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promoting a more inclusive society

An Introduction to

SOMA

Sporting Opportunities for Motor Activities

PAMIS | Registered Chairty : 1011895 | Scottish Charity: SCO38601 | Company Limited by Guarantee Number: 2717020





What is SOMA?

- **SOMA is a physical activity methodology especially devised for people with profound and multiple learning disabilities (PMLD)**
- **It has been designed to allow people with physical and learning disabilities to take part in meaningful, fun and safe physical activities focusing on motor skills development.**
- **SOMA sessions use a number of specially designed activity stations aiming to develop motor skills while providing a suitable and stimulating activity for people with PMLD**



Aim of SOMA?

Is to help people with PMLD develop their motor skills through;

- **Engaging with an activity**
- **Performing a task/skill**
- **Perform a task/skill consistently**
- **Develop or enhance task being performed**



Benefits

- **Allows people with PMLD to take part in meaningful activity.**
- **Develops individuals fine and gross motor skills (including the development of hand eye coordination, muscle strength, tone and balance etc.)**
- **Improves cognitive abilities (eg. Attention, Memory, Problem-solving).**
- **Provides an opportunity for the individual and their families and support worker to take part in a fun and sociable activity.**

Activity 1



Task 1 - To place rings over cone

The objective of this activity is to grip the ring and place it over the cone on the table.

Progressions -

- Add multiple rings.
- Use both right and left hand.
- Work on numbers or identifying colours.
- Position rings so that whoever is taking part must stretch to complete the challenge.
- Exercise can be timed using an egg timer/stopwatch
- Rings can be thrown safely towards cones or target

Adaptions -

- Use lighter rings
- Place or hold the cone in a suitable position to make it easier

What you will need:

- Suitable space and table to perform task
- Multiple rings and cones

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Activity 2

Games with Bean Bags

Bean bags can be a great sensory object with many coming in different shapes and sizes. Bean bags can be used to grip and release into a container or a target helping finer motor skills. They can also be tossed towards a target or used to create various games

In the first picture the bean bags are placed on the wheelchair in a comfortable position. The bags are then lifted from the chair and the family member catches them creating a game. The bean bags can be placed either side so the individual can use both right and left hands.

Here, in picture 2, the bean bags are dropped or thrown, with guidance, onto a target - such as numbers or pictures placed on the floor. Games like these can be played with siblings aiming to get high scores.

Bean bag games can be challenges such as picking up and releasing the bags into a container. Using different shapes and sizes of bean bags, as well as using both right and left hands, can add to the challenge.



What you will need:

- Bean bag toys
- Containers or targets



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Activity 3

Number Games with Sensory Dice

Using sensory dice can be a fun way to play games while using finer motor skills.



What you will need:

- Dice
- Sensory Lights
- Bean Bag
- Printed numbers 1 - 6

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During this game the dice is rolled, and a bean bag is placed on the corresponding number.

Aim of the game is to place a bean bag on each number.

The game can be played in pairs, each person aiming to have a bean bag on each number.

Other sensory objects, such as sensory lighting balls, can be used instead of bean bags.

The game can help develop finer motor skills, coordination, numeracy skills



Links for Equipment

Activity 1

Multiple Rings and Cones:

[www.amazon.com/Carnival-Traffic-Multicolor-Throwing-Activity /](http://www.amazon.com/Carnival-Traffic-Multicolor-Throwing-Activity/)

Activity 2

Bean Bag Toys:

[www.amazon.com/bean-bag toy/s?k=bean+bag+toy](http://www.amazon.com/bean-bag+toy/s?k=bean+bag+toy)

Activity 3

Sensory Dice:

3.9" Squishies Dice,

Kawaii Soft Slow Rising Scented Squishies Stress Relief Kids Toys

Available at Amazon

https://www.amazon.com/s?k=foam+dice&ref=nb_sb_noss_2

Sensory Lights:

[https://www.amazon.com/s?](https://www.amazon.com/s?i=aps&k=sensory%20lights%20balls&ref=nb_sb_noss_2&url=search-alias%3Daps)

[i=aps&k=sensory%20lights%20balls&ref=nb_sb_noss_2&url=search-alias%3Daps](https://www.amazon.com/s?i=aps&k=sensory%20lights%20balls&ref=nb_sb_noss_2&url=search-alias%3Daps)

Bean Bag Toys:

[www.amazon.com/bean-bag toy/s?k=bean+bag+toy](http://www.amazon.com/bean-bag+toy/s?k=bean+bag+toy)

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