



Beginner Lesson Plans

Endorsed by:



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Contents

Beginner Lesson Plan 1	3
Warm Up	3
Strengthening	3
Balance	4
Flexibility	4
Partner Game	5
Beginner Lesson Plan 2	6
Warm Up	6
Strengthening	7
Balance	7
Flexibility	8
Partner Game	9
Beginner Lesson Plan 3	10
Warm Up	10
Strengthening	11
Balance	12
Flexibility	12
Partner Game	13
Beginner Lesson Plan 4-6	15
Warm Up	15
Strengthening	16
Balance	17
Flexibility	18
Partner Game	19
Beginner Lesson Plan 7	20
Warm Up	20
Strengthening	21
Balance	21
Flexibility	22

Partner Game	23
Beginner Lesson Plan 8	24
Warm Up	24
Strengthening	25
Balance	26
Flexibility	26
Partner Game	27
Beginner Lesson Plan 9-10	29
Warm Up	29
Strengthening	30
Balance	31
Flexibility	31
Partner Game	33

Beginner Lesson Plan 1

Key areas of focus:

Neck, back, shoulders and hips.

Category	Activities	Description
Warm Up	Neck movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Move head up to look to the ceiling and bring head down to look at the floor 2. Move head to one side, trying to touch your ear to your shoulder and bring back to midline, repeat on other side 3. Turn head to look over one shoulder and bring back to the middle; repeat with the other side
	Shoulder setting	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Circle shoulders in clockwise direction 2. Circle shoulders in anti-clockwise direction 3. Bring shoulder blades together and relax
	Trunk movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Cross arms in front of the chest, turn the torso to one side and bring back to the midline; repeat for the other side 2. Hands on thighs, slide palms to the knees and as far down the shins as able; return to upright position
	Seated stepping	Sitting upright on a chair: Alternate moving legs forwards and backwards touching heel down when leg forward and toe down when backwards.
	Seated marching	Sitting upright on a chair: March feet up and down in sitting.
Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body; push forward with hands as far as able and bring wrists back towards the shoulders.
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the

		ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs.
	Lateral arm raise	Sitting upright on a chair: Palms facing forward, raise straight arms to the side of the body leading with the thumbs.
	Seated knee extension	Sitting upright on a chair: Thighs supported on the seating surface, straighten the knee to lift heel off the ground.
	Seated heel raises	Sitting upright on a chair: Knees bent, lift the heels off the floor.
	Seated toe raises	Sitting upright on a chair: Knees bent, lift the toes off the floor.
Balance	Balloon rebound	Sitting upright on a chair: Rebound a balloon with hands and ensure it stays up.
	Stacking cones	Sit upright on a chair: Away from the back rest, stack imaginary cones in front of the body.
	Pick and pass fruit	Sit upright on a chair: Away from the back rest, reach up to pick a piece of fruit and pass it behind the body. Repeat with the other hand.
Flexibility	Neck side 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 to increase the bend.
	Neck side stretch 2	Sitting upright on a chair: Place a hand at the back of the head attempt to smell your armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.

	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on to the arm rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: Bend the arm at 90 degrees to the body and the forearm at 90 degrees to the upper arm; stretch the front of the chest by taking the forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Seated calf stretch	Sitting upright on a chair: With feet flat on the floor, gently take the foot backwards.
	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor. Gently lean forwards to bring trunk towards the thigh.
Partner Game	Hot potatoes	Sitting upright on a chair: Pass a ball between participants as if it was a hot potato.
	Seated tap	Sitting upright on a chair: Tap feet to a rhythm in seated position.
	Hand tap	Sitting upright on a chair: Tap hands on the thigh to a rhythm.

Beginner Lesson Plan 2

Key areas of focus:

Maintain or progress on Lesson 1, new areas of focus: elbows, knees.

