

Touching and understanding Tactile-spatial perception



Activity: Following tracks

The client follows a parkour by means of gymnastics equipment.

Theme: exercising/gymnastics

Set-up of the activity

Arrange a parkour consisting of various pieces of equipment that entail the use of gross motor skills, such as walking, crawling and climbing under, over, on and off, next to and in between.

0-2

- Use a crawl tunnel or turn a swing bench upside down. Stimulate the client to crawl through or under it.
- Let the client crawl over several firm cushions.

2-4

- Make a simple parkour using a bench, a step and a slide.
- Begin with an activity that suits the motor development of the client. For example, first let him crawl, then walk hand-in-hand or by himself.
- At home, use cushions, mattresses, blankets, couches, tables and chairs that the client can climb over or walk under.
- First follow the parkour together and name the materials and the spatial terms, such as "on", "under", "behind", "in front" or "next to".

4-6

- Arrange a parkour and let the client follow it several times.
- Make the parkour more complicated and ask which parts should be used.

- Use spatial terms, such as "on", "under", "behind", "in front" or "next to", and ask the client about these.
- Check whether there is a situation in which a client in a wheelchair can participate in a parkour, such as in a sensory garden or indoors in an area where he can move.

Points for observation and focus

- Check what the client can handle and dares to do. Guide the client when necessary, but try not to intervene too quickly. However, it has to be safe.
- Make sure the client anticipates what is coming after following the parkour several times. Especially observe how fast he reacts when he recognises materials/objects (a bench, a slide).
- Observe whether the client remembers the route or parts of it.
- Notice whether the client uses his hands and feet to explore.
- Observe whether the client can name the spatial terms.

Alternative materials

- Playgrounds in the area with various climbing and mounting materials.
- If the client lives close to a hill or dunes and weather permits, you can climb the dunes together and then walk or roll down. Check whether the client can walk up and then down in a reasonably straight line independently.

Can also be used in the categories

- Proprioception (PC)
- Tactual exploration (TE)