



Physical Therapy

(Distribute to all students that receive physical therapy)

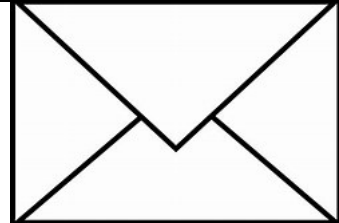
Ambulation/Endurance

Week 10



Walk up a hill and roll down.
See how many times you can
do it.

**Complete one
activity per
day.**



Hunt for envelopes hidden
around the house. Each
envelope contains exercises
to be completed. (Marching,
sit ups, push ups, etc)



Get on you hands and knees.
How long can you hold that
position?



Balance in tall kneeling at a
wall or a piece of furniture. “ I
balanced for ___seconds.



March in place and time it. “I
marched in place for
_____seconds.”

MOTOR PLANNING / COORDINATION

Week 10



Play hopscotch. Jump with two feet in single box and then one foot in each of the boxes next to each other. So, "feet together and then apart". Repeat 5 times.

**Complete
one activity
per day.**



Try to dribble a ball x 5 reps.
Then switch hands.
Do it with a partner and see who can reach 5 first.



MARCHING BAND

March around the house 3 times
with a partner.
Try to stay in a line.



Kick a ball to a partner, using
your left leg and then switch
legs.



In sitting or standing, roll a ball
towards pins or blocks or any
upright toy. Try to know them all
over.

POSITIONING / BALANCE

Week 10



Stand like a flamingo. See how long you can hold it and then switch sides. If that's too hard, place one foot on a stool and balance x 10 seconds.

**Complete
one activity
per day.**



Make a ladder on the ground with towels or blocks or anything you can think of. Try to step into each square with one foot only. Repeat 5 times.



Place string or tape on the ground and walk the "tight rope" without losing your balance. Repeat 3 times.



Place two pieces of tape parallel to each other. The space in between is the stream. Jump over the stream without touching the water x 5 reps. Rest and repeat



Play some music and dance. Stop the music and "Freeze!" Stop quickly without losing your balance. Repeat as many times as you like.

