

Content outline

This activity aims to develop grasp, transfer and release. This will demonstrate different ways grasp and release can be used to transfer an object.

- Dexterity
- Grasp; Pincer and palmer grasp
- Grasp and release using a table-top ramp
- Position of wrist when lifting an object



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

- Challenge the young person to transfer the items faster to further promote dexterity
- 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
- Larger / heavier items can be used to increase the difficulty of the task
- Use smaller items to improve fine finger dexterity – like pasta
- Use a table-top ramp to create a high-impact activity, such as table-top bowling



People

- Gradually reduce the physical support given to complete each activity
- Introduce another person at the side, or across the table to pass the items to

Learning intention

Physical:

- To grasp, move and release an object

Personal:

- To recognise the use of objects to impact our wider environment

Verbal Instruction / Feedback:

- Give each task specific feedback; “That’s great lifting”
- Praise individual tasks; “Fantastic holding”
- Use clear language when giving instructions – use single words where possible; “Hold”, “move”, “lift”, “let go”