



## Physical Activities: Level 2

### Activities for Athletes with a Cortical Visual Impairment

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

<b>Tracking</b>	Use an item of high interest to the student, usually something bright or sparkly/shiny. Hold it in front of the student. Once they are tracking the object, move the object up and down slowly. The goal is to have the student track a moving object with their eye movement, not movement of their head and neck.
<b>Reaching</b>	Use an item of high interest to the student, usually something bright or sparkly/shiny. Hold the object in front of the student's hands so they reach forward for it.
<b>Head Control</b>	In a room with the light on, find a bright, solid colored item (balloon, ball, mixing bowl). Use a flashlight to illuminate the object. Hold the 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.
<b>Reaction Time &amp; Latency</b>	Use familiar item of average interest to the student. Hold the item near the student, and time how much time passes before they engage with the object. The goal is to have the student engage with the object relatively quickly.
<b>Engagement</b>	If the student has a preferred side, stand on their non-preferred side. 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.
<b>Balance &amp; Stability</b>	Wrap a large belt or a long sleeve t-shirt around the student's torso to act as a gait belt. While supporting the student using the gait belt, have them practice standing. Time to see how long they can independently stand for, aiming to add a few seconds to each trial.