



# Intermediate Lesson Plans

Endorsed by:



AUSTRALIAN  
PHYSIOTHERAPY  
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## Intermediate Lesson Plan 1

Key areas of focus:

Upper extremity exercises in sitting and lower extremity exercises in standing with upper limb support and standing balance training

Category	Activities	Description
Warm Up	Neck movements	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> <li>1. Move head up to look to the ceiling and bring head down to look at the floor.</li> <li>2. Move head to one side, trying to touch your ear to the shoulder and bring back to midline; repeat on the other side.</li> <li>3. Turn head to look over one shoulder and bring back to the middle; repeat on the other side.</li> </ol>
	Shoulder setting	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> <li>1. Circle shoulders in clockwise direction.</li> <li>2. Circle shoulders in anticlockwise direction.</li> <li>3. Bring shoulder blades together and relax.</li> </ol>
	Macarena	<p>Standing next to a beam/chair/wall:</p> <p>Move the arms to Macarena movements (arms only)</p>
	March on the spot	<p>Standing next to a beam/chair/wall, holding on if needed:</p> <p>March on the spot.</p>
	Walking forwards	<p>Walk forward next to a beam/chair/wall holding on if needed</p>
	Trunk warm up	<p>Sitting upright on a chair:</p> <ol style="list-style-type: none"> <li>1. Turn the body to look behind</li> <li>2. Bend down to reach the shoes</li> <li>3. Bend the trunk sideways to pick something from the side of the chair</li> </ol>
Strengthening	Shoulder protraction retraction	<p>Sitting upright on a chair:</p> <p>Stretch arms out at 90 degrees to the body; push forward with hands as far as able and bring wrists back towards the shoulders.</p>
	Front arm raise	<p>Sitting upright on a chair:</p> <p>Raise straight arms in front of the body leading with the thumbs.</p>

	Lateral arm raise	Sitting upright on a chair: Palms facing forward, raise arms to the side of the body leading with the thumbs.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at the elbow and straighten the elbow behind the body.
	Bicep curls	Sitting upright on a chair: With arms hanging by side, palm facing forwards, bend the elbows.
	Sit to stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor, use arms to push to stand.
	Knee Flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttock.
Balance	Ball bounce	Sitting upright on a chair: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, holding on if needed: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, holding on if needed Tap feet onto dots on the floor.
	Turn on the spot	Stand between beam/chair/walls, holding on if needed: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand between beam/chair/walls, holding on if needed: Walk on a straight line drawn on the floor.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
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 the armpit.
	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.
	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)
	Biceps stretch	Sitting upright on a chair: Gently take the outstretched hands behind the body.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Hamstring stretch	Sitting on the edge of the chair: Straighten the knees and put the heels on the floor. Gently lean forwards to bring the trunk towards the thigh.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttocks.
	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	Passing the parcel	Standing next to a beam/chair/walls, 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
	Tap dance	Standing next to a beam/chair/wall, holding on

		if needed: Tap feet to a choreographed routine.
	Walking sideways	Walk sideways next to a beam/chair/wall, holding on if needed:

## Intermediate Lesson Plan 2

Key areas of focus:

Upper extremity exercises in sitting and lower extremity exercises in standing with upper limb support, static and dynamic standing 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.
	Macarena	Standing next to a beam/chair/wall:  Move the arms to Macarena movements (arms only)
	Wrist circles	Sitting upright on a chair: With outstretched hands, circle wrists in clockwise and anticlockwise directions.
	March on the spot	Standing next to a beam/chair/wall, holding on if needed:  March on the spot,
	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 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	Wall push ups	Standing facing a wall: Place both hands on the wall at shoulder level; lean forward towards the wall and push off from the wall.
	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.
	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.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body; repeat with the other side.
	Bicep curls	Sitting upright on a chair: Arms hanging by side, palm facing forwards, bend the elbows.
	Wrist extension	Sitting upright on a chair: Arms supported on arm-rests lift wrists up.
	Sit to stand	Shuffle bottom to the edge of the chair and sit with feet flat on the floor; use arms to push to stand.
	Hip abduction	Standing holding on to a beam/chair/wall: Lift leg out to the side and bring back; repeat with the other side.
	Knee Flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttock, repeat with the other side.
	Heel raises	Stand holding on to a beam/chair/wall: Lift both heels off the ground and lower down.
Balance	Ball bounce	Sitting upright on a chair: Bounce a ball on the floor/wall and catch.

