

# Physical Therapy Program

## Weeks 7 - 8

Caution - Please read before you begin

- All activities are to be performed at your own risk
- Adult supervision is recommended for every suggested exercise/activity. Please decide based on each individual activity if it is appropriate for your own child.
- Before beginning ensure that your area is free of hazards, such as sharp corners, jutting objects, etc.
- A folded blanket gives a softer landing pad in the event of a fall. Always be near to your child to catch him or her if he or she tumbles.
- Don't push your child to the point of pain. Stop if pain arises.
- Control is very important. Doing these exercises/activities slowly will get the muscles to work harder. If your child is struggling, slow it down. The best exercise is a correct exercise rather than a sloppy movement.

As a parent of \_\_\_\_\_, I attest that these activities have been completed weekly (at a minimum) while said child was home from school due to closures.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Please contact your physical therapist through the following emails if you have any questions:

Jessye Hartman, PT (Eastwood Preschool) [jhartman@wcsc.org](mailto:jhartman@wcsc.org)

Josie Rowe, PT (Otsego, Elmwood, North Baltimore, and BG Schools) [jrowe@wcsc.org](mailto:jrowe@wcsc.org)

Krista Varner, PT (Eastwood school age, Northwood, and Lake Schools) [kvarner@wcsc.org](mailto:kvarner@wcsc.org)

# Physical Therapy Instructional Page

## Week 7

1. Choose 4-5 Balance activities to complete - Be sure you are challenging your child, making the task harder if it is easy for them. Give them the amount of support they need (hand holding, 1 finger holding, have child place hand on adult, no support)
2. Choose 3-4 Eye Hand/Eye Foot Coordination activities to complete - Again, challenge your child, if one activity is easy for them, encourage them to do something more difficult
3. Complete several of the activities in this video:  
<https://www.youtube.com/watch?v=76mgTjInf-Y&t=6s> Take the opportunity to watch the video in its entirety (about 2 minutes) and choose the activities that will challenge your child the best.

## Week 8

1. Choose 4-5 Balance activities to complete
2. Choose 3-4 Eye Hand/Eye Foot Coordination activities to complete
3. How about a water balloon game? Here are some options: (if you do not have water balloons, these activities can be completed with a ball, wad of paper, etc)
  - a. Toss a water balloon back and forth trying not to break it - can be done in a standing or a sitting position
  - b. Use chalk to make shapes on the driveway or sidewalk and call out which shape your child has to throw the balloon into - add some challenge by calling out the color of the balloon they have to use to throw or use a sharpie to write letters on the balloon and have them tell you what letter it is before they throw it
  - c. Hold up a target, such as a hula hoop and have them throw the balloon through the hoop

## Balance Activities

1. Practice different types of walking (walk heel to toe, walk sideways, walk backwards, walk fast, walk on toes, walk on heels)
2. Practice walking on logs and rocks (supervise closely)
3. Practice walking on uneven terrain such as hiking trails
4. Practice walking on different surfaces with shoes on and off (grass, wet sand, dry sand, wood chips, gravel, uneven sidewalks)
5. Try walking from one surface to another (i.e. grass to driveway or sand to sidewalk)
6. Practice using balance beams around play structures, curbs, or using a 2x4 piece of wood (walk forward, sideways, backwards, and heel to toe on the beam)
7. Try putting on shoes while standing up
8. Try putting on shoes while standing up
9. Step up or down curb steps without assistance
10. Practice going up or down the stairs (without using the handrail, using wall or rail, holding child's hand, two feet on each step, one foot on each step, while carrying objects)

## **Eye Hand/Eye Foot Coordination Activities**

1. Place a laundry basket several feet away and practice throwing into the basket.  
Can roll up socks and throw them into the basket.
2. Crumple up paper and throw it into the wastebasket or recycling bin. Try crumpling paper up with only one hand.
3. Practice catching balls of various sizes (beach ball, balloon, bean bag, foam ball, playground ball, tennis ball)
4. Practice catching with a baseball glove
5. Practice throwing various balls, with one hand and with two hands
6. Practice throwing balls outdoors at various size targets (trees, bushes, rocks, etc) from varying distances
7. Use a racket or bat to hit a ball
8. Practice kicking a stationary ball or a moving ball
9. Practice kicking a ball into a goal or between two objects (trees, bushes) from varying distances