

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

## CONTACT US

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If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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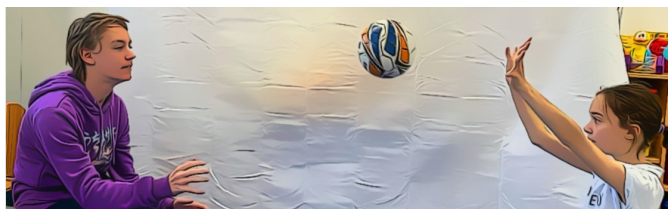
**Oxford Health**  
NHS Foundation Trust



Children's Community  
Physiotherapy Service

## Ball Skills

## Level 2



Throw and catch a football to your partner 2.5 meters away. Try 3 meters.

Throw and catch a football with a partner starting 0.5 meters away, taking one step back after every successful catch.



Stand 1 meter away from your partner to bounce and catch a netball/football between you. Try 2 then 3 meters.



Overhead throw a football to your partner 2 meters away to catch, without letting the ball bounce. Try 3 and 4 meters.



Bounce and catch a gym ball with both hands, just in front of your feet.



Throw and catch two footballs around a close circle of people to the person next to you. Change direction and make

the circle bigger.

Carefully kick a football with your partner 3 meters away, stopping the ball with your foot and don't use your hands.



Throw and catch a football off a wall 2 meters away without letting the ball touch the floor. Try standing further away.

Drop a football and kick it before it hits the floor.



Standing sideways, drop a tennis ball, let it bounce, then hit it with a racket.

Balance a tennis ball on a tennis racket whilst walking around. Try speeding up.



Stand 3 meters away from a wall and gently kick a football against it. Stop the rebound with your foot before repeating.