



Physical Activities: Level 3

Activities for Athletes with a Cortical Visual Impairment

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

Tracking	Use an item of 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 from left to right slowly. The goal is to have the student track a moving object with their eye movement, not movement of their head and neck.
Reaching	Use an item of high interest to the student, usually something bright or sparkly/shiny. Hold the object to the side of the student's body and have them reach across their body for the object.
Head Control	Find a bright, solid colored item, preferably something shiny/sparkly (balloon, ball, mixing bowl). 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.
Reaction Time & Latency	Use an object that the student is not familiar with. 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.
Engagement	Stand on either side of the student and call their name. If they turn towards you, try on the other side. Now rather than calling their name, make a different noise or play music. Encourage them to engage with the new noise.
Balance & Stability	Wrap a large belt of 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 stand. Once they are standing, have them take steps towards a brightly colored object. The goal is to add a few steps to each trial.