



Physical Therapy

(Distribute to all students that receive physical therapy)

Ambulation/Endurance

Week 11



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

**Complete one
activity per
day.**



Put on your favorite music
and dance.



Sit on the floor and toss a
balloon or beanbag back and
forth to a partner. Sit up tall.



Using an aerobic step or a
safe alternative from home.
How many times can you
step up and down in a
minute.



Ride your bike or tricycle
around the neighborhood.

MOTOR PLANNING / COORDINATION

Week 11



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.



Create a 3-step obstacle course. ie. Jump, step over an object and crawl under an object or tied blanket. Repeat 5 times.



Bear walk around three objects, ie. Cones, cars, cups, etc. Rest and repeat 3 times.



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Have a parent blow some bubbles in the air. Lift one leg at a time and pop bubbles in with your toes.



In sitting or standing, throw a ball or stuffed animal to a partner. Count how many catches you can make in a row.

POSITIONING / BALANCE

Week 11

 <p>Sphinx Pose</p> <p>VectorStock www.vectorstock.com/1056343</p> <p>Lay on your belly and elbows with legs straight while playing or watching TV. Hold for at least 30 seconds at a time.</p>	<h3>Complete one activity per day.</h3>	 <p>Balance & Coordination Foot on ball Exercise no.5</p> <p>Balance on one foot, while your other foot is resting on a ball for 1 minute, then switch to the other foot. You can use anything round or cylindrical like a can.</p>
 <p>Place string or tape on the ground and walk the "tight rope" without losing your balance. Repeat 3 times.</p>	 <p>Yoga Sequence Builder Inhale Exhale © Tumme.com Tumme.com</p> <p>Raise up on your tiptoes and reach for the sky! Hold it while counting to 10. Then walk ten steps, while up on toes.</p>	 <p>Balance in sitting on the edge of a stable chair. Toss a ball to a partner or target x 3-5 minutes.</p>

Wheelchair Use

Week 11



Set up a scavenger hunt outside when the weather is nice

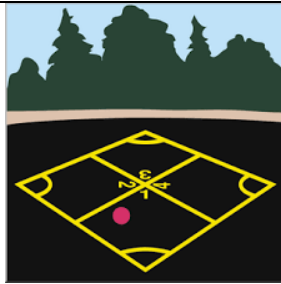
**Complete
one
activity per
day.**



Set up a cone 15 ft away and have a race to the cone and back with your child



Play- Follow the Leader, working on moving forward, moving backwards, turning in a circle



Play 4-square in your wheelchair for 10 minutes. Use sidewalk chalk to make the lines



March your feet up/down in your wheelchair 10 times