

Motor Skills
Gross Motor Sequencing

Stimuli: Bean bag or small ball

Procedure: This task is administered directly by the trainer and the trainer will indicate on the computer whether the trial was passed or not. This task can be done while seated or standing. The trainer will start the metronome by clicking on a button on the screen or on the keyboard. After the metronome clicks four times the Computer will say “Ready”... “Begin” on beat at which point a countdown timer will begin (for the prescribed amount of time) and the trainee will begin the task. The trainee is to clap (or pass the bean bag) to the beat. The pass of the bean bag simply involves placing it in the trainer’s hand, not tossing it. This is not meant to be an exercise of eye-hand coordination.

Passing: Pass each level as described two times in a row perfectly.

Level 1: Metronome set to 60 bpm. The Trainee must clap on every other beat for 40 seconds. (The Trainer may clap along with Trainee for training purposes but the Trainee may only pass this task by doing it alone.)

Level 2: Metronome set to 60 bpm. The trainee must pass the bean bag with the right hand to the right hand of the trainer (and the trainer then passes it back) on every other beat for 40 seconds.

Level 3: Metronome set to 60 bpm. The trainee must pass the bean bag with the left hand to the left hand of the trainer (and the trainer then passes it back across) on every other beat for 40 seconds.

Level 4: Metronome set to 60 bpm. On this task the Trainee must pass the bean bag to the Trainer across midline and the Trainer passes the bean bag straight

across. In other words, the Trainee must pass the bean bag with their right hand across to the right hand of the Trainer and the Trainer then passes it back with their right hand to the left hand of the Trainee. The Trainee then passes the bean bag with their left hand across to the left hand of the Trainer and the Trainer then passes it over with their left hand straight over to the right hand of the Trainee. This is done on every other beat for 40 seconds.

Level 5: Metronome set to 120 bpm. The Trainee must clap on every other beat for 40 seconds. (The Trainer may clap along with Trainee for training purposes but the Trainee may only pass this task by doing it alone.)

Level 6: Metronome set to 120 bpm. The trainee must pass the bean bag with the right hand to the right hand of the trainer (and the trainer then passes it back the same way) on every other beat for 40 seconds.

Level 7: Metronome set to 120 bpm. The trainee must pass the bean bag with the left hand to the left hand of the trainer (and the trainer then passes it back the same way) on every other beat for 40 seconds.

Level 8: Metronome set to 120 bpm. On this task the Trainee must pass the bean bag to the Trainer across midline and the Trainer passes the bean bag straight across. In other words, the Trainee must pass the bean bag with their right hand across to the right hand of the Trainer and the Trainer then passes it back with their right hand to the left hand of the Trainee. The Trainee then passes the bean bag with their left hand across to the left hand of the Trainer and the Trainer then passes it over with their left hand straight over to the right hand of the Trainee. This is done on every other beat for 40 seconds.

Level 9: The same as Level 8 but the Trainee must also simultaneously recite the

alphabet on every other beat for 40 seconds.

- Level 10:** The same as Level 8 but the Trainee must count by 2's on every fourth beat. (The count would therefore occur every time the bean bag is placed back in the Trainee's hand.)
- Level 11:** Metronome set to 60 bpm. The Trainee is to clap to every 2nd beat while stomping their right foot to every 4th beat.
- Level 12:** Metronome set to 60 bpm. The Trainee is to clap to every 2nd beat while stomping their left foot to every 4th beat.
- Level 13:** Metronome set to 60 bpm. The Trainee is to clap to every 2nd beat while alternating stomping their right and left feet to every 4th beat.
- Level 14:** Metronome set to 120 bpm. The Trainee is to clap to every 2nd beat while stomping their right foot to every 4th beat.
- Level 15:** Metronome set to 120 bpm. The Trainee is to clap to every 2nd beat while stomping their left foot to every 4th beat.
- Level 16:** Metronome set to 120 bpm. The Trainee is to clap to every 2nd beat while alternating stomping their right and left feet to every 4th beat.
- Level 17:** Metronome set to 120 bpm. The Trainee is to clap to every 2nd beat while alternating stomping their right and left feet to every 4th beat. At the same time they are to recite the alphabet on every other beat.
- Level 18:** Metronome set to 120 bpm. The Trainee is to clap to the 1st and 2nd beats while stomping their right foot to the 3rd and 4th beats.
- Level 19:** Metronome set to 120 bpm. The Trainee is to clap to the 1st and 2nd beats while stomping their left foot to the 3rd and 4th beats.
- Level 20:** Metronome set to 120 bpm. The Trainee is to clap to the 1st and 2nd beats

while stomping their right foot to the 3rd beat and the left foot to the 4th beat.

Level 21: Metronome set to 120 bpm. The Trainee is to clap to the 1st and 2nd beats while stomping their right foot to the 3rd beat and the left foot to the 4th beat. At the same time they are to recite the alphabet on every other beat.