Category	Activities	Description
Warm Up	Neck movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Move head up to look to the ceiling and bring head down to look at the floor 2. Move head to one side, trying to touch your ear to your shoulder and bring back to midline; repeat on other side 3. Turn head to look over one shoulder and bring back to the middle; repeat with the other side
	Shoulder setting	Sitting upright on a chair: Circle shoulders in clockwise direction Circle shoulders in anti-clockwise direction Bring shoulder blades together and relax
	Rock the baby	Sitting upright on a chair: Support both elbows with hands as if carrying a baby; rock the baby from side to side.
	Trunk movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Cross arms in front of the chest, turn the torso to one side and bring back to the midline; repeat for the other side 2. Hands on thighs, slide palms to the knees and as far down the shins as able, return to upright position
	Seated stepping	Sitting upright on a chair: Alternate moving legs forwards and backwards touching heel down when leg is forward and toe down when it is backwards.
	Seated marching	Sitting upright on a chair: March feet up and down while sitting.
	Ankle circles	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Kick leg out; make circles with foot in clockwise direction, repeat with other foot 2. Kick leg out; make circles with leg in anti-clockwise direction; repeat with other foot

Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body; push forward with hands as far as able and bring wrists back towards the shoulders.
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees, take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs.
	Lateral arm raise	Sitting upright on a chair: Palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: Arms hanging by side, palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forwards with arms bent at the elbow and straighten the elbow behind the body.
	Seated knee extension	Sitting upright on a chair: With thigh supported on the seating surface, straighten the knee to lift heel off the ground.
	Seated heel raises	Sitting upright on a chair: With knees bent, lift the heels off the floor.
	Seated toe raises	Sitting upright on a chair: With knees bent, lift the toes off the floor.
	Attempt to stand	Shuffle bottom to the edge of the chair: Place feet flat on the ground. Lean forward; push down with arms and feet attempting to lift bottom off chair.
Balance	Balloon rebound	Sitting upright on a chair: Rebound a balloon with hands and ensure it stays up.
	Partner bean bag exchange	Sitting upright on a chair: Exchange the bean bag with a partner with hands from various directions and heights.
	Stacking cones	Sit upright on a chair: Away from the back rest, stack imaginary cones in front of the body.

	Pick and pass fruit	Sit upright on a chair: Away from the back rest, reach up to pick a fruit and pass it behind the body. Repeat with the other hand.
	Move ball in all directions	Sit upright on a chair: Away from the back rest, hold a ball with outstretched arms move it up and down, forwards, backwards and diagonally.
Flexibility	Neck side 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 side stretch 2	Sitting upright on a chair: Attempt to smell your armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on the arm rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Seated calf stretch	Sitting upright on a chair: With feet flat on the floor, gently take the foot backwards.

	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor; gently lean forwards to bring trunk towards the thigh.
	Seated figure 4 stretch	Sitting upright on a chair: Place one ankle on the opposite knee to make a figure of four, gently push down on the knee.
Partner Game	Kick the ball	Sitting upright on a chair: Kick the ball to a partner and receive.
	Seated tap	Sitting upright on a chair: Tap feet to a rhythm in seated position
	Hand tap	Sitting upright on a chair: Tap hands on the thigh to a rhythm

Beginner Lesson Plan 3

Key areas of focus:

Maintain or progress on Lesson 2, new areas of focus: wrists, ankles.

Category	Activities	Description
Warm Up	Neck movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Move head up to look to the ceiling and bring head down to look at the floor 2. Move head to one side, trying to touch your ear to your shoulder and bring back to midline; repeat on other side 3. Turn head to look over one shoulder and bring back to the middle; repeat with the other side
	Shoulder setting	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Circle shoulders in clockwise direction 2. Circle shoulders in anti-clockwise direction 3. Bring shoulder blades together and relax
	Rock the baby	Sitting upright on a chair: Support both elbows with hands as if carrying a baby; rock the baby from side to side.
	Punches	Sitting upright on a chair: Make fists with both hands and punch with alternate arms in the air in any direction.
	Wrist circles	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Circle wrists in clockwise direction 2. Circle wrists in anti-clockwise direction.
	Piano Fingers	Sitting upright on a chair: With palms facing down, move fingers as if playing a piano.
	Trunk movements	Sitting upright on a chair: <ol style="list-style-type: none"> 1. Cross arms in front of the chest; turn the torso to one side and bring back to the midline; repeat for the other side. 2. Hands on thighs, slide palms to the knees and as far down the shins as able; return to upright position.

