

# SUPERMAN



- 1 Lay on your stomach.
- 2 Raise chin and head off floor.
- 3 Lift up and straighten your arms close to your ears.
- 4 Lift up and straighten your legs off the floor.
- 5 Hold this position.

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# BRIDGE



- 1 Lay flat on your back.
- 2 Bend your knees and keep your feet flat on the floor.
- 3 Place your arms straight at your side, palms flat on the floor.
- 4 Push through your heels and lift your bottom up off the floor.
- 5 Hold this position.

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# POPCORN



- 1 Lay flat on your back.
- 2 Bring knees to chest.
- 3 Lift up your head, keeping your eyes close to your knees.
- 4 Cross both arms across your chest.
- 5 Hold this position.

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# ONE-HALF KNEEL



- 1 Kneel down on one knee.
- 2 Place your other foot flat on the floor in front of you.
- 3 Keep your back straight.
- 4 Hold this position.

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# SQUAT



- 1 Stand with your head facing forward.
- 2 Place feet flat on the floor, shoulder width apart.
- 3 Keep your hands in front of you.
- 4 Move your body down, bending your knees.
- 5 Pretend you are sitting in an imaginary chair.
- 6 Hold this position.

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# TALL KNEEL



- 1 Kneel down on both knees.
- 2 Keep your back straight.
- 3 Hold this position.

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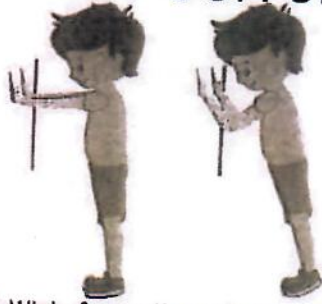
# DONKEY KICKS



- 1 Kneel on the floor with your elbows straight.
- 2 Slowly kick one leg straight back, keeping your knee straight.
- 3 Lift the opposite side arm straight up, keeping your elbow straight.
- 4 Hold this position.

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# WALL PUSH UPS



- 1 While facing the wall stand an arms length away.
- 2 Place your palms on the wall.
- 3 Slowly lean towards wall by bending your elbows.
- 4 Push your body back with your hands into a standing position.

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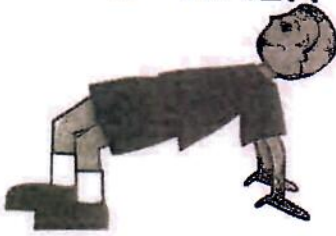
# PLANK



- 1 Lay on your stomach.
- 2 Place your hands shoulder width apart flat on the floor.
- 3 Push up on your hands to straighten your arms.
- 4 Lift up your body, keeping on your toes.
- 5 Hold this position.

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# CRAB WALK



- 1 In a squatting position reach backwards with your arms and put both hands flat on the floor behind you.
- 2 Raise up bottom until your head, neck, and body are in a straight line.
- 3 Move forward, backwards, or sideways.

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# SIT UPS



- 1 Lay on your back with your knees bent and feet flat on the floor.
- 2 Place your finger tips behind your ears with your elbows out to the side.
- 3 Raise your body up towards our knees.
- 4 Hold this position.

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# CHAIR PUSH UPS



- 1 Sit up nice and tall in your chair with your feet flat on the floor.
- 2 Place each hand flat on the seat of your chair.
- 3 Push down with your hands while trying to lift your body up and off the chair.
- 4 Hold this position.

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## OPPOSITE SIDE SCISSOR JACKS



- ☑ Using a line on the floor for a visual marker, stand with one foot in front of the line and one foot behind the line, feet facing forward and hands at sides (right arm alongside left leg and left arm alongside right leg).
  - ☑ Jump up and switch arms/legs in a scissor fashion.
  - ☑ Jump arms/legs back to starting position.
- Repeat \_\_\_\_\_ times.

## JUMPING JACKS



- ☑ Start by standing with feet together on a shape or marked area, arms down at sides.
- ☑ Jump feet open (feet off of the shape/marker) while opening arms up overhead, then jump feet closed while bringing arms back to sides.

