

Semester-end Summary and Recommendations

Locomotor Skills:

Francis improved in the walk by increasing his arm swing. He performed the horizontal jump much better by maintaining body control and staying on his feet. By working on walking up and down stairs, Francis showed great improvement by alternating his feet on each step of the stairs.

Manipulative Skills:

Francis improved on his accuracy of the toss, but still struggled to consistently perform the instructional cues correctly. When doing the catch, he did very well with keeping his eyes on the ball and making a target with his hands and was able to catch the ball consistently without dropping it. Francis did well with the bounce and enjoyed the challenge of trying to dribble the ball as many times as possible and then improving upon that number of bounces. When performing the bounce he bent at the knees and waist, which was the skill objective. The kick was a hit for Francis and he progressed significantly with this skill. Through-out the semester, I worked with Francis on having a good plant with his non-kicking foot. He improved his accuracy with the kick and I even introduced him kick a moving ball. Francis was able to perform the two hand roll correctly and accurately, but he often tossed the ball instead of rolling it on the ground.

Balance:

Because there was no available balance beam, it was hard to work on the balance skills of walking backwards and forwards on a balance beam. However, in the post-assessment I had him walk backwards and forwards on a line, and he was able to maintain balance without having to step off the line.

Recommendations for future work:

If Francis were to continue working with someone on his skill performance, he should be challenged to progress from his present level of performance. Some ways that could be done, would be to increase the kicking distance and work on improving his accuracy from that distance, and to continue working on kicking a moving ball. Francis enjoyed the bounce, and he would benefit with improving his ability to consistently bounce the ball without stopping. Continue to make the practice activities as interactive as possible. When Francis is engaged in the activity he does very well with listening to instructions and with his skill performance. However, if the activity is monotonous he becomes bored easily and will lose his focus and start to act up and not want to participate in the activity. Also, if there is a balance beam available, Francis would benefit from more work of his dynamic balance on a balance beam.