

Caught in the Web!

Throwing an object at a target requires a surprising amount of muscle coordination. Target throwing is not just for physical practice, though. It also introduces important science concepts like gravity, force, and direction.

Here's how to make and play the game:

Stretch long strips of tape across an open doorway.

Form a web with the strips, making sure that the sticky sides of the tape all face the same way.

Roll up some paper into balls and toss them at the web.

You can make the game more fun by...

- increasing or decreasing the distance from the web.
- creating a competition using different colored balls.
- testing how different objects stick to the web.
- adding a spider to the web and trying to knock it off!



Activity Skill Focus: Force Modulation



What is it?

Force modulation is the ability to adjust how much pressure or force to place on an object or person based on feedback from the environment.

Why do we need it?

We use force modulation when we hug, high-five, throw objects, grip pencils, and so much more. Our force modulation skills help us use the right amount of force so we don't accidentally hurt our friends when high-fiving or hugging, miss our target when we throw, and break our pencils when we write.

How can you support the development of your child's force modulation?

Activities like "Caught in the Web" help your child analyze a target and experience trial-and-error to determine the correct amount force to exert on the object they are throwing. This allows the underlying sensory and neuromuscular systems to strengthen. With practice this skill can become smooth, accurate, and automatic.

Other activity suggestions: playing Jenga, throwing/catching weighted objects, pouring liquids