	Seated stepping	Sitting upright on a chair: Alternate moving legs forwards and backwards touching heel down when the leg is forward and toe down when the leg is backwards.
	Seated marching	Sitting upright on a chair March feet up and down in sitting
	Ankle circles	Sitting upright on a chair: 1. Kick leg out; make circles with foot in clockwise direction, repeat with other foot 2. Kick leg out; make circles with leg in anti-clockwise direction, repeat with other foot
Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body; push forward with hands as far as able and bring wrists back towards the shoulders.
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs.
	Lateral arm raise	Sitting upright on a chair: Palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: With arms hanging by side and palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Wrist extension	Sitting upright on a chair: With forearms supported on armrests lift wrists up.
	Seated knee extension	Sitting upright on a chair: With thigh supported on the seating surface, straighten the knee to lift heel off the ground.
	Seated heel raises	Sitting upright on a chair: With knees bent, lift the heels off the floor.

	Seated toe raises	Sitting upright on a chair: With knees bent, lift the toes off the floor.
	Ankle inversion/ eversion	Sitting upright on a chair: With knees extended, turn the ankle in to allow sole to face inwards and then turn it out to allow sole to face outwards.
	Attempt to stand	Shuffle bottom to the front of the chair: Place feet flat on the ground. Lean forward; push down with arms and feet attempting to lift bottom off chair.
Balance	Balloon rebound	Sitting upright on a chair: Rebound a balloon with hands and ensure it stays up.
	Partner bean bag exchange	Sitting upright on a chair: Exchange the bean bag with a partner with hands from various directions and heights.
	Ribbon circles	Sitting upright on a chair: Make circles in the air with the ribbon.
	Roll ball under foot	Sit with the ball under the foot, roll the ball in various directions.
	Stacking cones	Sit upright on a chair: Away from the back rest, stack imaginary cones in front of the body.
	Pick and pass fruit	Sit upright on a chair: Away from the back rest, reach up to pick a piece of fruit and pass it behind the body. Repeat with the other hand.
	Move ball in all directions	Sit upright on a chair: Away from the back rest, hold a ball with outstretched hands and move it up and down, forwards, backwards and diagonally.
	Balance ball on palm and back of hand	Sitting upright on a chair balance a ball on the back of hand and palm.
Flexibility	Neck side 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 side stretch 2	Sitting upright on a chair: Place a hand at the back of the head attempt to smell your armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on the arms rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Seated calf stretch	Sitting upright on a chair: With feet flat on the floor, gently take the foot backwards
	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor. Gently lean forwards to bring trunk towards the thigh.
	Seated figure 4 stretch	Sitting upright on a chair: Place one ankle the opposite knee to make a figure of four, gently push down on the knee.
Partner Game	Bounce and throw ball	Sitting upright on a chair: Throw and bounce ball sequence with partner.
	Seated salsa	Sitting upright on a chair: Move feet to a salsa sequence with partner.

	Hand clapping games	Sitting upright on a chair: Hand clapping games with partner.
--	---------------------	--

Beginner Lesson Plan 4-6

Key areas of focus:

Maintain or progress on intensity of the exercises.

Category	Activities	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
This must be done gradually over the 3 lesson plans	Shoulder setting	Sitting upright on a chair: 1. Circle shoulders in clockwise direction 2. Circle shoulders in anti-clockwise direction 3. Bring shoulder blades together and relax
	Rock the baby	Sitting upright on a chair: Support both elbows with hands as if carrying a baby; rock the baby from side to side.
	Punches	Sitting upright on a chair: Make fists with both hands and punch with alternate arms in the air in any direction.
	Hula arms	Sitting upright on a chair: Do the Hula dance movements from one side of the body to the other
	Piano Fingers	Sitting upright on a chair: With palms facing down, move fingers as if playing a piano.
	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
	Seated stepping	Sitting upright on a chair: Alternate moving legs forwards and backwards touching heel down when leg forward and toe down when backwards
	Seated marching	Sitting upright on a chair March feet up and down in sitting

