



Physical Therapy

(Distribute to all students that receive physical therapy)

Physical Therapy Ambulation & Endurance

Week 5

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.



Take **GIANT** steps all the way to the end of your driveway.



Challenge a family member to a **RACE WALK**. Walk fast on the sidewalk, but don't run. Can you get to the Finish Line first?



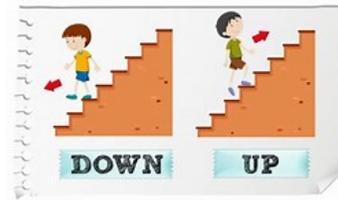
Jump with both feet on the sidewalk in front of your home, and back to the front door. See if you can jump the whole way!



Make an inside **Obstacle Course**. Find things in your home that you can **CLIMB** over, **CRAWL** under, **JUMP** over, and **STEP** around.



Use pool noodles and balloons to play golf in the backyard. Try to hit the balloon into the target.



Walk up and down the steps. Can you carry a ball or toy with both hands while you go up and down?



Take your family on a long walk around the neighborhood. Make the walk last for 20 minutes for good exercise.



Play tag with your family. Run **FAST** and tag the person closest to you.



Time to dance! Move all the parts of your body. Keep moving to the music and **DON'T STOP!**

Physical Therapy Motor Planning & Coordination

Week 5

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>Practice walking like a bear all the way across the room, or in your backyard.</p>	 <p>March around the house counting by 2's. Lift your knees up HIGH!</p>	 <p>How many different ways can you move? Jump, skip, hop, run?</p>
 <p>Pretend you are a long-legged bird and lean forward while you balance on one foot.</p>	 <p>Can you step in and out of a hula hoop? Try jumping or hopping in and out.</p>	 <p>Can you try a Cross Crawl? Touch your left elbow to your right knee. Now switch and try it with the opposite arm and leg. Try to do 10 with each arm.</p>
 <p>Kick a ball in the backyard. Are you better kicking with your right foot or your left?</p>	 <p>Play toss and catch with a family member. Toss the ball high and catch it just with your hands.</p>	 <p>Jumping rope is good exercise! Swing the rope over your head and try to jump over as the rope comes close to your feet. Jump big and keep moving!</p>

Physical Therapy Positioning/Balance

Week 5

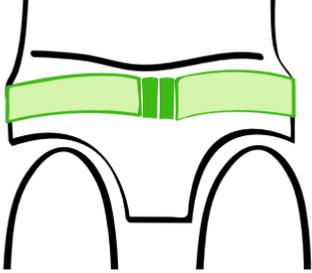
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 <p>shutterstock.com • 587264348</p> <p>See how many gymnastics poses you can get into. Just do your best without straining yourself!</p>	 <p>Try "ice skating" with paper plates. Try not to slip!</p>	 <p>Set up "hurdles" using household items, like throw pillows or towel rolls.</p>
 <p>ONE-HALF KNEEL</p> <p>Balance with one knee up and one knee down, all by yourself, holding furniture or with some help holding your hands and/or waist.</p>	 <p>Sit on the floor with pillows around to help prop you up while reading, watching TV or playing with family members.</p>	 <p>Stand with support from a parent at waist or hands or holding a onto a piece of furniture or stand all by yourself for as long as you can.</p>
 <p>Balance on your hand and knees for as long as you can. Lay down to take a break and then come back up.</p>	 <p>Side-lying Activity with wedge, pillow or towel under head and between knees for positioning</p>	 <p>Put one foot in front of the other on a line on the floor. Balance for a 10 count. Hands out, on hips or hold something if you need help. Repeat 3 times.</p>

Physical Therapy Wheelchair Use

Week 5

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>Make sure seat belt is snug and keeping your hips back into your seat</p>	 <p>Do the "Cupid Shuffle" dance by moving your wheelchair</p>	 <p>Play hide and seek while working on opening and closing doors</p>
 <p>Set up a scavenger hunt outside when the weather is nice</p>	 <p>Set up a cone 15 ft away and have a race to the cone and back with your child</p>	 <p>Wheel to beanbags, pick them up and place the beanbags into targets 5 times</p>
 <p>Play- Follow the Leader, working on moving forward, moving backwards, turning in a circle</p>	 <p>Play 4-square in your wheelchair for 10 minutes. Use sidewalk chalk to make the lines</p>	 <p>March your feet up/down in your wheelchair 10 times</p>