

Tips From the Physical Therapist











Enrichment Packet 2

Movement is very important for the health and wellness of our students. Daily activity helps boost balance, motor function, brain function, and cognition.

Here is a full body and core workout to try with your child.

Some of these activities may be new to the students.

Be encouraging and assist them to do their best!

WHOLE BODY WORKOUT				CORE WORKOUT			
	EXERCISE	HOW MANY?	DONE		EXERCISE	HOW MANY?	DONE
1	Squats 	10		1	Side Leg Lifts 	10 each leg	
2	Push-ups 	8		2	Flutter Kicks 	20	
3	Lunges 	20		3	Curl-ups 	10	
4	Crab Kicks 	10		4	Superman Stretch 	10	
5	Jumping Jacks 	20		5	JUMP ROPE 	25	

Other Games You Can Play

- Simon says
- Bean bag or balloon toss
- Hot potato
- Egg in spoon
- Walk like an animal
 - slither like a snake
 - hop like a frog
 - gallop/horse
 - bear/all 4s tummy down
- Hop scotch
- Dance party
- Building a fort – boxes, blankets
- Make an obstacle course
 - Use pans, towels, mats
 - Step over shoes
- Help bake something
 - Stir ingredients, lift pans