#ThisIsPE

Dexterity — Maintenance of grasp

INCLUSIVE PE ///

Content outline

This activity aims to develop grasp, and maintenance of grasp. This will also demonstrate squeezing, flat-handed rolling and lifting items.

• Dexterity
• Grasp; Pincer and palmer grasp
• Grasp and release
• Position of wrist when lifting an object

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

Task

• Progress from squeezing and grasping, to lifting and maintaining the grasp
• Challenge the young person to transfer the items faster to further promote dexterity
• Change the task to reflect the young person's preferences to aid their motivation
• Use clear and simple language within instructions – try to use single words where possible

Equipment

• Change the items being used to develop the same skill in different contexts
• Larger / heavier items can be used to increase the difficulty of the task
• Use different household items (Eg. Wrapping paper, play-dough)
• Use a small bucket to encourage the young person to hold the item – you can fill the bucket to make the task more difficult

People

• Gradually reduce the physical support given to complete each activity
• Introduce another person at the side, or across the table to pass the items to

Learning intention

Physical:
• To grasp, move and release an object
• To hold on to an item and lift it

Personal:
• To recognise the use of our hands to move objects

Verbal Instruction / Feedback:
• Give each task specific feedback; “That’s great lifting”
• Praise individual tasks; “Fantastic holding”
• Use clear language when giving instructions – use single words where possible; “Hold”, “move”, “lift”, “let go”

More resources

www.youthsporttrust.org/free-home-learning-resources-secondary