Gymnastics Australia

Fitter for Life

Advanced Lesson Plans

Endorsed by:

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

Contents

Advanced Lesson Plan 1

Key areas of focus:

Upper and lower body weight functional exercises in standing, static and dynamic balance training

Category	Activities	Description
Warm Up	Neck circles	Sitting upright on a chair: Circle neck in clockwise and anti-clockwise directions
	Shoulder setting	Sitting upright on a chair: 1. Circle shoulders in clockwise direction. 2. Circle shoulders in anticlockwise direction. 3. Bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	Wrist circles	Sitting upright on a chair: With outstretched hand, circle wrists in clockwise and anticlockwise directions.
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forwards	Walk forward next to a beam/chair/wall, holding on if needed.
	Walking sideways	Walk sideways next to a beam/chair/wall, holding on if required.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed

	Trunk warm up	Sitting upright on a chair: Turn the body to look behind Bend down to reach the shoes Bend the trunk sideways to pick something from the side of the chair
Strengthening	Mini squat	Standing next to a beam/chair/wall, holding on if needed: Bend hips and knees to do a small squat and stand up again.
	Heel raises	Stand next to a beam/chair/wall, holding on if needed: Lift both heels off the ground and lower down.
	Step ups	Standing next to a beam/chair/wall, holding on if needed: Step up on a small step and step down.
	Side step ups	Standing next to a beam/chair/wall, holding on if needed: Step up sideways on a small step and step down.
	Hip extension	Standing next to a beam/chair/wall, holding on if needed: Kick leg backwards and bring back to the middle; repeat with the other leg.
	Pull downs	Sitting upright on a chair: Hold a stick above the head with both hands; pull the stick down to the front of the neck while leaning back and push it back up.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.
	Chair lift offs	Sitting upright on a chai: With both feet off the ground, push both arms down on armrests to lift body off the chair.
	Wall push ups	Standing facing a wall: Place both hands on the wall at shoulder level; lean forward into the wall and push off from the wall.
Balance	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on the floor and right foot

		to the left side.
	Low beam walk	Standing on a low beam without holding on Walk along the length of the beam.
	Throw and catch ball from hand to hand	Standing between beam/chair/wall without holding on Catch a ball from hand to hand.
	Writing name with ribbon	Standing between beam/chair/wall without holding on Hold a ribbon on one hand and write name with it.
	Hoop spin	Standing next to a beam/chair/wall, without holding on Hold the hoop upright and spin; catch with the same hand.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
	Stepping over	Standing next to a beam/chair/wall without holding on: Step over a small object.
	Pick up object from floor	Standing between beam/chair/walls, without holding on: Pick an object up from the floor.
Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.

	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm; stretch the front of the chest by taking the elbow gently backwards.
	Hip adductor stretch	Standing holding on to a beam/chair/wall with feet wide apart: Lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle on the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Standing next to a beam/chair/wall: Place the heel on a raised surface; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock; hold the foot with one hand.
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.

	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands.

Advanced Lesson Plan 2

Key areas of focus:

Upper and lower body weight functional exercises in standing, static and dynamic balance training

Category	Activities	Description
Warm Up	Neck circles	Sitting upright on a chair: Circle neck in clockwise and anti-clockwise directions
	Shoulder setting	Sitting upright on a chair: 1. Circle shoulders in clockwise direction. 2. Circle shoulders in anticlockwise direction. 3. Bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	Wrist circles	Sitting upright on a chair: With outstretched hands, circle wrists in clockwise and anticlockwise directions.
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed
	Trunk warm up	Sitting upright on a chair: 1. Turn the body to look behind 2. Bend down to reach the shoes