	Figure of eight	Standing next to a beam/chair/wall, holding on if needed: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, holding on if needed Tap feet onto dots on the floor.
	Turn on the spot	Stand between beam/chair/walls, holding on if needed: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand between beam/chair/walls, holding on if needed: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, holding on if needed: Hold the hoop upright and spin it on the floor; catch with the same hand.
	Throw and catch ball from hand to hand	Sitting upright on a chair: Catch a ball thrown from hand to hand.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance with upper limb movements	Standing on a firm surface with feet part next to a beam/chair/wall without holding on: Move hands in various directions and try to balance.
	Step ups	Standing on a firm surface next to a beam/chair/walls without holding on: Place a small step in front of you; tap feet on the step one by one.
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: Place a hand at the back of the head attempt to smell the armpit
	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	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.
	Side trunk stretch	Standing next to a beam/chair/wall, holding on if needed: Bend trunk to one side, add extra stretch by moving opposite arm above head (Merv Hughes)
	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.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick the buttocks.
	Standing 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.
	Biceps stretch	Sitting upright on a chair: Gently take the outstretched hand behind the body.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Sitting upright on a chair: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Sitting upright on a chair: Join both palms together; push the heel of the hands down.

	Forearm stretch 2	Sitting upright on a chair: Join the back of both hands; gently push elbows down.
Partner Game	Passing the parcel	Sitting upright on a chair: Pass the parcel to the person next to you.
	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,
	Tap dance	Standing next to a beam/chair/wall, holding on if needed: Tap feet to a choreographed routine.
	Walking sideways	Walk sideways next to a beam/chair/wall, holding on if needed:
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed:

## Intermediate Lesson Plan 3

Key areas of focus:

Upper extremity and lower extremity exercises in standing with upper limb support.

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.
	Macarena	Standing next to a beam/chair/wall: Move the arms to Macarena movements (arms only)
	Wrist circles	Standing next to a beam/chair/wall: With outstretched hand, circle wrists in clockwise and anticlockwise directions.
	March on the spot	Standing next to a beam/chair/wall, holding on if needed: March on the spot.
	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 forwards next to a beam/chair/walls holding on if needed.
	Walking sideways	Walk sideways next to a beam/chair/walls, holding on if required.
	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	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.

	Horizontal shoulder adductor	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.
	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.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Bicep curls	Sitting upright on a chair: With arms hanging by the side and palm facing forwards, bend the elbows.
	Forearm pronation supination	Sitting upright on a chair: 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 armrests lift wrists up.
	Sit to stand	Shuffle bottom to the edge of the chair and sit with feet flat on the floor; use arms to push to stand,
	Hip abduction	Standing holding on to a beam/chair/wall: Lift leg out to the side and bring back; repeat with the other side.
	Hip extension	Standing holding on to a beam/chair/wall: Lift straight leg behind the body and bring back; repeat with other side.
	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks; repeat with other side.
	Heel raises	Stand holding on to a beam/chair/wall: Lift both heels off the ground and lower down.
	Toe raises	Stand holding on to a beam/chair/wall: Lift both toes off the ground and lower down.

Balance	Ball bounce	Sitting upright on a chair: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, without holding on: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Turn on the spot	Stand between beam/chair/walls, holding on if needed: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand between beam/chair/walls, holding on if needed: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, holding on if needed: Hold the hoop upright and spin it on the floor; catch with the same hand.
	Throw and catch ball from hand to hand	Sitting upright on a chair: Catch a ball thrown from hand to hand
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance with upper limb movements	Standing on a firm surface with feet part next to a beam/chair/wall without holding on: Move hands in various directions and try to balance.
	Step ups	Standing on a firm surface next to a beam/chair/wall without holding on: Place a small step in front; tap feet on the step one by one

	Pick up object from floor	Standing on a firm surface next to a beam/chair/wall 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: Place a hand at the back of the head attempt to smell the armpit
	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	Sitting upright on a chair: 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 forearm gently backwards.
	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)
	Hip abductor stretch	Stand with feet wide apart, holding onto a beam/chair/wall; 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.
	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.
	Standing quads stretch	Stand holding on to a beam/chair/wall: Bend the knee behind the body to kick buttocks.
	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.
	Biceps stretch	Sitting upright on a chair: Gently take the outstretched hand behind the body.