Repeat \_\_\_\_\_ times.

## TABLES



- Sitting on floor with feet and hands flat on the floor and belly facing up, lift bottom off of the floor to make a flat table with your body. Hold for a count of 3 and return to starting position.
- Repeat \_\_\_\_\_ times.

## WALL SQUATS



- ☑ Stand with your back against the wall and feet about one foot from the wall.
- ☑ Slowly slide your back down the wall, pretending to sit in an invisible chair.
- ☑ Hold for a count of three.
- ☑ Make sure to keep your back and shoulders against the wall.
- ☑ Slide back up into standing.

Repeat \_\_\_\_\_ times.

## WALL PUSH-UPS



- ☑ Stand an arms length away from a wall with feet firmly planted on the floor shoulder width apart.
- ☑ Place both hands, fingers facing up, on the wall in front of you at shoulder height.
- ☑ Bend arms, bringing your face close to the wall (keeping feet planted and body straight).
- ☑ Slowly push and straighten arms.

Repeat \_\_\_\_\_ times.

## TABLE KICKS



- ☑ Sitting on floor with feet and hands flat on floor and belly facing up, lift bottom off of the floor to make a table with your body.
  - ☑ Kick one leg out and hold for a count of 3.
  - ☑ Put that leg down and repeat with the other.
- Repeat \_\_\_\_\_ times.

## CROSS KICKS



- ☑ Start in a hands and knees position.
  - ☑ Keeping back and arms straight, kick one leg out straight behind you, lifting the opposite arm straight out in front of you.
  - ☑ Hold for a count of 3 and return to starting position.
  - ☑ Repeat with opposite arm/leg.
- Repeat \_\_\_\_\_ times.

## DONKEY KICKS



- ☑ Start in a hands and knees position.
- ☑ Keeping back and arms straight, kick one leg out straight behind you, holding for a count of 3.
- ☑ Return to hands and knees position and repeat on the other side.

Repeat \_\_\_\_\_ times.

# Locomotor Cards

walk forward	walk backward
walk sideways	walk on toes
walk on heels	run forward
run backward	jump feet together
hop on right foot	hop on left foot

# Springtime Training Camp



## Garden Balance Practice

Use a balance beam, a piece of tape, or a line on the floor. Try to balance on the line as you walk forward, pretending to walk through the rows of flowers and vegetables.



## Buzzing Bees

Lie on the floor on your belly and lift your arms out to the sides like wings. Lift your feet/legs off the floor behind you and pretend to fly like a bee for a count of 10.



## Seed Sprouts

Crouch down to the floor, count down from 10 and then jump up to bloom into a flower! Repeat 3 times.



## Butterfly Wings

Reach your arms out to the sides and flap your butterfly wings 10 times! Soar to the left for a count of 5 and then the right for a count of 5.



## Puddle Jumping

With two feet together, jump forward 10 times to "splash in the puddles"!



## Rainshowers

Use your hands to tap your legs to make the sound of rain. How else can you make rain sounds? Try tapping your belly, snapping your fingers, clapping, or rubbing your hands together!



## Frog Jumps

Squat down to the ground with your hands on the floor between your feet. Hop forward like a frog 5 times.



## Ladybug Crawls

If you've done crab walks before, you know what to do! Sit on the floor and place your hands on the floor behind you. Lift your bottom off the floor by pushing into your hands and feet. Walk forward for a count of 10.

## Bubble Pop

Some real concentration is needed to target those tiny floating bubbles. Give it a try and see if you can balance long enough to pop one – or more - with only one foot!

## Sticker Challenge

Place stickers on one shoe and lift your foot up to get the sticker off and place it on a piece of paper taped to the wall or refrigerator! Can you make a spring scene?

## Stuffed Animal Balance

Balancing small stuffed animals on the top of your foot and lifting them up into a laundry basket to “clean up” is great practice and will be a big help around the house.

## Balloon Volleyball

How long can you keep the balloon up in the air? Try it alone or with a friend. Use all different parts of your body, or make it an extra challenge by saying that you can only use your foot, your head, or your elbow!

# Animal Walks

