

# MATP IN PRACTISE

TRAINING PROGRAM



**MATCODE**

## Handbook for implementing MATP in practice

This handbook is designed as a practical guide to introduce professionals, trainers, and coaches to the Motor Activity Training Program (MATP) and support them in successfully implementing it in practice. MATP offers a unique, tailored approach to making sports and physical activities accessible to individuals with severe multiple disabilities (SMD). The goal of this handbook is to provide tools that enable you to create a valuable and inspiring MATP program.

MATP focuses on promoting enjoyment, movement, and experiences of success, regardless of the physical or cognitive abilities of athletes with SMD. The program is flexible and can be customized to meet the unique needs and talents of each athlete. Every exercise within MATP can be adjusted to different levels of difficulty, ensuring that athletes are always challenged at their own level. This allows for growth and makes every achievement, no matter how small, meaningful.

### Practical guidelines

The handbook includes examples of training programs that professionals can use for inspiration. These include activities with various difficulty levels and exercises that are easily adaptable. The ultimate goal is to provide athletes with a valuable experience that enhances their self-confidence, social interactions, and physical skills.

With MATP, you, as a professional, have the opportunity to make sports and physical activities accessible to everyone with SMD, creating a lasting impact on the lives of your athletes. Make it a success and show the world what is possible!

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# Contents

- Introduction..... 4
- The five fundamental motor skills..... 6
- The MATP Lesson: different approaches ..... 9
- Training program..... 10
- Example activity ..... 16



Final event with activities

## Introduction

The Motor Activity Training Program (MATP) is an international sports and movement program developed for people with severe multiple disabilities (SMD). Traditional sports programs are often inaccessible to them, but by adapting activities to their needs, it is possible to provide effective sports and movement opportunities. MATP aims to develop an individualized training program for each participant. As the name suggests, the program focuses on training rather than competition. MATP is officially part of Special Olympics events in many countries. Internationally, it is practiced in 96 countries, including 31 in Europe.

The goal is to offer movement and sports activities to individuals with severe multiple disabilities in a circuit format where no one is excluded from participation. The primary focus is on individual improvement, and the exercises can be easily modified to be more challenging or simpler.

### *Why MATP?*

- MATP allows everyone with SMD to participate through an individualized approach.
- MATP improves coordination and body control.
- MATP enhances sensory awareness, physical fitness, and motor skills.
- MATP helps participants break social isolation, integrate, and interact with others during activities.
- MATP enables athletes to develop socially, cognitively, and physically.

## Special Olympics

Special Olympics is a global sports movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability. We are helping to make the world a better, healthier and more joyful place—one athlete, one volunteer, one family member at a time.

### **MATP international**

MATP is our Special Olympics movement-based sport program for athletes with profound intellectual disabilities who have high support needs. MATP gives athletes the opportunity to practise skills that will prepare them for sport without comparison to others. The focus is on achieving personal bests.

MATP can be made up of skill stations where athletes take part in sport related activities that develop their mobility, dexterity, striking, kicking and balance. MATP also involves group games where athletes can work and interact with others to develop their skills. All MATP activities are modified to each athlete's needs, interests, and motivations. MATP athletes can train towards their MATP Challenge Day where MATP athletes showcase their unique achievements to family and friends.

# MOTOR ACTIVITY TRAINING PROGRAM

## MATP

A sports and movement program for people with (very) severe multiple disabilities



**MATCODE**



**Special Olympics**  
Nederland

### Basic activities:

**WARMING - UP**



**MOBILITY**



**STRIKING**



**DEXTERITY**



**STABILITY**



**FINISH**



**KICKING**



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## The five fundamental motor skills

The five Fundamental Motor skills of the Motor Activity Training Program (MATP) are essential components of the program. They are designed to help athletes with severe multiple disabilities gradually improve their motor skills. The following five fundamental motor skills are central to the MATP program:

### Mobility



This includes goal-directed actions that lead to intentional movement of the whole body from one place to another (e.g., lifting the head, rolling from stomach to back, rolling the body).

### Gross motor skills

(movement from point A to B).

### Dexterity



The intentional use of a body part to manipulate an object (e.g., using hands to grasp a bat, using the head to activate a switch, or using arms and legs to catch a ball).

### Fine motor skills.

## Striking (Upper Body)



The use of a tool or body part from the upper body to make contact with an object (e.g., hitting a ball off a tee with a bat, using a hand to hit a balloon over a net).

