#ThisIsPE

**Dexterity — Fine Finger Manipulation**

**INCLUSIVE PE //**

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### Content outline

This activity aims to develop fine finger manipulation, and helps young people to recognise how to use their fingers to move and feel

- Dexterity
- Fine finger manipulation
- Moving objects with fingers
- Feeling substances / textures with hands and fingers

### Space

**Increase the distance away from the item so that the young person must reach to grasp it to make the activities more difficult**
**Decrease the distance away from the item to make the activities easier**

### Equipment

- Change the items being used to develop the same skill in different contexts
- Use different household items (Eg. Rolled up socks, wrapping paper, water and corn flour)
- What household items could you use to give a wide range of textures?

### Task

- Change the task to reflect the young person’s preferences to aid their motivation
- Which items does the young person find more interesting?
- Use clear and simple language within instructions – try to use single words where possible

### People

- Gradually reduce the physical support given to complete each activity

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### Learning intention

**Physical:**

- To develop the use of fingers to manipulate items

**Personal:**

- To recognise how we can use our hands and fingers to move items, and feel

**Verbal Instruction / Feedback:**

- Give each task specific feedback; “great wiggling of your fingers”
- Praise individual tasks; “Fantastic holding”
- Use clear language when giving instructions – use single words where possible; “Hold”, “squeeze”, “Wiggle”.

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This resource and supporting video have been created by:  
**Angela Lydon, West Specialist Inclusive Learning Centre**

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

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**Special Olympics Great Britain**

For further support on any of the activities please also visit:  
[https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme](https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme)

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**More resources**

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)