	Ankle alphabet	Sitting upright on a chair: Kick leg out; write letters of the alphabet with foot, repeat with the other foot
Strengthening Consider increasing repetition, addition of a small weight or increasing speed of the movement. Also consider decreasing the rest between sets	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body; push forward with hands as far as able and bring wrists back towards the shoulders.
This must be done gradually over the 3 lesson plans	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs.
	Lateral arm raise	Sitting upright on a chair: Palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: With arms hanging by side and palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Wrist extension	Sitting upright on a chair: With arms supported on armrests lift wrists up.
	Seated knee extension	Sitting upright on a chair: With thigh supported on the seating surface, straighten the knee to lift heel off the ground.
	Seated heel raises	Sitting upright on a chair: With knees bent, lift the heels off the floor.
	Seated toe raises	Sitting upright on a chair: With knees bent, lift the toes off the floor.

	Ankle inversion/ eversion	Sitting upright on a chair: With knees extended, turn the ankle in to allow sole to face inwards and then turn it out to allow sole to face outwards.
Consider lowering the height of the chair or reducing the use of the arms in standing up	Sit to Stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor, use arms to push to stand.
Balance Consider sitting on the edge, lifting one foot off the ground or sitting on an uneven soft surface	Balloon rebound	Sitting upright on a chair: Rebound a balloon with hands and ensure it stays up.
This must be done gradually over the 3 lesson plans	Partner bean bag exchange	Sitting upright on a chair: Exchange the bean bag with a partner with hands from various directions and heights.
	Ribbon circles	Sitting upright on a chair: Make circles in the air with the ribbon.
	Roll ball under foot	Sit with the ball under the foot, roll the ball in various directions.
	Stacking cones	Sit upright on a chair: Away from the back rest, stack imaginary cones in front of the body.
	Pick and pass fruit	Sit upright on a chair: Away from the back rest, reach up to pick a fruit and pass it behind the body. Repeat with the other hand
	Move ball in all directions	Sit upright on a chair: Away from the back rest, hold a ball with outstretched arms move it up and down, forwards, backwards and diagonally.
Consider moving neck, trunk or other hand	Balance ball on palm and back of hand	Sitting upright on a chair balance a ball on the back of hand and palm.

	Have a Cuppa	Sit upright on a chair: Away from the back rest, offer a cup of water (empty or full cup) to the person on the right and then on the left
Flexibility (Consider increasing the time of the stretch or the range of movement)	Neck side 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 side stretch 2	Sitting upright in the chair: Put one hand behind the head attempt to smell the armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able, hold the arm rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand
	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Seated calf stretch	Sitting upright on a chair: With feet flat on the floor, gently take the foot backwards.
	Seated hamstring	Sitting on the edge of the chair:

	stretch	Straighten the knee and put the heel on the floor; gently lean forwards to bring trunk towards the thigh.
	Seated figure 4 stretch	Sitting upright on a chair: Place one ankle on the opposite knee to make a figure of four, gently push down on the knee.
Partner Game	Macarena	Sitting upright on a chair: Move the arms to Macarena movements while sitting.
	Seated Nutbush	Sitting upright on a chair: Move feet to Nutbush dance while sitting.
	Hot potatoes in standing	Standing upright: Pass a ball to other participants as if it was a hot potato.
	Bounce and throw ball in standing	Standing upright: Throw and bounce ball sequence with partner.

Beginner Lesson Plan 7

Key areas of focus:

Maintain or progress on intensity of the exercise by changing the position.