		3. Bend the trunk sideways to pick something from the side of the chair
Strengthening	Mini squat	Standing next to a beam/chair/wall, holding on if needed: Bend hips and knees to do a small squat and stand up again,
	Step ups	Standing next to a beam/chair/wall, holding on if needed: Step up on a small step and step down.
	Side step ups	Standing next to a beam/chair/wall, holding on if needed: Step up sideways on a small step and step down.
	Half lunge	Standing next to a beam/chair/wall, holding on if needed: Keep one foot in front of the other and lunge forward; repeat on the other side..
	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks.
	Hip extension	Standing next to a beam/chair/wall, holding on if needed: Kick leg backwards and bring back to the middle.
	Heel raises	Stand next to a beam/chair/wall, holding on if needed: Lift both heels off the ground and lower down.
	Toe raises	Stand holding on to a beam/chair/wall: Lift toes off the ground and lower down.
	Pull downs	Sitting upright on a chair: Hold a stick above the head with both hands; pull the stick down to the front of the neck while leaning back and push it back up.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.
	Chair lift offs	Sitting upright on a chair: With both feet off the ground, push both arms down on armrests to lift body off the chair.

	Wall push ups	Standing facing a wall: Place both hands on the wall at shoulder level; lean forward into the wall and push off from the wall.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by side and palms facing forward, bend the elbows.
Balance	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch ball from hand to hand	Standing between beam/chair/wall without holding on Catch a ball from hand to hand.
	Writing name with ribbon	Standing between beam/chair/wall without holding on Hold a ribbon on one hand and write name with it.
	Hoop spin	Standing next to a beam/chair/wall, without holding on Hold the hoop upright and spin; catch with the same hand.
	Bounce and pass ball	Standing between beam/chair/wall, holding on if needed: Bounce a small ball on the floor; pass to other hand.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance

(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
	Stepping over	Standing between beam/chair/walls, without holding on: Step over a small object.
	Pick up object from floor	Standing between beam/chair/walls, without holding on: Pick an object up from the floor.
Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far on the shoulder blades as possible.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm; stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body; gently push the back of the arm with the other hand.
	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head; repeat on the other side (Merv Hughes)
	Hip adductor stretch	Standing holding on to a beam/chair/wall with feet wide apart: Lunge sideways.

	Figure of 4 stretch	Sitting upright in the chair: Place one ankle the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Standing next to a beam/chair/wall: Place the heel on a raised surface; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttocks.
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands.
	Balloon Tennis	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon

Advanced Lesson Plan 3

Key areas of focus:

Upper and lower body weight functional exercises in standing, static and dynamic balance training

Category	Activities	Description
Warm Up	Neck circles	Sitting upright on a chair: Circle neck in clockwise and anti-clockwise directions
	Shoulder setting	Sitting upright on a chair: 1. Circle shoulders in clockwise direction. 2. Circle shoulders in anticlockwise direction. 3. Bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	Wrist circles	Sitting upright on a chair: With outstretched hands, circle wrists in clockwise and anticlockwise directions.
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed

	Trunk warm up	Sitting upright on a chair: 4. Turn the body to look behind 5. Bend down to reach the shoes 6. Bend the trunk sideways to pick something from the side of the chair
Strengthening	Mini squat	Standing next to a beam/chair/wall, holding on if needed: Bend hips and knees to do a small squat and stand up again,
	Step ups	Standing next to a beam/chair/wall, holding on if needed: Step up on a small step and step down.
	Side step ups	Standing next to a beam/chair/wall, holding on if needed: Step up sideways on a small step and step down.
	Half lunge	Standing next to a beam/chair/wall, holding on if needed: Keep one foot in front of the other and lunge forward; repeat on the other side.
	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks.
	Hip extension	Standing next to a beam/chair/wall, holding on if needed: Kick leg backwards and bring back to the middle.
	Heel raises	Stand next to a beam/chair/wall, holding on if needed: Lift both heels off the ground and lower down.
	Toe raises	Stand holding on to a beam/chair/wall: Lift toes off the ground and lower down.
	Pull downs	Sitting upright on a chair: Hold a stick above the head with both hands; pull the stick down to the front of the neck while leaning back and push it back up.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.