	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Sitting upright on a chair: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Sitting upright on a chair: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Sitting upright on a chair: Join the back of both hands; gently push elbows down.
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,
	Hockey-pokey	Standing in a circle, do the hokey pokey.
	Kick ball in sitting	Sitting upright on a chair: Kick ball to partner.
	Walking backwards	Walk backwards next to a beam/chair/wall, holding on if needed:

## Intermediate 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	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
	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.
	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 forwards	Walk forward next to a beam/chair/walls, holding on if needed.
	Walking sideways	Walk sideways next to a beam/chair/walls, holding on if required.
	Walking backwards	Walk backwards next to a beam/chair/walls, 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 <i>Consider increasing repetition, addition of a small weight or increasing speed of the movement or decreasing the rest between sets</i>	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.
	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.
	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.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at elbow and straighten the elbow behind the body.
	Bicep curls	Sitting upright on a chair: With arms hanging by the side, palm facing forwards, bend the elbows.
	Forearm pronation supination	Sitting upright on a chair: 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 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.
	Hip abduction	Standing holding on to a beam/chair/wall: Lift leg out to the side and bring back; repeat with the other side.
	Hip extension	Standing holding on to a beam/chair/wall: Lift straight leg behind the body and bring back; repeat with other side.

	Knee flexion	Standing holding on to a beam/chair/wall: Bend knee backwards to kick buttocks; repeat with other side.
	Heel raises	Stand holding on to a beam/chair/wall: Lift both heels off the ground and lower down.
	Toe raises	Stand holding on to a beam/chair/wall: Lift both toes off the ground and lower down.
Balance <i>Consider decreasing the base of support, increasing the speed or range of limb movements or addition of a cognitive task</i>	Ball bounce	Standing next to a beam/chair/wall, without holding on: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, without holding on: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Turn on the spot	Stand between beam/chair/walls, without holding on: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand between beam/chair/walls, without holding on: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, without holding on: Hold the hoop upright and spin it on the floor; catch with the same hand.
<i>(Consider moving arms further away from the body)</i>	Throw and catch ball from hand to hand	Standing next to a beam/chair/wall, without holding on: Catch a ball thrown from hand to hand.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet)</i>	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

<i>to challenge balance)</i>		
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance with upper limb movements	Standing on a firm surface with feet part next to a beam/chair/wall without holding on: Move hands in various directions and try to balance.
	Step ups	Standing on a firm surface next to a beam/chair/wall without holding on: Place a small step in front; tap feet on the step one by one,
	Pick up object from floor	Standing next to a beam/chair/walls without holding on: Pick an object up from the floor.
Flexibility <i>Consider increasing the time of the stretch or the range of movement</i>	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: Place a hand at the back of the head attempt to smell the armpit
	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	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.
	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)
	Hip abductor stretch	Standing holding onto 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,

	Hamstring stretch	Sitting on the edge of the chair: Straighten the knees and put the heels on the floor; gently lean forward to bring trunk towards the thigh.
	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.
	Biceps stretch	Sitting upright on a chair: Gently take the outstretched hand behind the body.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Sitting upright on a chair: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Sitting upright on a chair: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	sitting upright on a chair: Join the back of both hands; gently push elbows down.
Partner Game <i>Consider increasing speed or addition of a cognitive task</i>	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,
	Hockey-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.
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## Intermediate Lesson Plan 7

Key areas of focus:

Maintain or progress the intensity of the exercise program by changing exercises into functional body weight exercises.

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,
	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/walls, holding on if needed.
	Walking sideways	Walk sideways next to a beam/chair/walls, holding on if required.
	Walking backwards	Walk backwards next to a beam/chair/walls, 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	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.
	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.
	Pull Down	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.
	Front arm raise	Standing next to a beam/chair/wall: Raise straight arms in front of the body, leading with the thumbs.
	Lateral arm raise	Standing next to a beam/chair/wall: Palms facing forward, raise arms to the side of the body, leading with the thumbs.
	Triceps extension	Sitting upright on a chair: Lean forward with arms bent at the elbow and straighten the elbow behind the body.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by the side and palms facing forwards, bend the elbow.
	Forearm pronation supination	Sitting upright on a chair: 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 armrests lift wrists up.
	Sit to stand	Shuffle bottom to the edge of the chair: Sit with feet flat on the floor; stand up without using arms
	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.
	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.

	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks; repeat with the other side.
	Heel raises	Stand holding on to a beam/chair/wall: Lift both heels off the ground and lower down.
	Toe raises	Stand holding on to a beam/chair/wall: Lift both toes off the ground and lower down.
Balance	Ball bounce	Standing next to a beam/chair/wall, without holding on: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, without holding on: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Turn on the spot	Stand next to beam/chair/walls, without holding on: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand next to beam/chair/walls, without holding on: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, without holding on: Hold the hoop upright and spin it on the floor; catch with the same hand.
	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	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

