



School Learning Centre Gym Program Ideas

Warm-Up

- Throw/Catch soccer ball with various activities/questions written on each tile of the ball. Perform activity written where right thumb touches the ball (fun questions such as who your favourite singer is, favourite TV show, best friend, etc.)
- Laps (run, walk, propel wheelchair)
- Follow the leader movements and stretches (reach up high, touch down to the floor, marching, skipping, Simon Says, etc.)
- Dance/Move/Zumba to music

Stations (multiple options and adaptations)

Station 1 - Ball Skills (Pairs or Individual)

- Dribbling and shooting basketball (can get a mini net from dollar store that suctions to wall)
- Dribbling and kicking in the soccer net or to a partner or against the wall to yourself
- Pack/ball handling and shooting into street hockey net

Station 2 - Agility (Individual)

- Weave through cones, over surfaces, stepping over obstacles, around obstacles taking bean bag from one end to the other and back
- Hula hoops (spin around arm, leg, waist)

Station 3 - Ball Skills - Passing (Pairs)

- Bounce pass/chess pass back-and-forth between partners using
- Overhand/Underhand Pass
- Sideways pass (with partners back-to-back)



Station 4 - Target Practice

- Throw ball/beanbag at target or into mill crate/box (various size balls, beanbags, and targets). Must retrieve after each throw.

Station 5 - General Strength (Individuals)

- Push-ups (chair push-ups, wall push-ups, floor push-ups from knees or toes)
- Bicycle crunches (arm only, legs only, in standing/lying/sitting)
- Seated knee extension
- Standing hamstring curls
- Bridging
- Bicep curls
- Chest presses
- Standing long jump (use measuring tape taped to the floor to work on distance jump trying not to touch down hands)
- Timed wall squats
- Wall Push-Ups
- Can use a variety of different strengthening exercises. Add weights or therapy and for added difficulty as needed.



Station 6 – Hand-Eye Coordination (Pairs or Individual)

- Racket skills (bounce ball/balloon/birdie on a racket as many times in a row as possible in front of you against the floor or to a partner – may need to be larger or more colorful)

Station 7 – Gross Motor Coordination (Individual)

- Jumping jacks (arms only, legs only, adaptive pattern)
- Cross crawls (tapping opposite knee, tapping opposite inside ankle, or tapping ankle behind back)
- Ski jumps (jumping in place with opposite arm and leg synchronize - for example, as the left arm comes forward and raises, right leg extends back)

Station 8 - Balance (Individual) *An adult should be nearby for safety

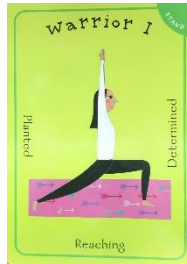
- Stability ball (sitting on tile, marching while seated, pass ball to person sitting on ball)
- Tandem walking on balance beam (or line taped onto floor)
- Timed one leg stand (increased difficulty by standing on compliant surfaces such as a mat)
- Standing on one leg, resting other on soccer ball (increase difficulty by having them move the ball back-and-forth and in circles)
- Walking on unstable surfaces (foam blocks, gym mats, etc.)

Group Game and Other Options

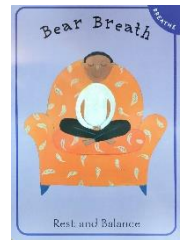
- Bowling (allow students to set up pins after each game)
- Bocce ball
- Dodgeball with balloon or beach ball
- Pool noodles/balloon baseball
- Tag in chairs and on scooter boards (belly/bum) or octopus tag
- Obstacle course (balance beam/line, maneuver around cones, up/down ramps, step in/out hoops, get three baskets in net/goals in net, etc.)

Cool-Down

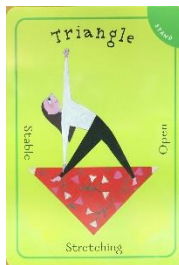
Warrior 1/Atlas (Hold 20-30 secs)



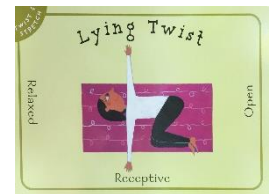
Bear Breath Pose (Hold 20-30 secs)



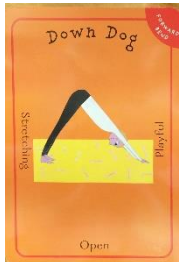
Triangle (Hold 20-30 secs)



Lying Twist (Hold 20-30 secs)



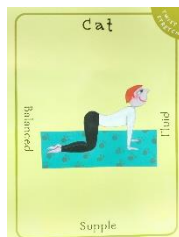
Downward Dog (Hold 20-30 secs)



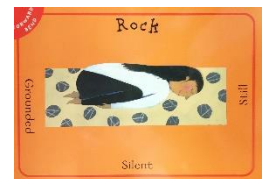
Dreamer/All is Well (Hold 20-30s)



Cat (Hold 20-30 secs)



Child's/Rock (Hold 20-30 secs)



Always feel free to connect with the IWK School Therapy Service with any questions.