



Physical Activities: Level 1

Activities for Athletes with a Cortical Visual Impairment

Please complete these activities with a sibling, parent, guardian, or family member!

<p>Tracking</p>	<p>Use an item of high interest to the student, usually something bright or sparkly/shiny. Hold it in front of the student. Watch their eyes to determine if they are tracking the object. If needed, shake the object a little, but keep it in the same location.</p>
<p>Reaching</p>	<p>Use an item of high interest to the student, usually something bright or sparkly/shiny. Hold the object next to the student's hands so they reach for it.</p>
<p>Head Control</p>	<p>Dim the room so there is little light and distraction. Have a brightly colored object that is illuminated, with either glow sticks or a flashlight shined on it. Hold the illuminated item so it is at eye level when the student is looking up. Encourage the student to bring their head up and focus on the object. Time how long the student keeps their head up towards the object independently.</p>
<p>Reaction Time & Latency</p>	<p>Use an item of high interest to the student. Hold it in front of the student, and record how much time passes before they engage with the object. The goal is to have the student engage with the object quickly.</p>
<p>Engagement</p>	<p>Stand close to the student on their preferred side if they have one. Call out their name, and have them turn to face towards you. Having the student respond and turn in the direction of their name is the goal of this exercise.</p>
<p>Balance & Stability</p>	<p>While supporting the student by keeping your hands to their torso, have the student sit up straight independently. It will take time to develop core muscle strength, so practice in short increments. As their core strength increases, extend the time they are sitting independently.</p>