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 anti-clockwise direction 3. Bring shoulder blades together and relax
	Rock the baby	Sitting upright on a chair: Support both elbows with hands as if carrying a baby; rock the baby from side to side.
	Punches	Sitting upright on a chair: Make fists with both hands and punch with alternate arms in the air in any direction.
	Hula arms	Sitting upright on a chair: Do the Hula dance movements from one side of the body to the other
	Piano Fingers	Sitting upright on a chair: With palms facing down, move fingers as if playing a piano.
	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
	Seated stepping	Sitting upright on a chair: Alternate moving legs forwards and backwards touching heel down when the leg is forward and toe down when the leg is backwards.
	Seated marching	Sitting upright on a chair March feet up and down in sitting
	Ankle alphabet	Sitting upright on a chair: Kick leg out; write letters of the alphabet with foot, repeat with the other foot

Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body, push forward with hands as far as able and bring wrists back towards the shoulders
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs.
	Lateral arm raise	Sitting upright on a chair: With palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: With arms hanging by side and palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Wrist extension	Sitting upright on a chair: With arms supported on armrests, lift wrists up.
	Sit to Stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor, use arms to push to stand.
	Heel raises	Stand holding onto a beam/chair/wall: Raise heels off the floor.
Balance	Balloon rebound	Standing next to a beam/chair/wall: Rebound a balloon with hands and ensure it stays up.
	Partner bean bag exchange	Sit upright with no back rest: Exchange the bean bag with a partner with hands from various directions and heights.
	Ribbon circles	Standing next to a beam/chair/wall, holding on if needed: Make circles in the air with the ribbon.
	Roll ball under foot	Sit upright with no back rest with the ball under the foot, roll the ball in various directions.

	Stacking cones	Sit upright with no back rest: Stack cones on a table/box in front of the body.
	Pick and pass fruit	Sit upright with no back rest: Reach up to pick a piece of fruit and pass it in various directions.
	Move ball in various directions	Sit upright with no back rest: Hold a ball with outstretched hands and move it up and down, forwards, backwards and diagonally.
	Balance ball on palm and back of hand	Sit upright with no back rest: Balance a ball on the back of hand and palm.
	Pick up	Sit on a stool with no back rest: Bend forward to pick up a rhythmic stick or ribbon from the floor.
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance	Stand on a firm surface next to a beam/chair/wall: Stand with feet apart without holding onto beam/chair/wall; try to balance.
Flexibility	Neck side 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 side stretch 2	Sitting upright on a chair: Place a hand at the back of the head attempt to smell your armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on the arms rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.

	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Standing calf stretch	Stand holding onto a beam/chair/wall: Place one foot further behind and lean forwards while maintaining the heel on the ground.
	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor. Gently lean forwards to bring trunk towards the thigh.
	Seated figure 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.
Partner Game	Hot potatoes in standing	Standing upright: Pass a ball to other participants as if it was a hot potato.
	Bounce and throw ball in standing	Standing upright: Throw and bounce ball sequence with partner.
	Walking forwards	Walk forwards holding onto a beam/chair/wall.
	Walking sideways	Walk sideways holding onto beam/chair/wall.

Beginner Lesson Plan 8

Key areas of focus:

Maintain or progress on intensity of the exercise by changing the position.

Category	Activities	Description
Warm Up	Neck movements	<p>Standing next to beam/chair/wall, holding on if needed:</p> <ol style="list-style-type: none"> 1. Move head up to look to the ceiling and bring head down to look at the floor 2. Move head to one side, trying to touch your ear to your shoulder and bring back to midline; repeat on other side 3. Turn head to look over one shoulder and bring back to the middle; repeat with the other side
	Shoulder setting	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <ol style="list-style-type: none"> 1. Circle shoulders in clockwise direction 2. Circle shoulders in anti-clockwise direction 3. Bring shoulder blades together and relax
	Rock the baby	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>Support both elbows with hands as if carrying a baby; rock the baby from side to side.</p>
	Punches	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>Make fists with both hands and punch with alternate arms in the air in any direction.</p>
	Wrist circles	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> 1. Circle wrists in clockwise direction 2. Circle wrists in anti-clockwise direction
	Piano Fingers	<p>Sitting upright on a chair:</p> <p>With palms facing down, move fingers as if playing a piano.</p>
	Trunk warm up	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> 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

	Marching on the spot	Standing next to a beam/chair/wall, holding on if needed: March alternate feet up and down
	Ankle Alphabet	Sitting upright on a chair: Kick leg out; write your name with the foot, repeat with the other foot
Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body, push forward with hands as far as able and bring wrists back towards the shoulders.
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs
	Lateral arm raise	Sitting upright on a chair: With palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: With arms hanging by side and palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Wrist extension	Sitting upright on a chair: With arms outstretched, lift wrists up.
	Sit to Stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor, use arms to push to stand.
	Heel raises	Stand holding onto a beam/chair/wall; raise heels off the floor.
	Marching on the spot	Stand holding onto a beam/chair/wall; march on the spot.