**Upper body coordination.**

## Kicking



The use of the foot/leg or a device to move an object from the ground towards a target.

**Lower body movements.**

## Stability



The ability to control the body during movements and maintain balance despite external factors that challenge equilibrium.

**Static and dynamic balance.**



## The MATP Lesson: different approaches

MATP activities can be structured using two different approaches:

1. **Fundamental Motor skills approach:** This method focuses on the development of fundamental motor skills, such as balancing, grasping, rolling, or moving in a specific direction. The selected core skill serves as the basis for structuring the MATP lesson, often consisting of various activities.
2. **Sports-based approach:** This method considers specific sports such as athletics, swimming, or gymnastics. The chosen sport serves as the foundation for structuring the MATP lesson, which includes various activities derived from that sport. By adapting sports into simple and accessible exercises, athletes can engage in various disciplines in an enjoyable and inclusive manner.

### Creativity as the key to success

The strength of MATP lies in its adaptability to the individual needs of each athlete. As a professional, you are best equipped to tailor sports and movement activities to the abilities of people with severe multiple disabilities. Let your creativity flow and turn every session into a unique and enjoyable experience. MATP encourages professionals to push boundaries—not through competition but by setting achievable challenges that allow athletes to progress step by step.

### From training to a final event

A crucial part of this handbook is offering structured programs that guide athletes toward a final event. This event can be a demonstration where athletes showcase their progress, achievements, and enjoyment in movement. Whether it's about sharing moments of joy, laughing together, or achieving personal milestones, these concluding events provide motivation, highlight progress, and celebrate each athlete's dedication.

## Training program

In the schedule below, an example of a weekly plan is provided, with one MATP lesson scheduled each week. This weekly plan is intended as inspiration; organizing and designing an MATP lesson should always be done in coordination with the athletes, available materials, location, and time. It is the responsibility of the trainer/coach to create and deliver a sporty, challenging, and suitable lesson plan. The activities listed below can be offered in various combinations. The two described approaches are both incorporated into the schedule. You can choose one of the three structures and adapt it into an 8- or 12-week program, or you can combine the different structures into a single program.

YouTube MATCODE: [Motor Activity Training Program | MATCODE](#)

### Planning:

- **Warming-up**
  - Example 1: [Group circle](#)
  - Example 2: [Body parts](#)
  - Example 3: [Upper body](#)
  
- **Sport circuit:** 3 blocks of 4 weeks, each with a different focus for structuring the training.
  - **Block 1 (week 1 - 4):** One sport is the central theme per lesson, with all activities derived from that sport. Each week features a different sport as the main focus.
  - **Block 2 (week 5 - 8):** One fundamental skill is the central focus per lesson, with activities derived from different sports, all aimed at practicing the same fundamental motor skill.
  - **Block 3 (week 9 - 12):** This block focuses on four sports, with each lesson featuring one activity from each sport, allowing for a mix of different sports and fundamental skills.
  
- **Cooling-down**
  - Example 1: [Car wash](#)
  - Example 2: [Clean up](#)
  - Example 3: [Sports object](#) (0.45-0.50 min)

The trainer/coach is responsible for determining the number of activities per lesson, balancing variety and repetition. While some athletes or groups may prefer progressing through Blocks 1, 2, and 3 in sequence and repeating them, others may benefit from repeating a specific activity from Block 1 for several weeks.

## Week program

An example of how a period of x number of weeks can be implemented.

