

# ACTIVITY CARD 7



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## MOTOR ACTIVITY TRAINING PROGRAMME (MATP)

All of the activities included in Activity Card 7 are inspired by Special Olympics' Motor Activity Training Programme (MATP).

Find out more about MATP at  
[www.specialolympicsgb.org.uk/sports-and-competition/matp](http://www.specialolympicsgb.org.uk/sports-and-competition/matp)

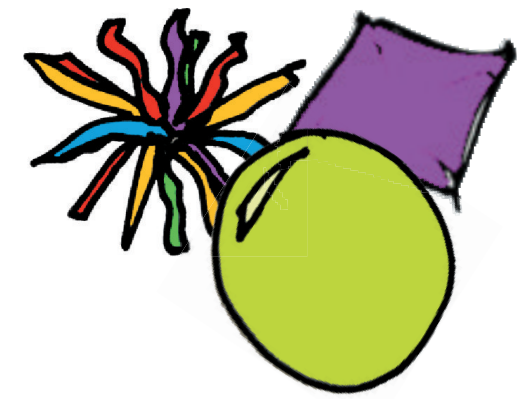
## STRIKE WITH YOUR HANDS

- Place your object of choice on a tray or table in front of you, and attempt to push the object between each hand.
- Try knocking your objects over or off the tray or table with your hands, towards a target on the floor.
- Try hanging a balloon on some string in front of you (someone can hold or tie to a frame) and attempt to strike the balloon.

### You will need:

- A selection of objects such as balls, soft toys, balloons etc.

# ACTIVITY CARD 7



## STRIKING USING THE UPPER BODY

### You will need:

- A selection of objects such as balls, soft toys, balloons etc.

- Place an empty plastic bottle (or skittle) / soft ball on a table or tray in front of you / young person.
- The aim is to attempt to push or roll the bottle / ball off the surface or tray using any part of the upper body.
- You could also try knocking a small ball or pair of rolled up socks off a post such as a roll of wrapping paper.
- Why not try knocking a soft ball or pair of rolled up socks down a ramp such as a plank of wood.

## STRIKE / KICK WHILST LYING DOWN

- Place some objects either side of you / young person.
- Try to knock the objects down or move them with different parts of the body.
- If you have an A-frame you can hang objects for you / young person to strike or kick.

### You will need:

- A selection of objects such as balls, bottles, soft toys etc.

