

Moderate Severe Resource Links

OBJECT CONTROL

Special Olympics Videos on various skills:

- Striking <https://resources.specialolympics.org/striking>
- Throwing <https://resources.specialolympics.org/throwing>
- Trapping/Catching <https://resources.specialolympics.org/trapping-and-catching>
- Balance <https://resources.specialolympics.org/balance-and-jumping>
- Kicking <https://resources.specialolympics.org/kicking>
- Scarves <https://resources.specialolympics.org/foundational-skills>

Fun, Start, Move Smart:

- https://volleyvekst.files.wordpress.com/2014/03/fms_kit_for_parents.pdf

FITNESS

NCHPAD 8 minute work-out:

- <https://www.nchpad.org/1723/6844/8~Minute~Workout~Video>

PERCEPTUAL MOTOR

Wheelchair Yoga for Beginners:

- <https://youtu.be/ZwJ9pGxJKGc>