	Chair lift offs	Sitting upright on a chair: With both feet off the ground, push both arms down on armrests to lift body off the chair.
	Slanted push ups	Standing facing a plinth/beam: Lean on to the beam with hands shoulder width apart and back straight; push off from the beam.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by the side and palms facing forward, bend the elbows.
	Triceps extension	Standing next to a beam/chair/wall, holding on if needed: Lean forward with arms bent at the elbow and straighten the elbow behind the body.
	Forearm pronation-supination	Standing next to a beam/chair/wall: With arms bent at 90 degrees by the side, turn palms to face up to the ceiling and then to face the floor.
	Wrist extension	Sitting upright on a chair: With arms supported on the armrests lift wrists up.
Balance	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch ball from hand to hand	Standing between beam/chair/wall without holding on Catch a ball from hand to hand.
	Writing name with ribbon	Standing between beam/chair/wall without holding on Hold a ribbon on one hand and write name with it.
	Hoop spin	Standing next to a beam/chair/wall, without holding on Hold the hoop upright and spin; catch with the same hand; repeat on the other side.

	Bounce and pass ball	Standing between beam/chair/wall, holding on if needed: Bounce a small ball on the floor; pass to other hand; repeat with other hand,
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with neck movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Try to balance while moving neck in various directions.
	Stepping over	Standing between beam/chair/walls, without holding on: Step over a small object.
	Pick up object from floor	Standing between beam/chair/walls, without holding on: Pick an object up from the floor.
	Obstacle course	Walk around an obstacle course.
Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With hand one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.

	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm, stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body, gently push the back of the arm with the other hand.
	Forearm stretch	Standing next to a beam/chair/wall: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Standing next to a beam/chair/wall: Join the back of both hands; gently push elbows down.
	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head.
	Hip adductor stretch	Holding onto a beam/chair/wall: Stand with feet wide apart; lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle on the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Standing next to a beam/chair/wall: Place the heel on a raised surface; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttocks.
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game	Passing the parcel	Standing next a beam/chair/wall, holding on if needed:

		Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands and feet and body movements
	Balloon Tennis with plastic racquet	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon and a plastic racquet
	Hoop tag with baton	Stand holding the hoop with one hand: Roll the hoop on the ground; walk along and continue to move the hoop with the baton.

Advanced Lesson Plans 4-6

Key areas of focus:
Maintain or progress the intensity of the exercise program as able keeping in mind principles of strength and conditioning.

Category	Activity	Description
Warm Up *Consider increasing the speed or duration of warm up*	Neck circles	Sitting upright on a chair: Circle neck in clockwise and anti-clockwise directions
Aim to complete all warmup while standing by lesson 6	Shoulder circles	Standing next to a beam/chair/wall with arms spread out to the side at 90 degree to the body: Circle hands in clockwise direction; circle shoulders in anticlockwise direction; bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	Punches	Standing next to a beam/chair/wall: Make fists with both hands and punch with arms in the air in any direction.
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.

	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed
	Alternate heel raises	Standing next to beam/chair/wall: Keeping toes on the ground, alternate lifting heel of each leg
	Trunk movements in standing	Standing next to a beam/chair/wall with feet wide apart and arms stretched out in front: 1. Turn the body and arms side to side 2. Lift arms up to the sky, bend backwards and then bend forwards to touch the toes 3. Bend the trunk sideways (Merv Hughes)
Strengthening *Consider increasing repetition, range, addition of a small weight or increasing speed of the movement or decreasing the rest between sets*	Step stance squat	Standing next to a beam/chair/wall, holding on if needed: Keep one foot forward as if taking a small step; squat and stand up again. Consider increasing the depth of squat Aim to build up to a single legged squat
Aim to complete some strengthening without holding on by lesson 6	Up and down a step	Standing next to a beam/chair/wall, holding on if needed: Step up on a small step and step down. Consider increasing the height of the step.
	Side step ups	Standing next to a beam/chair/wall, holding on if needed: Step up sideways on a small step and step down. Consider increasing the height of the step.
	Lunge	Standing next to a beam/chair/wall, holding on if needed: Step forward with one foot and lunge forward; repeat with other foot. Consider increasing the depth of lunge.
	Knee flexion	Stand next to a beam/chair/wall, holding on if needed: Bend knee backwards to kick buttocks repeat with the other side.
	Hip extension	Standing next to a beam/chair/wall, holding on if needed: Kick leg backwards and bring back to the middle;