	Hip abduction	Stand holding onto a beam/chair/wall; take leg out to the side and bring back to the middle.
Balance	Balloon rebound	Standing next to a beam/chair/wall: Rebound a balloon with hands and ensure it stays up.
	Ribbon circles	Standing next to a beam/chair/wall, holding on if needed: Make circles in the air with the ribbon
	Roll ball under foot	Sit with the ball under the foot, roll the ball in various directions.
	Step taps	Standing next a beam/chair/wall, holding on if needed: Tap feet onto to dots on the floor.
	Move ball in various directions	Standing next a beam/chair/wall, holding on if needed: Hold a ball with outstretched hands and move it up and down, forwards, backwards and diagonally.
(Consider reducing the distance between feet to challenge balance)	Standing balance	Stand on a firm surface next to a beam/chair/wall with feet apart; without holding on, try to balance.
(Consider reducing the distance between feet to challenge balance)	Standing balance on uneven surface	Standing on a soft surface (e.g. foam) with feet apart; without holding on, try to balance
(Consider reducing the distance between feet to challenge balance)	Standing balance with eyes closed	Standing on a firm surface with feet apart, attempt to close eyes and balance
Flexibility	Neck side 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 side stretch 2	Sitting upright on a chair: Place a hand at the back of the head attempt to smell your armpits.
	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.

	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on the arms rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Standing calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forwards while maintaining the heel on the ground.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock
	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor; gently lean forwards to bring trunk towards the thigh.
	Seated figure 4 stretch	Sitting upright on a chair: Place one ankle the opposite knee to make a figure of four, gently push down on the knee.
Partner Game	Hot potatoes in standing	Standing upright: Pass a ball to other participants as if it was a hot potato.
	Bounce and throw ball in standing	Standing upright: Throw and bounce ball sequence with partner.
	Walking forwards	Walk forwards holding onto beam/chair/walls.
	Walking sideways	Walk sideways holding onto beam/chair/walls.

	Walking backwards	Walk backwards holding onto beam/chair/walls
--	-------------------	--

Beginner Lesson Plan 9-10

Key areas of focus:

Maintain or progress on intensity of the exercise by changing the position.

Category	Activities	Description
Warm Up	Neck movements	<p>Standing next to beam/chair/wall, holding on if needed:</p> <ol style="list-style-type: none"> 1. Move head up to look to the ceiling and bring head down to look at the floor 2. Move head to one side, trying to touch your ear to your shoulder and bring back to midline; repeat on other side 3. Turn head to look over one shoulder and bring back to the middle; repeat with the other side
	Shoulder setting	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <ol style="list-style-type: none"> 1. Circle shoulders in clockwise direction 2. Circle shoulders in anti-clockwise direction 3. Bring shoulder blades together and relax
	Rock the baby	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>Support both elbows with hands as if carrying a baby; rock the baby from side to side.</p>
	Punches	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>Make fists with both hands and punch with alternate arms in the air in any direction.</p>
	Wrist circles	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <ol style="list-style-type: none"> 1. Circle wrists in clockwise direction 2. Circle wrists in anti-clockwise direction
	Piano Fingers	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>With palms facing down, move fingers as if playing a piano.</p>
	Trunk warm up	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> 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
	Marching on the spot	Standing next to a beam/chair/wall, holding on if needed: March alternate feet up and down
	Ankle Alphabet	Sitting upright on a chair: Kick leg out; write your name with the foot, repeat with the other foot
Strengthening	Shoulder protraction/retraction	Sitting upright on a chair: Stretch arms out at 90 degrees to the body, push forward with hands as far as able and bring wrists back towards the shoulders.
	Pectoral drill	Sitting upright on a chair: Raise arms to 90 degrees in front of the body and bend elbows to 90 degrees; take forearms away from each other with upper arms parallel to the ground.
	Front arm raise	Sitting upright on a chair: Raise straight arms in front of the body leading with the thumbs
	Lateral arm raise	Sitting upright on a chair: With palms facing forward, raise arms to the side of the body leading with the thumbs.
	Bicep curls	Sitting upright on a chair: With arms hanging by side and palm facing forwards, bend the elbow.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Wrist extension	Sitting upright on a chair: With arms outstretched, lift wrists up.
	Sit to Stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor, use arms to push to stand.
	Heel raises	Stand holding onto a beam/chair/wall; raise heels off the floor.

