

## BumpBall™ Adapted Activity Guide

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### Introduction

This activity guide is presented with the adapted student in mind. These activities can be used in a one-on-one situation, as well as in a small group or integrated class setting. **BumpBall** can be used in place of other types of balls to provide the student with sensory input.

### Activities

#### Rolling Exercises

While sitting, roll **BumpBall** with an open palm to emphasize the use of the whole hand, thumb and fingers. Have students do the following exercises:

- Roll with right hand on right side of body.
- Roll with left hand on left side of body.
- Roll with right hand crossing in front of body to left side and back.
- Roll with left hand crossing in front of body to right side and back.
- Roll with right hand reaching around back of body.
- Roll with left hand reaching around back of body.
- Begin with right hand, roll to left side, transfer ball to left hand and roll back to right side of body.
- Begin with left hand, roll to right side, transfer ball to right hand and roll back to left side of body.
- Using both hands, roll **BumpBall** up legs, stomach, chest, neck, face and back to the floor.
- In a long leg sit, roll **BumpBall** down length of leg and back, stretch as far as possible, and hold.
- In a long leg sit, roll **BumpBall** with right hand down length of right leg and around feet, transfer ball into left hand and roll back up left leg.
- In a long leg sit, roll **BumpBall** with left hand down the length of left leg and around feet. Now transfer the ball into right hand and roll the ball back up right leg.
- While laying on stomach or back, roll **BumpBall** with an open palm to emphasize the use of the whole hand, thumb and fingers:
  - Using the right hand, roll **BumpBall** on floor up and down right side of body reaching as far as possible while maintaining control of the ball.
  - Using the left hand, roll **BumpBall** on the floor up and down left side of body, reaching as far as possible while maintaining control of the ball.
  - Using right hand, roll **BumpBall** on floor up and down left side of body.
  - Using left hand, roll **BumpBall** on floor up and down right side of body.
  - Using right hand, roll **BumpBall** on right side on body (legs, stomach, chest).
  - Using left hand, roll **BumpBall** on left side of body (legs, stomach, chest).
  - Roll **BumpBall** with right hand up to the head, transfer ball to left hand and roll down left side of body.
  - Roll **BumpBall** with left hand up to the head, transfer ball to right hand and roll down right side of body.
- Laying face down, place **BumpBall** on stomach and roll body forward, backward and sideways keeping contact with ball at all times.
- Lay face down on several **BumpBalls** and roll so contact is on many body parts at the same time.



### **Ball Pit**

Stand mats up on end to form an enclosed area. Fill the area with **BumpBalls™** and other soft balls. Participants move around in pit, shoes off. Encourage crawling, wiggling and walking.

### **Oscar's Garbage Can**

Stand mats on sides forming a circle with a low wall. Fill enclosed area with **BumpBalls** and other types of soft balls. One person (Oscar) is inside the circle (garbage can), while 5 or 6 students stand outside the mats. On a signal, Oscar begins throwing the balls out of the garbage can. The other students pick up the balls and toss back into the garbage can. Stop after a few minutes to change roles.

### **Striking Skill Exercise**

Have students perform the following exercises:

- Secure **BumpBall** in a mesh bag, suspend it from some apparatus, such as a basket.
- Students strike with right and left hand.
- Students touch and move the ball with fingers, fist, elbow and arm.
- Students strike the ball with their head.
- Students visually track and touch ball while you keep it swinging.
- Swing ball at student so he/she can catch or trap it.
- Suspend **BumpBall** close to floor, student kicks ball with feet.
- Suspend **BumpBall** close to floor, student pushes and catches ball with both hands.
- Strike at **BumpBall** with foam hand paddles or Lollipop Paddles.

### **Rolling and Trapping Exercise**

Have students perform the following exercises:

- While sitting on floor, roll **BumpBall** to partner and trap on return.
- While sitting on floor, roll **BumpBall** to wall and trap on return.
- While sitting on floor, roll **BumpBall** to various targets (hoop or Poly Spot on floor, a mark on wall, box tipped on side).
- While sitting on floor, roll **BumpBall** to bowling pins.
- Roll **BumpBall** down bowling ramp to pins.
- While standing or kneeling roll **BumpBall** to partner and trap on return.
- Standing with back to partner, roll **BumpBall** between legs to partner and trap on return.
- Push **BumpBall** off wheelchair tray to floor or partner.

### **Throwing/Catching Exercise**

Have students perform the following exercises:

- Toss and catch by themselves, emphasize catching at high, middle and low levels.
- Toss and catch while sitting on floor, by themselves and with partner.
- Toss and catch while in high kneeling position, by themselves and with partner.
- Toss and catch while sitting on a therapy ball, by themselves and with partner.

### **Softball**

Replace striking by allowing student to throw or roll **BumpBall™**.

### **Soccer**

Roll **BumpBall** through Sogo targets outside. This can be used indoors by placing targets with ends into holes of Dome MultiMarkers™. Students can then use scooters if locomotion is a problem. Use short-handled implements such as Lollipop Paddles to strike and roll **BumpBall** during soccer drills.

### **Basketball**

Shoot **BumpBall** into lowered target such as a barrel on the floor or hoop held by partner bounce and catch **BumpBall** during dribbling drills.

### **Aquatics**

- Blow **BumpBall** across water or to partner.
- Standing in water, push and pull **BumpBall** in front of body.
- Lying on back and holding kickboard, kick or push at **BumpBall** with feet.
- Shoot baskets, water polo games, toss and catch.