		repeat with the other leg.
	Single legged heel raises	Standing on one leg, holding on a beam/chair/wall: Lift heel off the floor and lower down
	Toes raises	Stand holding on to a beam/chair/wall: Lift both toes off the ground and lower down.
	Pull downs	Sitting upright on a chair: Hold a stick above the head with both hands; pull the stick down to the front of the neck while leaning back and push it back up. Aim to add a weight to the stick by lesson 6.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.
	Chair lift offs	Sitting upright on a chair: With both feet off the ground, push both arms down on armrests to lift body off the chair.
	Slanted push ups	Standing facing a plinth/beam: Lean on to the beam with hands shoulder width apart and back straight; push off from the beam.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by the side, and palms facing forwards, bend the elbow. Consider using a barbell instead of separate weights,
	Forearm pronation-supination	Standing next to a beam/chair/wall: With arms bent at 90 degrees by the side, turn palms to face up to the ceiling and then to face the floor,
	Wrist extension	Sitting upright on a chair: With arms supported on arm rests lift wrists up. Aim to build up to rolling a weight up and down tied to baton on a string.
Balance *Consider decreasing the base of support,*	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.

increasing the speed or range of limb movements or addition of a cognitive task		
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch ball from hand to hand	Standing next to a beam/chair/wall without holding on Catch a ball from hand to hand.
	Writing name with ribbon	Standing between beam/chair/wall without holding on Hold a ribbon on one hand and write name with it.
	Hoop spin	Standing next to a beam/chair/wall, without holding on Hold the hoop upright and spin; catch with the same hand.
	Bounce ball off wall and catch	Standing in front of a wall Bounce ball off wall and catch.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with neck movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Try to balance while moving neck in various directions.

	Cone taps walking forward	Stand between beam/chair/walls, holding on if needed: Walk forward and tap cones with both feet along the way.
	Pick up object from floor	Standing between beam/chair/walls, without holding on: Pick an object up from the floor. Consider decreasing the height or increasing the weight of the object.
	Walking the tight rope	Walking in beam/chair/walls, without holding on. Walk by placing the heel right in front of the toe
	Obstacle course	Walk around an obstacle course.
	Changing directions when walking	Change directions when walking in a straight line. Consider changing direction at 45-degree, 90 degree and 120 degrees.
Flexibility *Consider increasing the time of the stretch or the range of movement*	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to the arm; stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body; gently push the

		back of the arm with the other hand.
	Forearm stretch	Standing between beam/chair/walls: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Standing between beam/chair/walls: Join the back of both hands; gently push elbows down.
	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head. (Merv Hughes)
	Forward bend to touch toes	Standing next to a beam/chair/wall: Bend forward to touch the toes.
	Hip adductor stretch	Holding onto a beam/chair/wall: Stand with feet wide apart, lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Standing next to a beam/chair/wall: Place the heel on a raised surface; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttocks.
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game *Consider increasing speed or addition of a cognitive task*	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner

	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands and feet and body movements
	Balloon Tennis with plastic racquet	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon and a plastic racquet
	Hoop tag with baton	Stand holding the hoop with one hand: Roll the hoop on the ground; walk along and continue to move the hoop with the baton.

Advanced Lesson Plan 7

Key areas of focus:
Maintain or progress the intensity of the exercise program by changing lower limb exercises into single leg support functional exercises and upper limb exercises to body weight exercises

Category	Activities	Description
Warm Up	Neck circles	Standing next to a beam/chair/wall, holding on if needed: Circle neck in clockwise and anti-clockwise directions middle; repeat on the other side.
	Shoulder circles	Standing next to a beam/chair/wall with arms spread out to the side at 90 degree to the body: Circle hands in clockwise direction; circle shoulders in anticlockwise direction; bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed

	Jogging on the spot	Standing next to a beam/chair/wall, holding on if needed: Lightly jog on the spot
	Trunk movements in standing	Standing next to a beam/chair/wall with feet wide apart and arms stretched out in front: 7. Turn the body and arms side to side 8. Lift arms up to the sky, bend backwards and then bend forwards to touch the toes 9. Bend the trunk sideways (Merv Hughes)
Strengthening	Single-legged squat	Standing on one leg next to a beam/chair/wall holding on if needed: Squat and stand up again.
	Climb up a stair	Climb up some steps on a staircase, holding on if needed.
	Side lunges	Standing next to a beam/chair/wall, holding on if needed: With feet wide apart, lunge sideways to shift weight from one leg to another.
	Forward lunge	Standing next to a beam/chair/wall, holding on if needed: Step forward with one foot and lunge forward.
	Single legged heel raise	Standing on one leg, holding on a beam/chair/wall: Lift heel off the floor and lower down.
	Toe raises	Stand next to a beam/chair/wall, holding on if needed: Lift both toes off the ground and lower down.
	Hang	Attempt to hang on a beam using both arms.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side, parallel to the ground.
	Triceps dips off chair	Sitting upright on the edge of the chair: Place hands on the side; slowly slide bottom off the chair, balancing body on hand and feet support.

	Half push ups	Kneeling on the floor Lean forwards to place both hands on the floor shoulder width apart, push off from the floor onto wrists and knees.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by side and palm facing forward, bend the elbow.
	Forearm pronation-supination	Standing next to a beam/chair/wall: With arms bent at 90 degrees by the side, turn palms to face up to the ceiling and then to face the floor.
	Rolling weight	Standing next to a beam/chair/wall: Roll up a weight tied to a baton.
	Cycle while lying	Lying flat on the floor: Move legs in cycling motion.
	All fours - alternate arms	Get on all fours: Keeping back straight, lift and stretch out arms alternatively while keeping back straight.
Balance	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch two balls	Standing next to a beam/chair/wall without holding on Catch a ball in each hand at the same time.
	Writing name with ribbon	Standing between beam/chair/wall without holding on Hold a ribbon on one hand and write name with it.
	Hoop spin - 2 directions	Standing next to a beam/chair/wall, holding on if needed: Hold the hoop upright and spin clockwise; catch with the same hand. Then spin anti-clockwise and catch

	Bounce ball off wall and catch	Standing in front of a wall Bounce ball off wall and catch.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with neck movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Try to balance while moving neck in various directions.
	Cone taps walking forward	Stand between beam/chair/walls, holding on if needed: Walk forward and tap cones with both feet along the way.
	Pick up object from floor while walking	Walking without holding on: Pick an object up from the floor
	Walking the tight rope	Walking next to a beam/chair/wall, without holding on. Walk in a straight line, by placing the heel right in front of the toes.
	Obstacle course	Walk around an obstacle course.
	Changing directions when walking	Change directions when walking in a straight line. Consider changing direction at 45-degree, 90 degree and 120 degrees.
	Changing walking speed to command	Walking in a straight line, changing speed of walking to command/ music.

Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm; stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Standing between beam/chair/walls: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Standing between beam/chair/walls: Join the back of both hands; gently push elbows down.
	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head. (Merv Hughes)
	Forward bend to touch toes	Standing next to a beam/chair/wall: Bend forward to touch the toes.

	Hip adductor stretch	Holding onto a beam/chair/wall: Stand with feet wide apart, lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle on the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Stand holding on to a beam/chair/wall: Put one foot on a stool, keeping the knee straight; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock, hold foot with the hand
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game *Consider increasing speed or addition of a cognitive task*	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands and feet and body movements

	Balloon Tennis with plastic racquet	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon and a plastic racquet
	Hoop tag with baton	Stand holding the hoop with one hand: Roll the hoop on the ground; walk along and continue to move the hoop with the baton.

Lesson Plan 8

Key areas of focus:

Maintain or progress the intensity of the exercise program by changing lower limb exercises into single leg support functional exercises and upper limb exercises to body weight exercises.

Category	Activities	Description
Warm Up	Neck circles	Standing next to a beam/chair/wall, holding on if needed: Circle neck in clockwise and anti-clockwise directions middle; repeat on the other side.
	Shoulder circles	Standing next to a beam/chair/wall with arms spread out to the side at 90 degree to the body: Circle hands in clockwise direction; circle shoulders in anticlockwise direction; bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed

	Jogging on the spot	Standing next to a beam/chair/wall, holding on if needed: Lightly jog on the spot
	Trunk movements in standing	Standing next to a beam/chair/wall with feet wide apart and arms stretched out in front: Turn the body and arms side to side Lift arms up to the sky, bend backwards and then bend forwards to touch the toes Bend the trunk sideways (Merv Hughes)
Strengthening	Single legged squat	Standing on one leg next to a beam/chair/wall holding on if needed: Squat and stand up again.
	Climb up a stair	Climb up some steps on a staircase, holding on if needed.
	Side lunges	Standing next to a beam/chair/wall, holding on if needed: With feet wide apart, lunge sideways to shift weight from one leg to another.
	Forward lunge	Standing next to a beam/chair/wall, holding on if needed: Step forward with one foot and lunge forward.
	Single legged heel raises	Standing on one leg, holding on a beam/chair/wall: Lift heel off the floor and lower down; repeat with the other leg.
	Toe raises	Stand next to a beam/chair/wall, holding on if needed: Lift both toes off the ground and lower down.
	Hop	Standing next to a beam/chair/wall: Hop forward with one foot.
	Jump over rope	Standing between beam/chair/walls: Jump over a rope/ baton.
	Hang	Attempt to hang on a beam using both arms.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.

	Triceps dips off chair	Sitting upright on the edge of the chair: Place hands on the side, slowly slide bottom off the chair, balancing body on hand and feet support.
	Push ups	Lying on your tummy, Push up on hands and toes while keeping body straight
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by side and palms facing forwards, bend the elbow.
	Forearm pronation-supination	Standing next to a beam/chair/wall: With arms bent at 90 degrees by the side, turn palms to face up to the ceiling and then to face the floor.
	Rolling weight	Standing next to a beam/chair/wall: Roll up a weight tied to a baton.
	Cycle in lying	Lying flat on the floor: Move legs in cycling motion.
	All fours - alternate arms	Get on all fours: Keeping back straight, lift and stretch out arms alternatively while keeping back straight.
	Dead bugs	Lying flat on the floor: Alternately move arms and legs while keeping trunk straight (imagine dead bugs).
	Crunches in lying	Lying on the floor with knees bent and hands behind head: Lift upper trunk to bring head towards knees.
Balance	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch two balls	Standing next to a beam/chair/wall without holding on Catch a ball in each hand at the same time.

	Hoop spin - 2 directions	Standing next to a beam/chair/wall, holding on if needed: Hold the hoop upright and spin clockwise; catch with the same hand and spin anti-clockwise.
	Bounce ball off wall and catch	Standing in front of a wall Bounce ball off wall and catch.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with neck movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Try to balance while moving neck in various directions.
	Cone taps walking forward	Stand between beam/chair/walls, holding on if needed: Walk forward and tap cones with both feet along the way.
	Pick up object from floor while walking	Walking without holding on: Pick an object up from the floor
	Walking the tight rope	Walking next to a beam/chair/wall, without holding on. Walk in a straight line, by placing the heel right in front of the toes.
	Obstacle course	Walk around an obstacle course.
	Changing directions when walking	Change directions when walking in a straight line. Consider changing direction at 45-degree, 90 degree and 120 degrees.
	Changing walking speed to command	Walking in a straight line: Change speed of walking to command/ music.

	Walking with neck movements	Walking in beam/chair/walls: Move neck up/down or sideways while walking.
Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm; stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Standing between beam/chair/walls: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Standing between beam/chair/walls: Join the back of both hands; gently push elbows down.
	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head. (Merv Hughes)
	Forward bend to touch toes	Standing next to a beam/chair/wall: Bend forward to touch the toes.
	Upper trunk stretch	Lying on tummy: Gently lift upper chest and lower.

	Curl stretch	Lying on the floor with knees bent: Hug knees close to the body using hands.
	Hip adductor stretch	Holding onto a beam/chair/wall: Stand with feet wide apart; lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle on the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Stand holding on to a beam/chair/wall: Put one foot on a stool, keeping the knee straight; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock, hold foot with the hand
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,
	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands and feet and body movements
	Balloon Tennis with plastic racquet	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon and a

		plastic racquet
	Hoop tag with baton	Stand holding the hoop with one hand: Roll the hoop on the ground; walk along and continue to move the hoop with the baton.
	Lawn bowls	Standing between beam/chair/walls: Lawn bowl a ball towards a target,

Lesson Plans 9-10

Key areas of focus:

maintain or progress the intensity of the exercise program by changing lower limb exercises into single leg support functional exercises and upper limb exercises to body weight exercises.

