

# Sensational OT Tip of the Month

## Physical Education

**Do you know children that ...?**

- 1. Fatigue very quickly or give up easily during motor challenges**
- 2. Are out of step with the rest of the class during group activities**
- 3. Seem to get out of control the minute they enter the gymnasium**

**These children might have sensory and/or motor struggles. Low core strength can lead to fatigue and decreased quality of motor skills. Motor planning deficits can make sequential or rhythmic movements difficult and frustrating. The open space, sounds and movement in the gym can be very over stimulating leading to behavioral challenges.**

## Sensational Ideas for Physical Education

- 1. Provide child who fatigues easily, with extra breaks when they participate in the game. If they are participating in a drill, place them at the end of the line so they can "rest" a little longer than other children. Give them a coaching job or manager job. Place them in a position on court or field that requires less strenuous movement- like defense in soccer.**
- 2. Break each skill down into small steps for the child who has difficulties figuring out how to move his body. Give the child more times to practice each step with one of two verbal cues; often too many words will confuse them. Practice each step with them. For example to hit a soccer ball, first you plant your feet on the ground, then you lift up one foot, swing the foot back, swing the foot forward to strike the ball. Verbal and visual cues are helpful.**
- 3. For the child who has trouble focusing in the gym, provide jumping, commando crawling or a rolling station that they can visit anytime that they are not able to stay on track. Have a water bottle available to take a water break. Allow the child who is struggling with focus to assist you with instruction as a teacher's assistant.**

***Ask the occupational therapist at your school if you are interested in more information about children who struggle in [physical education](#).***

***For more sensational tips go to <http://www.cintiotinstitute.com/privateschools> and scroll to the lower left corner to *Tip of the Month*.***

Kirkpatrick- COTI - 2014