

### Content outline

This activity aims to develop fine finger manipulation, and helps young people to recognise how to use their fingers to move and feel

- Dexterity
- Fine finger manipulation
- Moving objects with fingers
- Feeling substances / textures with hands and fingers



This resource and supporting video have been created by:

**Angela Lydon, West Specialist Inclusive Learning Centre**

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



### Space

- Increase the distance away from the item so that the young person must reach to grasp it to make the activities more difficult
- Decrease the distance away from the item to make the activities easier



### Task

- Change the task to reflect the young person's preferences to aid their motivation
- Which items does the young person find more interesting?
- Use clear and simple language within instructions – try to use single words where possible



### Equipment

- Change the items being used to develop the same skill in different contexts
- Use different household items (Eg. Rolled up socks, wrapping paper, water and corn flour)
- What household items could you use to give a wide range of textures?



### People

- Gradually reduce the physical support given to complete each activity

### Learning intention

#### Physical:

- To develop the use of fingers to manipulate items

#### Personal:

- To recognise how we can use our hands and fingers to move items, and feel

#### Verbal Instruction / Feedback:

- Give each task specific feedback; “great wiggling of your fingers”
- Praise individual tasks; “Fantastic holding”
- Use clear language when giving instructions – use single words where possible; “Hold”, “squeeze”, “Wiggle”.