



Physical Therapy

(Distribute to all students that receive physical therapy)

Ambulation/Endurance

Week 9



Walk around your neighborhood with a parent x 15 minutes

Complete one activity per day.



Play "Ring around the Rosie" x 15 minutes



Place your child on a ball or onto a soft pillow, in "side-sitting" with weight on one arm while having them reach for an object with or without assistance.



Crab walk races x 5 feet with a partner x 3 reps

4-POINT QUADRUPED



Roll a ball back and forth to a partner while on all fours x 10 rolls

MOTOR PLANNING / COORDINATION

Week 9

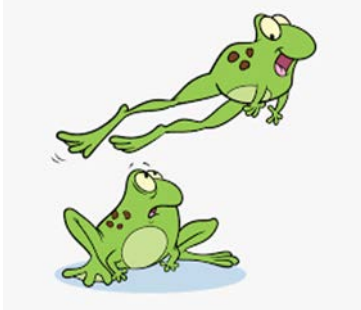


In sitting or standing circle your arms forward x 10 reps then change directions and go backwards x 10 reps.

Complete one activity per day.



Hold yourself over a ball pushing through arms or with legs on your sofa. See how long you can fly. Repeat 3 times.



Play "Leap Frog" with a partner. Try to jump 5 times in a row to reach your lily pad.



In sitting or standing, throw a ball or stuffed animal to hit a target x 10 reps.

Floor Based Supine



In sitting or side lying reach across your body to reach for a toy. Repeat 10 times.

POSITIONING / BALANCE

Week 9



Balance on hands and knees with assistance. Try to maintain position for at least 1 minute. Rest and repeat 3 times.

Complete one activity per day.



Balance on one foot while standing on foam or a pillow. Then switch legs. See how long you can stay upright.

SQUAT



Play with a toy in squatting. Try to maintain position for 1 minute. Rest and repeat 3 times.



Position in side-lying with wedge, pillow or towel under head and between knees for positioning while watching TV or playing with toys.

2-POINT QUADRUPED



Balance on right hand and left knee for a 10 count, then switch. Go back and forth 10 times, 5 on each side.

Wheelchair Use

Week 9



Pick a song and have a dance contest

Complete one activity per day.



Hockey Bowling-take turns knocking down household items using a broom/ball. Wheel to pick up "pins"



Stretch your legs intermittently when in your wheelchair



Have a race with your child in their wheelchair, assist with propulsion as needed 3 times



"Golf"-set up targets and throw beanbag to hole. Keep trying until you make it in the "hole"