	Marching on the spot	Stand holding onto a beam/chair/wall; march on the spot.
	Hip abduction	Stand holding onto a beam/chair/wall; take leg out to the side and bring back to the middle.
	Hip extension	Stand holding on to a beam/chair/wall; kick leg backwards and bring back to the middle.
	Knee flexion	Stand holding on to a beam/chair/wall: bend knee backwards to kick buttock.
Balance	Balloon rebound	Standing next to a beam/chair/wall: Rebound a balloon with hands and ensure it stays up.
	Ribbon circles	Standing next to a beam/chair/wall, holding on if needed: Make circles in the air with the ribbon
	Roll ball under foot	Sit with the ball under the foot, roll the ball in various directions.
	Step taps	Standing next a beam/chair/wall, holding on if needed: Tap feet onto to dots on the floor.
	Move ball in various directions	Standing next a beam/chair/wall, holding on if needed: Hold a ball with outstretched hands and move it up and down, forwards, backwards and diagonally.
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance	Stand on a firm surface next to a beam/chair/wall with feet apart; without holding on, try to balance.
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance on uneven surface	Standing on a soft surface (e.g. foam) with feet apart; without holding on, try to balance
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance with eyes closed	Standing on a firm surface with feet apart, attempt to close eyes and balance
Flexibility	Neck side 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 side stretch 2	Sitting upright on a chair: Place a hand at the back of the head attempt to smell your armpits.

	Hug stretch	Sitting upright on a chair: Cross arms in front of the body and try to reach the fingers as far as possible on the shoulder blades.
	Seated side trunk stretch	Sitting upright on a chair: Turn trunk to look behind as far as able; hold on the arms rests to assist.
	Seated pectoral stretch	Sitting upright on a chair: 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 forearm gently backwards.
	Biceps stretch	Sitting upright on a chair: Take the outstretched hand behind the body gently.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Forearm stretch	Sitting upright on a chair: Join the palms hands together and gently push the hands down while keeping palms together
	Forearm stretch 2	Sitting upright on a chair: Join the back of the hands together and gently push the elbows down while keeping the back of the hands together
	Standing calf stretch	Stand holding on to a beam/chair/wall: Place one foot further behind and lean forwards while maintaining the heel on the ground.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttock
	Seated hamstring stretch	Sitting on the edge of the chair: Straighten the knee and put the heel on the floor; gently lean forwards to bring trunk towards the thigh.
	Hip Adductor stretch	Standing holding on to beam/chair/wall: Move feet as far apart as possible, gently lunge to one side.
	Seated figure 4 stretch	Sitting upright on a chair: Place one ankle the opposite knee to make a figure of four, gently push down on the knee.

Partner Game	Hot potatoes in standing	Standing next to a beam/chair/wall, holding on if needed: Pass a ball to other participants as if it was a hot potato.
	Bounce and throw ball in standing	Standing next to a beam/chair/wall, holding on if needed: Throw and bounce ball sequence with partner.
	Kick the ball in standing	Standing next to a beam/chair/wall, holding on if needed Kick the ball towards a partner
	Take a bow	Standing next to a beam/chair/wall, holding on if needed: Lean forwards to take a bow.
	Walking forwards	Walk forwards holding on to beam/chair/walls.
	Walking sideways	Walk sideways holding on to beam/chair/walls.
	Walking backwards	Walk backwards holding onto beam/chair/walls