Week	Training activities	Video (time)	Activity description	Fundamental Motor skills	Sports
1	<a href="#">Table activity 1 (video)</a>	1.00 – 2.30 min	Hitting balls off the table	Striking and stability	Tennis
	<a href="#">Ball lift</a>	0.00 – 1.00 min	Lifting balls (from the table)	Striking and dexterity	
	<a href="#">Knock them down</a>	0.00 – 1.00 min	Hitting balls off a post	Striking and mobility	
	<a href="#">Balsmash</a>		Hitting the ball (smash)	Striking and stability	
2	<a href="#">Dodge and Dribble</a>	0.10 – 0.40 min	Dribbling (slalom) with the ball	Kicking and mobility	Soccer
	<a href="#">Penalty</a>		Kicking the ball into a goal	Kicking and stability (static)	
	<a href="#">Free kick</a>		Kicking the ball into a goal while in motion	Kicking and stability (dynamic)	
	<a href="#">Throw-in</a>	0.00 – 0.09 min	Holding the ball	Dexterity and striking	
3	<a href="#">Cone battle</a>		Duel; knocking over cones	Dexterity and stability	Boccia
	<a href="#">Boccia with music</a>		Music stops? Throw the ball into the hoop	Dexterity and mobility	
	<a href="#">Point collection</a>		Score as many points as possible	Dexterity and mobility	
	<a href="#">Table boccia</a>	1.00 – 2.30 min	Rolling the ball towards the Jack	Dexterity and striking	
4	<a href="#">Grasp and release</a>	1.00 – 2.00 min	Picking up and releasing the ball	Dexterity	Handball
	<a href="#">Swing ball</a>		Pushing the ball away	Dexterity and striking	
	<a href="#">Tin can throwing</a>		Throwing a ball (object)	Dexterity and striking	
	<a href="#">Penalty throw</a>		Throwing the ball into the goal	Stability and striking	
Week	Training activities	Video (time)	Activity description	Fundamental Motor skills	Sports
5	<a href="#">Ball Kick</a>	0.15 – 1.30 min	Shooting the ball	Kicking	Soccer
	<a href="#">Keep it up</a>	2.45 – 3.00 min	Pushing a beanbag with the instep		Taekwondo
	<a href="#">Standing shot</a>	2.00 – 3.30 min	Shooting while standing (with equipment)		Taekwondo
	<a href="#">Kicking in Sitting</a>	1.00 – 2.00 min	Shooting while sitting (with equipment)		Soccer
6	<a href="#">Shuffleboard</a>		Sliding across the table	Dexterity	Boccia
	<a href="#">Knocking over water bottles</a>	0.00 – 0.35 min	Duo task with water bottles		Bowling
	<a href="#">Airhockey</a>		Passing the puck		Tabletennis
	<a href="#">Hockey</a>		(Wheelchair) hockey		Hockey
7	<a href="#">10-pin bowling</a>	0.00 – 1.09 min	Knocking over 10 cones	Striking	Bowling
	<a href="#">Balsmash</a>		Hitting the ball with a racket		Tennis
	<a href="#">Sliding table tennis</a>		Hitting the ball with a paddle		Tabletennis
	<a href="#">Boxing of balloon boxing</a>	0.00 – 1.00 min	Boxing against a balloon		Boxing
	<a href="#">Target putt</a>	0.00 – 0.30 min	Knocking over the tower of blocks		Golf

8	<a href="#">Step and jump</a>	0.00 – 1.00 min	Step and jump over the box	<b>Mobility</b>	Jumping (athletics)
	<a href="#">Rolling race</a>		Rolling on the mat		Gymnastics
	<a href="#">Wheelchair push</a>	0.00 – 1.20 min	Sprinting to the finish line		Athletics
	<a href="#">4x400 relay race</a>		Running laps alternately		
<b>Week</b>	<b>Training activities</b>	<b>Video (time)</b>	<b>Activity description</b>	<b>Fundamental Motor skills</b>	<b>Sports (4)</b>
9	<a href="#">Table activity 1 (video)</a>	1.00 – 2.30 min	Hitting balls off the table	Striking and stability	Tennis
	<a href="#">Ball Kick</a>	0.15 – 1.30 min	Shooting the ball	Kicking	Soccer
	<a href="#">Shuffleboard</a>		Playing a game of shuffleboard	Dexterity	Boccia
	<a href="#">Grasp and release</a>	1.00 – 2.00 min	Picking up and releasing the ball	Dexterity	Handball
10	<a href="#">Ball lift</a>	0.00 – 1.00 min	Lifting balls (from the table)	Striking and dexterity	Tennis
	<a href="#">Kicking in Sitting</a>	1.00 – 2.00 min	Shooting while sitting (with equipment)	Kicking	Soccer
	<a href="#">Boccia with music</a>		Throw the ball into the hoop when the music stops	Dexterity and mobility	Boccia
	<a href="#">Swing ball</a>		Pushing the ball away	Dexterity and striking	Handball
11	<a href="#">Knock them down</a>	0.00 – 1.00 min	Hitting balls off a post	Striking and mobility	Tennis
	<a href="#">Throw-in</a>	0.00 – 0.09 min	Holding the ball	Dexterity and striking	Soccer
	<a href="#">Point collection</a>		Scoring as many points as possible	Dexterity and mobility	Boccia
	<a href="#">Tin can throwing</a>		Throwing the ball against the cans	Dexterity and striking	Handball
12	<a href="#">Balsmash</a>		Hitting the ball (smash)	Striking and stability	Tennis
	<a href="#">Free kick</a>		Kicking the ball into a goal while in motion	Kicking and stability	Soccer
	<a href="#">Table boccia</a>	1.00 – 2.30 min	Rolling the ball towards the Jack	Dexterity and striking	Boccia
	<a href="#">Penalty throw</a>		Throwing the ball into the goal	Stability and striking	Handball

## Variations in programs

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4

A different lesson each week, repeated every month.

