

## 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

Oxford Health NHS Foundation Trust  
**Children's Integrated Services**  
Orchard Health Centre  
Cope Road  
Banbury  
Oxon  
OX16 2EZ  
Telephone: (01865) 904435  
Email: [oxonchil-drens.therapies@oxfordhealth.nhs.uk](mailto:oxonchil-drens.therapies@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk/cit](http://www.oxfordhealth.nhs.uk/cit)

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)

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.  
আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
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.

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road  
Littlemore  
Oxford  
OX4 4XN

Switchboard: 01865 901 000  
Email: [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Become a member of our Foundation Trust  
[www.ohfnhs.uk/membership](http://www.ohfnhs.uk/membership)



Children's Community  
Physiotherapy Service

Ball Skills

Level 3

Throw and catch a tennis ball with your partner 2.5 meters away. Try 3 and 4 meters.



Play "keep-uppy" with a tennis ball and racket whilst walking around.



Pass a ball in a figure 8 around your legs. Speed up.



Dribble a football between cones.



Bounce a tennis ball on the floor repeatedly without catching. Try walking.



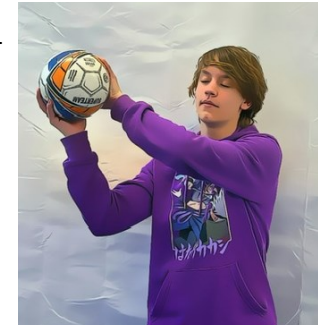
Throw and catch a tennis ball off a wall 1.5 meters away without letting it touch the floor. Try a further distance.



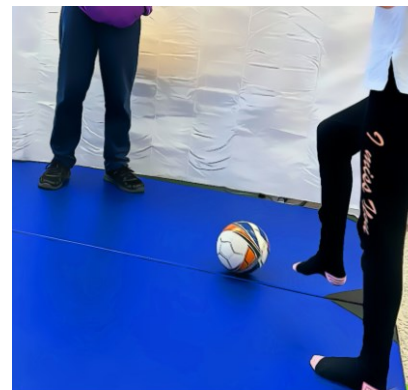
Use a hockey or broom stick to dribble a small ball between cones.



Stand 3 meters away from your partner who will throw a football to you in all directions to catch.



Walk slowly in the same direction as your partner, 2 meters away, whilst throwing and catching a tennis ball.



Kick a football with a partner whilst one person moves around slowly. Take it in turns to move and try speeding it

Start a rally with your partner from 5 meters away with tennis rackets and a ball without letting it

bounce. Try to beat your previous score.

