocks, and regulation sized to practice proper strokes over a net. The various types of balloons will allow for a slower movement of the target in order to make contact, providing more success.

HORSESHOES

Description:
Horseshoes is an outdoor game played between two people (or two teams of two people) using four horseshoes and two throwing targets (stakes) set in a sandbox area. The game is played by the players alternating turns tossing horseshoes at stakes in the ground, which are traditionally placed 40 feet apart. Modern games use a more stylized U-shaped bar, about twice the size of an actual horseshoe.

Points of Emphasis: Demonstrating an underhand pendulum tossing pattern.

Components of Tossing: Grip the shoe, extending it to full-arm length in front. Hold the shoe, open end down, about a 45' angle to the ground. Bending slightly at the knees and leaning forward at the waist, swing the shoe backward in an easy manner. Before the back-swing is completed, step forward with an oppositional step. The shoe does not pause at the end of the back-swing. The arm swings forward, straight from the shoulder, like the pendulum of a clock. As the shoe passes the standing leg, in the front-swing, bring it to a level position with a free, natural roll of the arm. At this exact moment, the delivery-step is completed and the body-weight is smoothly shifted to the left foot. The knee straightens up to its natural position and the body rises with the swing. Release the shoe as it swings up in line with the eyes and the opposite stake. There is no jerk or snap of the arm and wrist. After releasing the shoe, the player's hand swings up, above the head, with follow-through Place the feet carefully, well balanced and standing erect.

Activities for Tossing:
Use traditional outdoor horse shoes, indoor soft horseshoes, bean bags with hoola hoops approximately 10 feet away as targets, Ring toss games, Tic-tac-toe games, Boxes for targets.

BASKETBALL

Description:
Basketball is a very popular sport. Although it is known as a team sport, basketball skills can be played by individuals allowing for lifetime leisure opportunities while practicing shooting, dribbling and passing/catching drills.

Points of Emphasis: Proper Dribbling, Shooting and Catching Skills

Components of Dribbling: Cup your dribbling hand with your fingers spread comfortably with the dribble being a push-pull motion of your arm, wrist and fingers. You'll initiate the dribble with an elbow extension and flexion of your fingers and wrist. As the ball bounces back up, meet it with your fingers, with your wrist absorbing the force. Control the ball with your fingers and pads of your hands, not the palms.

Activities for Dribbling:

Use cones or tape on the floor to designate the distance desired for individuals to dribble. Use a stop watch to time the speed from point A to point B. See SOTX Dribbling activity.

Components of Shooting: Keep your eye on your target. Feet are shoulder width apart and slightly staggered stance for good balance, pointing feet in general direction of the target. Grip the ball (with dominant hand) with the air hole between middle and index finger, spreading fingers apart. The ball should sit on the fingertips while the non-dominant hand is on the side of the ball for guidance only. Position the ball several inches above your waist, elbow under the ball, keep the ball in front of you pushing directly upward, extending in a straight line to the rim with slight back spin, while using your legs to generate up force.

Activities for Shooting:

Use modified goals (8 foot), buckets, garbage cans, hoola hoops suspended from a regulation goals or lines or targets on the wall (5-10 feet above the shooter). See SOTX spot shot activity.

Components of Catching: Get ready to catch by raising your hands in front of your body at chest high with fingers spread open and pointing up. Your thumbs should be an inch or two apart. Move toward the ball if it is not thrown perfectly toward you or is deflected by another player. Watch the ball from the time it leaves the passer's hands until you catch the ball. Cushion the ball by bending your elbows slightly as the ball hits your fingers to absorb the pass.

Activities for Catching:

Toss light weight balls, bounce pass balls, toss to targets on the wall in order to retrieve the ball on the return. See SOTX wall pass activity.

VOLLEYBALL

Description: Volleyball is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include: causing the ball to touch the ground outside the opponents' court or without first passing over the net; *catching and throwing* the ball; *double hit*: two consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same team. net foul: touching the net during play.

Points of Emphasis: Keeping the volleyball in play by setting or bumping the ball and serving the ball over the net to start a rally.

Components of Underhand Serving: If you are right-handed, put your right or left leg forward (whichever feels more comfortable) and put all your weight on your back foot. Place the palm of your left hand under the volleyball and hold it out in front of you. Make sure your right hand is in a fist. Let your right open hand drop (to where it would normally be) and then bring it back beyond your hips a little bit. Swing your hand forward, underhanded. The trick is to hit the ball with the heel of your hand and not your palm. Step into it with your right or left foot (whichever feels comfortable), but don't let your foot go over the line or the other team gets a point and the ball. Once you make contact with the ball, continue your swing (follow through) and bring your right hand straight to your target.

Activities for Serving: Use balloons, balloons in Walmart bags, tape strips around the balloon, beach balls, volley trainers, volley lights and regulation volleyball. The various types of balloons will allow for a slower movement of the target in order to make contact, providing more success. When using balloons a modified serving line is necessary in order to get the balloon over the net. Another option for practice is to attach a beach ball with string to a batting tee, place a plunger in the hole of the batting tee, place the beach ball on top of the plunger and allow students to practice underhand serve without having to chase the ball continuously.

Components of Setting: Hold your hands above your forehead with your thumbs and index fingers nearly touching, making a diamond shape, with the rest of your fingers spread open. Bend your knees. Push up with your legs and arms, snapping the ball upward with your hands in the direction in which you'd like it to go (as though you're Superman flying). Ideally, this causes the ball to 'hang' in the air without rotating.

Activities for Setting:
Use balloons, balloons in Walmart bags, tape strips around the balloon, beach balls, volley trainers, volley lights and regulation volleyball. The various types of balloons will allow for a slower movement of the target in order to make contact, providing more success.

Components of Bumping: Anticipate the flight of the ball so that you can receive it in a stationary, athletic position with your knees bent, your weight forward on the balls of your feet, and your arms extended forward and down. Hold your palms open and facing up, and then lay one hand on top of the other. Fold your hands inward until your thumbs are side by side, pointing away from your body and slightly down. The knuckles of your fingers should be facing out. Bring in your elbows and lock them so that your forearms are as close to touching as possible, creating a flat platform from your elbows to the tips of your thumbs. Tilt your platform toward your target. Allow the ball to bounce off your forearms (rather than swinging your arms at it).

Activities for Bumping:
Use balloons, balloons in Walmart bags, tape strips around the balloon, beach balls, volley trainers, volley lights and regulation volleyball. The various types of balloons will allow for a slower movement of the target in order to make contact, providing more success.