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 2	Lesson 2	Lesson 2	Lesson 2	Lesson 3	Lesson 3	Lesson 3	Lesson 3	Lesson 4	Lesson 4	Lesson 4	Lesson 4

The same lesson each week per month, a different lesson each month.

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1 - activity 1	Lesson 1 - activity 1	Lesson 1 - activity 1	Lesson 1 - activity 1	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1, 2 and 3	Lesson 1 - activity 1, 2 and 3	Lesson 1 - activity 1, 2 and 3	Lesson 1 - activity 1, 2 and 3	Lesson 1 - activity 1, 2, 3 and 4	Lesson 1 - activity 1, 2, 3 and 4	Lesson 1 - activity 1, 2, 3 and 4	Lesson 1 - activity 1, 2, 3 and 4

The same lesson for several weeks, with a new activity added each month. A gradual introduction of new activities.

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1 - activity 1	Lesson 1 - activity 1	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1	Lesson 1 - activity 1	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1, 2 en 3	Lesson 1 - activity 1, 2 en 3	Lesson 1 - activity 1 and 2	Lesson 1 - activity 1, 2 en 3	Lesson 1 - activity 1, 2, 3 and 4	Lesson 1 - activity 1, 2 and 3	Lesson 1 - activity 1, 2, 3 and 4	Lesson 1 - activity 1, 2, 3 and 4

A varied selection of activities per lesson, with alternating numbers and sequences. A gradual introduction of new activities.

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 2	Lesson 1	Lesson 1	Lesson 1	Lesson 3	Lesson 3	Lesson 3	Lesson 3	Lesson 4	Lesson 4	Lesson 4	Lesson 4

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4

Month 1				Month 2				Month 3				Month 4			
Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 2	Lesson 2	Lesson 2	Lesson 2	Lesson 3	Lesson 3	Lesson 3	Lesson 3	Lesson 4	Lesson 4	Lesson 4	Lesson 4

## Inspiration sources

Examples in the above schedule come from:

Channel	Link
Video playlist of Special Olympics Munster	<a href="https://www.youtube.com/playlist?list=PLSJkTFfpN2IG7ioNvzM6zrzadFqT_VR_C">https://www.youtube.com/playlist?list=PLSJkTFfpN2IG7ioNvzM6zrzadFqT_VR_C</a>
Webpage with activities from Youth Sport Trust	<a href="#">SEND PE Activities - Youth Sport Trust</a>
Video playlist of Special Olympics Great-Brittain	<a href="https://www.youtube.com/watch?v=OPkSVBhWKRA&amp;list=PLC0WEbu9sGwg71s5M8ntEwJvazLGtOO4u">https://www.youtube.com/watch?v=OPkSVBhWKRA&amp;list=PLC0WEbu9sGwg71s5M8ntEwJvazLGtOO4u</a>

## Lesson program based on a sport


Special Olympics has developed an MATP lesson program for four sports, which can be found on this page:<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/motor-activity-training-program>

Sport	Link
Athletics	<a href="#">MATP-Guide-Athletics-2022.pdf</a>
Basketball	<a href="#">MATP-Guide-Basketball-2022.pdf</a>
Soccer	<a href="#">MATP-Guide-Soccer-2022.pdf</a>
Tennis	<a href="#">MATP-Guide-Tennis-2022.pdf</a>