Category	Activities	Description
Warm Up	Neck circles	Standing next to a beam/chair/wall, holding on if needed: Circle neck in clockwise and anti-clockwise directions middle; repeat on the other side.
	Shoulder circles	Standing next to a beam/chair/wall with arms spread out to the side at 90 degree to the body: Circle hands in clockwise direction; circle shoulders in anticlockwise direction; bring shoulder blades together and relax.
	YMCA	Standing next to a beam/chair/wall: Do the YMCA.
	Macarena	Standing next to a beam/chair/wall: Move body to Macarena movements slowly add foot movements
	The Nutbush	Standing next to a beam/chair/wall, holding on if needed: Complete the Nutbush sequence
	Ankle rocking	Standing next to a beam/chair/wall, holding on if needed: Lift heels off the ground and then lift toes off the ground.
	Walking forward	Walk forward next to beam/chair/walls, holding on if needed
	Walking sideways	Walk sideways next to beam/chair/walls, holding on if needed.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed

	Trunk movements in standing	Standing next to a beam/chair/wall with feet wide apart and arms stretched out in front: 10. Turn the body and arms side to side 11. Lift arms up to the sky, bend backwards and then bend forwards to touch the toes 12. Bend the trunk sideways (Merv Hughes)
	Light jog around room	Do a light jog around room.
Strengthening	Single legged squat	Standing on one leg next to a beam/chair/wall holding on if needed: Squat and stand up again.
	Climb up a stair	Climb up some steps on a staircase, holding on if needed.
	Side lunges	Standing next to a beam/chair/wall, holding on if needed: With feet wide apart, lunge sideways to shift weight from one leg to another.
	Forward lunge	Standing next to a beam/chair/wall, holding on if needed: Step forward with one foot and lunge forward.
	Single legged heel raises	Standing on one leg, holding on a beam/chair/wall: Lift heel off the floor and lower down; repeat with the other leg.
	Toe raises	Stand next to a beam/chair/wall, holding on if needed: Lift toes off the ground and lower down.
	Hop	Standing next to a beam/chair/wall: Hop forward with one foot.
	Jump over rope	Standing between beam/chair/walls: Jump over a rope/ baton.
	Hang	Attempt to hang on a beam using both arms.
	Horizontal shoulder abduction	Standing next to a beam/chair/wall: Lift both arms straight up to shoulder level and take them out to the side parallel to the ground.

	Triceps dips off chair	Sitting upright on the edge of the chair: Place hands on the side; slowly slide bottom off the chair, balancing body on hand and feet support.
	Push ups	Lying on your tummy, Push up on hands and toes while keeping body straight
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by side and palms facing forward, bend the elbow.
	Forearm pronation-supination	Standing next to a beam/chair/wall: With arms bent at 90 degrees by the side, turn palms to face up to the ceiling and then to face the floor.
	Rolling weight	Standing next to a beam/chair/wall: Roll up a weight tied to a baton.
	Cycle in lying	Lying flat on the floor: Move legs in cycling motion.
	All fours - alternate arms	Get on all fours: Keeping back straight, lift and stretch out arms alternatively while keeping back straight.
	Dead bugs	Lying flat on the floor: Alternately move arms and legs while keeping trunk straight (imagine dead bugs).
	Crunches in lying	Lying on the floor: With knees bent and hands behind head, lift upper trunk to bring head towards knees.
Balance	Step taps	Standing next to a beam/chair/wall, without holding on: Tap foot forward on a small step; repeat with the other foot.
	Diagonal step taps	Standing next to on to a beam/chair/wall, without holding on Tap left foot to right side on a small step and right foot to the left side.
	Low beam walk	Standing on a low beam, without holding on Walk along the length of the beam.
	Throw and catch two balls	Standing next to a beam/chair/wall without holding on Catch a ball in each hand at the same time.

