Contents

Preface  •  v

Part I. Using the Motor Activities Program

1  Designing and Implementing Effective Motor Programs  •  3
   Basic Principles of Motor Learning  •  3
   Individualized Family Service Plans and Individualized Education Plans  •  4
   Guiding Principles for Setting Goals, Objectives, and Benchmarks in Individualized Plans  •  5
   Using Assessment Results in the IFSP and IEP Process  •  5

2  Introduction to the Instructional Units and Subtests  •  11
   Description of the Units  •  11
   Organization of the Motor Activities Program  •  13

3  Illustrations of Uses of the Motor Activities Program  •  15
   Case Study: Victor  •  15
   Case Study: Blake  •  26
4 Adaptations for Special Learning and Motor Needs  •  43
   Principles of Motor Development  •  43
   Approaches to Intervention  •  44
   The Learning Environment  •  44
   General Teaching Guidelines  •  45
   Movement and Motor Developmental Characteristics of Children with Disabilities  •  45

Part II. Units and Activities
   Unit 1: Reflexes  •  53
   Unit 2: Stationary  •  61
   Unit 3: Locomotion  •  73
   Unit 4: Object Manipulation  •  111
   Unit 5: Grasping  •  119
   Unit 6: Visual–Motor Integration  •  135

References  •  167