



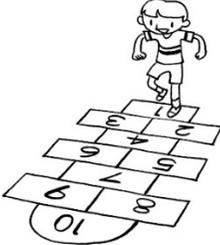
Physical Therapy

(Distribute to all students that receive physical therapy)

Physical Therapy Ambulation & Endurance

Week 3

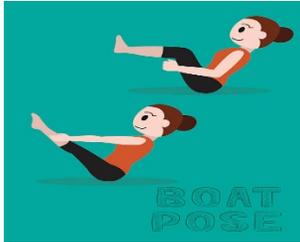
Please choose one activity per day to complete, by yourself or with an adult's help. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Run a relay race with a partner. Have your partner stand on the opposite end of the driveway, holding a ball. You run fast to them, get the ball, and run back to the start.</p>	 <p>Challenge a partner to a fast race. Make a finish line with tape or string. Run as fast as you can and try to win the race.</p>	 <p>Use sidewalk chalk to draw a hopscotch grid on the sidewalk or driveway. Jump with both feet, or try to hop on one foot. Jump the pattern 5 times before you stop.</p>
 <p>Make your heart and muscles strong by doing exercises. Try to hold this push up position for more than 10 seconds. Keep your knees straight.</p>	 <p>March in place or march around the room for 1 minute. Can you keep going?</p>	 <p>Try to run with a balloon between your legs. Don't let it pop out! Challenge your family to a race.</p>
 <p>Jumping rope is good for your heart! Try to jump over the rope as your flip it over your head. Keep going!</p>	 <p>Get your bike or trike and go on a long ride with your parent. Don't forget your helmet!</p>	 <p>Climbing stairs is a good exercise. With your parent, practice going up and down the stairs 3 times. Hold the railing if you need help.</p>

Physical Therapy Motor Planning & Coordination

Week 3

Please choose one activity per day to complete, by yourself or with an adult's help. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.



Try the Boat Pose! Sit on the floor, lean back, and lift up your arms and legs. Try to keep them up while you count to 10! Do this 3 times.



Hold a small ball, beanbag, or rolled-up sock in one hand. Try to toss the ball up in the air, and catch it with the other hand.



Find a step, small bench, shoe box, or even a stack of books. Put one foot (just your toes) on the step. Now jump and switch feet. Try this 10 times.



Lie down on your tummy on a blanket or yoga mat placed on the sidewalk. With sidewalk chalk, draw big rainbows from one side to the other. You can also do this sitting to one side, or squatting with both knees bent.



Set up some water bottles or action figures as pretend bowling pins. Lie down on the floor, then roll all the way to the toys – knock them all down! Can you do this 5 times in a row?



Stand with your feet apart. Keep your knees straight, then bend down to touch your right hand on your left foot. Stand back up, and then bend down to touch the left hand to the right foot. Repeat this 5 times.



Move one arm in a big circle, then try the other arm. Can you move both at the same time?



Make a road or line on the floor by using a scarf, tape, or a jump rope. Stand on one side, then jump big with both feet to the other side. Jump back and forth.

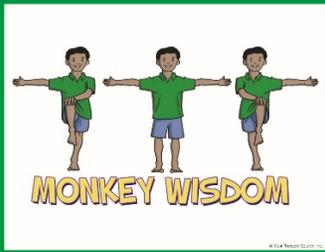
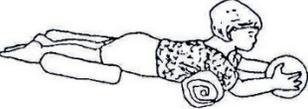


Play catch with a partner. Use 2 beanbags, balls, or rolled-up socks. Try to toss and catch at the same time.

Physical Therapy Positioning/Balance

Week 3

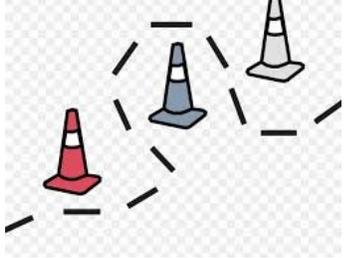
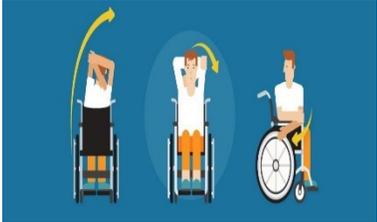
Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Have an "Animal Parade" in your house. Practice imitating the pictures...make animal noises, too!</p>	 <p>Use sidewalk chalk to make a hop-scotch game. Try hopping on your left foot, then your right foot.</p>	 <p>Help your family by taking the trash to the garbage bin. Be careful not to drop any trash!</p>
 <p>Go for a hike outside and find some "natural balance beams" like fallen trees</p>	 <p>Pick up your left knee and touch it with your right hand, then alternate 10 times.</p>	 <p>Practice "Tall-Kneel". Balance with only your knees, shins and feet on the ground. Make sure to kneel "tall" with your hips over your knees</p>
 <p>Sit and balance while you play a game or on a device with a family member</p>	 <p>Lay on your stomach with blanket/towel/bolster/pool noodle under chest and arms and along the sides of the legs to keep them straight.</p>	 <p>Stand with one foot on a ball or box for 1 minute, then switch legs.</p>

Physical Therapy Wheelchair Use

Week 3

Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Play some music and have a dance party for 10 minutes</p>	 <p>Set up an obstacle course with household items and wheel around 5 times</p>	 <p>Set up a scavenger hunt outside when the weather is nice. Look for colors, objects, or people!</p>
 <p>Work on self pressure relief. Make sure you don't sit in the same position for more than 20-30 minutes</p>	 <p>Set up cones 15 feet apart and have a race 3 times trying to get faster each trial</p>	 <p>Ask your parents to help tighten any loose bolts on your wheelchair, especially the brakes and seating system</p>
 <p>Place beanbags on a table and have your child wheel to get a bean bag and then throw to a target</p>	 <p>Reach your arms to the ceiling 10x as a warm-up</p>	 <p>Set up a basket/target and play basketball for 10 minutes</p>