	Hoop spin - 2 directions	Standing next to a beam/chair/wall, holding on if needed: Hold the hoop upright and spin clockwise; catch with the same hand and spin anti-clockwise.
	Bounce ball off wall and catch	Standing in front of a wall Bounce ball off wall and catch.
(Consider reducing the distance between feet to challenge balance)	Standing balance on firm surface	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Stand on a soft surface with feet apart next to a beam/chair/wall without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Stand on a firm surface with feet apart next to a beam/chair/wall without holding on, attempt to close eyes and balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Move hands in various directions and try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with neck movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on: Try to balance while moving neck in various directions.
	Cone taps walking forward	Stand between beam/chair/walls, holding on if needed: Walk forward and tap cones with both feet along the way.
	Pick up object from floor while walking	Walking without holding on: Pick an object up from the floor
	Walking the tight rope	Walking next to a beam/chair/wall, without holding on. Walk in a straight line, by placing the heel right in front of the toes.
	Obstacle course	Walk around an obstacle course.
	Changing directions when walking	Change directions when walking in a straight line. Consider changing direction at 45-degree, 90 degree and 120 degrees.

	Changing walking speed to command	Walking in a straight line: Change speed of walking to command/ music.
	Walking with neck movements	Walking in beam/chair/walls: Move neck up/down or sideways while walking.
	Grapevine walking	Standing sideways between beam/chair/ walls: Weave feet in grapevine movements.
Flexibility	Neck stretch	Sitting upright on a chair: Hold the seat with one hand and gently bend the neck to the other side; use the other hand on the side of the head for gentle pressure.
	Neck stretch 2	Sitting upright on a chair: With one hand behind the head, attempt to smell armpits.
	Hug stretch	Standing next to a beam/chair/wall: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Pectoral stretch	Standing next a beam/chair/wall, holding on if needed: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to arm; stretch the front of the chest by taking the elbow gently backwards.
	Biceps stretch	Standing next to a beam/chair/wall, holding on if needed: Gently take the outstretched hand behind the body.
	Triceps stretch	Standing next to a beam/chair/wall: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Standing next to a beam/chair/wall: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Standing between beam/chair/walls: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Standing between beam/chair/walls: Join the back of both hands; gently push elbows down.

	Side trunk stretch	Standing next a beam/chair/wall, holding on if needed: Bend trunk to one side; add extra stretch by moving opposite arm above head. (Merv Hughes)
	Forward bend to touch toes	Standing next to a beam/chair/wall: Bend forward to touch the toes.
	Upper trunk stretch	Lying on tummy: Gently lift upper chest and lower.
	Curl stretch	Lying on the floor with knees bent: Hug knees close to the body using hands.
	Hip adductor stretch	Holding onto a beam/chair/wall: Stand with feet wide apart; lunge sideways.
	Figure of 4 stretch	Sitting upright in the chair: Place one ankle on the opposite knee to make a figure of four; gently push down on the knee.
	Standing hamstring stretch	Stand holding on to a beam/chair/wall: Put one foot on a stool, keeping the knee straight; gently lean forward to bring trunk towards the thigh while keeping the knee straight.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock, hold foot with the hand
	Calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forward while maintaining the heel on the ground.
Partner Game	Passing the parcel	Standing next a beam/chair/wall, holding on if needed: Pass the parcel to the person next to you.
	Hoop pass around	Standing next a beam/chair/wall, holding on if needed: Catch a hoop and roll it on the ground to pass it to a partner
	Cha-cha stepping	Standing next to a beam/chair/wall without holding on: Step forward with left foot; bring back; step sideways with left foot; bring back; step backwards with left foot; bring back. Repeat with the right foot,

	Hokey pokey	Standing in a circle, do the hokey pokey.
	Kick ball in standing	Standing next to a bean/chair/wall, holding on if needed: Kick the ball to a partner.
	Cheer drill	Standing next to a beam/chair/wall Complete a cheer drill with hands and feet and body movements
	Balloon Tennis with plastic racquet	Standing next to a bean/chair/wall, holding on if needed: Play tennis with partner using a balloon and a plastic racquet
	Hoop tag with baton	Stand holding the hoop with one hand: Roll the hoop on the ground; walk along and continue to move the hoop with the baton.
	Lawn bowls	Standing between beam/chair/walls: Lawn bowl a ball towards a target,
	Skipping	Attempt to skip with a rope.