

Physical Therapy Program

Weeks 5 - 6

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 (elementary schools) jhartman@perrysburgschools.net

Bethany Foreman, PT (preschool and upper grades) bforeman@perrysburgschools.net

Physical Therapy Instructional Page

Week 4

1. Choose 6 strengthening activities to complete
2. Choose 3 ball activities to complete
3. Do “How to Grow a Flower” yoga. Here is a video that has a song to use along with the movements if you would like.
Flower Breath by Kira Willey <https://www.youtube.com/watch?v=eYfkMf91Wjs>

Week 5

1. Choose 6 strengthening activities to complete
2. Choose 3 ball activities to complete
3. Do “Let’s Play Outside” checklist

Strengthening Activities

1. Play a game while on hands and knees and reach for the game pieces with one hand
2. Do puzzles or games while laying on stomach and reach for puzzle or game pieces with one hand
3. Pretend to be an airplane or superman - Lie on stomach on floor. Hold arms straight out to the side and legs straight. Lift arms and legs off of ground and pretend to fly
4. Squat down slowly to pick up objects off of the floor and stand back up slowly
5. Play with toys while in a tall kneeling position (bottom off feet)
6. Play with toys while in a ½ kneeling position (one knee up, foot flat on floor and one knee down)
7. Practice walking on different surfaces without shoes on to improve foot strength (grass, couch cushions or pillows on floor)
8. Walk on your heels across the room
9. Jump forward across the room either on one foot or on two feet
10. Do push-ups on the wall
11. Walk up and down hills, ramps, curbs, and/or stairs

Ball Activities

1. Do a balloon toss - work on catching the balloon, not just hitting it back and forth
2. Make a target on the floor or wall and work on throwing something to it such as a soft ball or toy - can use a laundry basket to throw into or tape a piece of paper on the wall
3. Place ball at feet and tap the top of it with one foot than with the other foot, repeat several times
4. Practice stepping forward with one foot while doing a throwing motion with the opposite arm
5. Practice throwing overhand and underhand, 10 times each - if your child is having difficulty with throwing underhand, work on throwing up in the air instead of forward
6. Work on kicking - focus on getting the leg back before kicking the ball, progress from kicking a stationary ball to a rolling ball. If you child is good at kicking, go outside and work on kicking the ball hard so that it travels up into the air

HOW TO GROW A FLOWER

Yoga Sequencing

STORY & MEDITATION

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SONG:

Flower Breath by Kira Willey



YOGA SEQUENCES:

- ① Plant the seed : Child's Pose
- ② Grow into a bud : Hero Pose
- ③ Water and Sunshine :
Mountain Pose with rain
fingers and sun overhead
- ④ A flower blooms : Flower Pose

HOW TO GROW A FLOWER

SPRING

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Yoga Sequencing

CHILD'S POSE



① Plant the
Seed



HERO POSE



② Grow into
a Bud



MOUNTAIN POSE



③ Water and
Sunshine



FLOWER
POSE



④ A flower
Blooms



LET'S PLAY OUTSIDE

checklist of FUN



Roll like a log in the grass



Walk backwards in a large circle

Run 10 feet fast like a cheetah



Walk 10 feet like a bear



Move through the yard like a bird



Walk on your knees while forming the letter W

Spin around like a snake



Make your body into the letter C

