








Physical Therapy
(Distribute to all students that receive physical
therapy)

Ambulation/Endurance

Week 7

 <p>Ride your bike around your neighborhood for 15 minutes</p>	<p>Complete one activity per day.</p>	 <p>shutterstock.com • 192813989</p> <p>Push your wheelchair up and down your driveway 2-4 times</p>
 <p>Go up and down the stairs 2 times</p>	 <p>March while seated in a chair x 10 reps.</p>	 <p>VectorStock™</p> <p>Have your parent move your legs back and forth x 10 reps.</p>

MOTOR PLANNING / COORDINATION

Week 7



Create a 3-step obstacle course and complete it 3 times with or without help.

Complete one activity per day.



Jump like a frog x 5 repetitions.



Play "Simon Says"



Perform 10 Jumping-Jacks



Throw a ball back and forth to a partner and catch it with both hands. See how many times you can catch without dropping it.

POSITIONING / BALANCE

Week 7



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Hold a bar and try to maintain sitting balance for as long as you can.

Complete one activity per day.



Kick a ball towards a partner. When they kick it back, stop it with your foot and keep your balance.

TALL KNEEL



ONE-HALF KNEEL



Balance while in tall kneel or $\frac{1}{2}$ kneel while playing with a toy or playing catch.



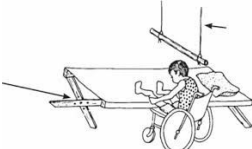
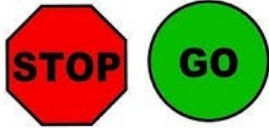


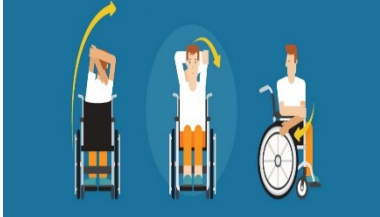
Lie on your belly x 20 minutes to play with toys.



Take 5 steps on a line without losing your balance. Repeat 5 times.

Wheelchair Use

Week 7

 <p>Work on transfers, either with help, by yourself, or with a sliding board, as appropriate</p>	<p>Complete one activity per day.</p>	 <p>Work on Start/Stop-initiating on command (Red Light/Green Light Game for 10 minutes)</p>
 <p>Practice wheeling the ball to throw the ball in a basket</p>	 <p>Have a race with your child in their wheelchair, assist with propulsion as needed 3 times</p>	 <p>Reach your arms to the left and right 10x</p>