## Example activity

<b>Date: 1-1-2025</b>	<b>Activity: netbouncer</b>
<b>Activity objective</b>	Ensuring that the ball rolls off the plate by using the net as a catapult.
<b>Fundamental Motor skills</b>	<input type="checkbox"/> <i>Mobility (gross motor skills, moving the whole body)</i> <input checked="" type="checkbox"/> <i>Dexterity (fine motor skills)</i> <input type="checkbox"/> <i>Striking (everything with the upper body)</i> <input type="checkbox"/> <i>Kicking (everything with the lower body)</i> <input type="checkbox"/> <i>Stability (static and dynamic balance)</i>
<b>Setup (initial situation):</b>	
Target group (age/level)	<input type="checkbox"/> <i>Standing/walking</i> <input checked="" type="checkbox"/> <i>Manual wheelchair</i> <input checked="" type="checkbox"/> <i>Electric wheelchair</i>
Number of participants (Min./Max.)	Minimum 1 participant with 1 supervisor.
Time (duration of activity)	2 minutes
(Derived from) sport:	Archery
Space/accommodation:	Can be played anywhere as long as the athlete has a plate attached to their wheelchair.
Required materials:	<ul style="list-style-type: none"> <li>- Expandable table tennis net</li> <li>- A table tennis ball</li> <li>- (Plate attached to the wheelchair)</li> </ul>
<b>Activity description:</b>	
<p>An expandable table tennis net must be attached to the plate of the wheelchair. Secure it horizontally to the plate. This way, the athlete can pull the net backward with their fingers to use it as a catapult. Place the table tennis ball in front of the net. The ball can now be launched by using the net as a catapult.</p>	
<b>Activity Components (Order, Timing, Description of the Exercise)</b>	<b>Organization and Guidance per Component (Organization, Purpose, Participant Position, Type of Guidance, Instructions, etc.)</b>
<ol style="list-style-type: none"> <li>1. Start the activity by simply setting up and preparing the materials.</li> <li>2. Observe what is needed if the athlete does not initiate play.</li> <li>3. If the activity is successful, introduce a new variation or an additional challenge.</li> </ol>	<p>The athlete participates in an activity based on the sport of archery. First, prepare everything as outlined in the instructions above.</p> <p>Allow the athlete to explore and discover what they can do with the net and the ball placed in front of it. Provide assistance as needed.</p> <p>Instructions can be given by demonstrating small movements with the net, verbally explaining what they should do, or by showing them. A demonstration can be given by sitting opposite the athlete and</p>



	<p>recreating the same setup so they can observe how the activity works. If additional assistance is needed, the movement can be guided directly from the athlete's wheelchair.</p> <p>Carefully assess whether the athlete benefits more from verbal instructions or visual demonstrations.</p>
<p><b>Drawing/Diagram of the Activity (Participants, materials, instructor, diagram per component, etc.)</b></p>	
	
<p><b>Extras (Expansions/Variations):</b></p>	<ol style="list-style-type: none"> <li>1. The activity can be expanded by using a smaller or heavier ball, such as a tennis ball.</li> <li>2. The athlete can aim at a target, such as a large box, container, or hoop where the ball should land.</li> <li>3. Multiple targets of different colors can be placed on the ground, requiring the athlete to aim for the correct target.</li> <li>4. The target distances can be varied, allowing the athlete to practice adjusting the force used in the activity.</li> </ol>

## Activity

<b>Date: 1-1-2025</b>	<b>Activity:</b>
<b>Activity objective</b>	
<b>Fundamental Motor skills</b>	<input type="checkbox"/> <i>Mobility (gross motor skills, moving the whole body)</i> <input type="checkbox"/> <i>Dexterity (fine motor skills)</i> <input type="checkbox"/> <i>Striking (everything with the upper body)</i> <input type="checkbox"/> <i>Kicking (everything with the lower body)</i> <input type="checkbox"/> <i>Stability (static and dynamic balance)</i>
<b>Setup (initial situation):</b>	
Target group ( <i>age/level</i> )	<input type="checkbox"/> <i>Standing/walking</i> <input type="checkbox"/> <i>Manual wheelchair</i> <input type="checkbox"/> <i>Electric wheelchair</i>
Number of participants ( <i>Min./Max.</i> )	
Time (duration of activity)	
(Derived from) sport:	
Space/accommodation:	
Required materials:	
<b>Activity description:</b>	
<b>Activity Components (Order, Timing, Description of the Exercise)</b>	<b>Organization and Guidance per Component (Organization, Purpose, Participant Position, Type of Guidance, Instructions, etc.)</b>
<p>1. Start the activity by simply setting up and preparing the materials.</p> <p>2. Observe what is needed if the athlete does not initiate play.</p> <p>3. If the activity is successful, introduce a new variation or an additional challenge.</p>	
<b>Drawing/Diagram of the Activity (Participants, materials, instructor, diagram per component, etc.)</b>	

<b>Extras (Expansions/Variations):</b>	