

# Eye Hand Foot Coordination Activity #1

## **TOSS AND CATCH SKIP COUNTING (USE TENNIS BALL OR NERF BALL)**

Students begin this activity standing at least an arms length away from the Numeracy Noggin wall chart. Using a ball that will rebound off the wall, have the student toss the ball against the chart aiming for the desired number. As an example have the students begin with the 2's. Toss the ball underhand aiming for the number 2, toss the ball and catch the rebound. Repeat tossing and catching for the 2's 2-4-6-8 etc. saying the number out loud while tossing and catching the ball.

This activity challenges the student to perform a motor skill (tossing and catching), tracking the ball, tossing to the wall and then catching the rebound, verbalizing the step counting to be learned and putting it all together to successfully complete the task. To challenge the students use different size balls and vary the distance from the wall. Encourage them to use their non-dominant hand as often as they use their dominant hand.

For a greater challenge, have them stand on the boomer board and perform the same tasks.

## **TOSS AND CATCH SKIP COUNTING CHALLENGE**

Add the element of balance to the Toss and Catch Skip Counting activity. Have the students stand on one foot while tossing and catching. Now stand on the other foot and verbalize the next column of numbers. Continue switching the balance leg for each new column of skip counting.

Add the element of balance to the toss and catch skip counting challenge by placing a balance beam in front of the Numeracy Noggin chart. Have the student stand on the balance beam, toss and catch the ball on the number column being practice as they verbalize the numbers. 2-4-6-8-10 etc. Move through the skip counting numbers as they are learned in class. The ABL balance rope can also be used for this activity. All throwing and catching activities should be performed with dominant and non dominant hands. Different size balls will also add to the challenge.