<i>(Consider reducing the distance between feet to challenge balance)</i>	Standing balance with upper limb movements	Standing on a firm surface with feet part next to a beam/chair/wall without holding on: Move hands in various directions and try to balance.
	Step ups	Standing between beam/chair/walls, without holding on: Place a small step in front; tap feet on the step one by one.
	Stepping over	Standing next to a beam/chair/wall without holding on: Step over a small object.
	Pick up object from floor	Standing next to a 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: Place a hand at the back of the head attempt to smell the armpit
	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	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.
	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)
	Hip adductor stretch	Standing holding onto 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.
	Hamstring stretch	Sitting on the edge of the chair: Straighten the knees and put the heels on the floor. Gently lean forward to bring trunk towards the

		thigh.
	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 forwards while maintaining the heel on the ground.
	Biceps stretch	Sitting upright on a chair: Gently take the outstretched hand behind the body.
	Triceps stretch	Sitting upright on a chair: Bend the elbow and lift the bent arm over head with the other hand.
	Triceps stretch 2	Sitting upright on a chair: Bring one arm across the body; gently push the back of the arm with the other hand.
	Forearm stretch	Sitting upright on a chair: Join both palms together; push the heel of the hands down.
	Forearm stretch 2	Sitting upright on a chair: Join the back of both hands; gently push elbows down,
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,
	Hockey-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	<p>Standing next to a beam/chair/wall</p> <p>Complete a cheer drill with hands.</p>
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## Intermediate Lesson Plan 8

Key areas of focus:

Maintain or progress the intensity of the exercise program by changing exercises into functional body weight exercises.

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,
	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 forwards in beam/chair/walls, holding on if needed.
	Walking sideways	Walk sideways in beam/chair/walls, holding on if required.
	Walking backwards	Walk backwards next to a beam/chair/walls, 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	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.
	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.
	Pull down	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.
	Front arm raise	Standing next to a beam/chair/wall: Raise straight arms in front of the body, leading with the thumbs.
	Lateral arm raise	Standing next to a beam/chair/wall: With palms facing forward, raise arms to the side of the body, leading with the thumbs.
	Triceps extension	Standing holding on to a beam/chair/wall: Lean forward with arms bent at the elbow and straighten the elbow behind the body.
	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.
	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; Stand up without using arms
	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.
	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.

	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks; repeat with the other side.
	Single leg heel raises	Stand holding on to a beam/chair/wall: Lift both heels off the ground and lower down,
	Toe raises	Stand holding on to a beam/chair/wall: Lift both toes off the ground and lower down,
Balance	Ball bounce	Standing next to a beam/chair/wall, without holding on: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, without holding on: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Turn on the spot	Stand next to beam/chair/walls, without holding on: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand next to beam/chair/walls, without holding on: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, without holding on: Hold the hoop upright and spin it on the floor; catch with the same hand.
	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet)</i>	Standing balance with upper limb movements	Standing on a firm surface with feet apart next to a beam/chair/wall without holding on:



<i>to challenge balance)</i>		Move hands in various directions and try to balance
<i>(Consider reducing the distance between feet to challenge balance)</i>	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 next to a beam/chair/wall without holding on: Step over a small object.
	Pick up object from floor	Standing next to a beam/chair/walls, without holding on: Pick an object up from the floor.
	Obstacle course	Walking around the room on 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: Place a hand at the back of the head attempt to smell the armpit.
	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 o 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 forearm gently backwards.
	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)
	Hip adductor stretch	Standing holding onto 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;

	Hamstring stretch	Sitting on the edge of the chair: Straighten the knees and put the heels on the floor; gently lean forward to bring trunk towards the thigh.
	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.
	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.
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,
	Hockey-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.

## Intermediate Lesson Plan 9-10

Key areas of focus:

Maintain or progress the intensity of the exercise program by changing exercises into functional body weight exercises.

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,
	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 in beam/chair/walls, holding on if needed.
	Walking sideways	Walk sideways in beam/chair/walls, holding on if required.
	Walking backwards	Walk backwards next to a beam/chair/walls, 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	Half push ups	Lying on the floor Place both hands at shoulder level; push off from the floor onto wrists and knees.
	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.
	Pull down	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.
	Front arm raise	Standing next to a beam/chair/wall: Raise straight arms in front of the body leading, with the thumbs.
	Lateral arm raise	Standing next to a beam/chair/wall: With palms facing forward, raise arms to the side of the body, leading with the thumbs.
	Lift off	Sitting upright on a chair: With both feet off the ground, push both arms down on armrests to lift body off the chair.
	Bicep curls	Standing next to a beam/chair/wall: With arms hanging by the side and palm facing forward, bend the elbows.
	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 armrests lift wrists up.
	Step stance sit to stand	Shuffle bottom to the edge of the chair: Sit with feet flat and in step stance; stand up without using arms; change feet and repeat.
	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.
	Min 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.

	Sideways step up	Standing next to a beam/chair/wall, holding on if needed: Step up sideways on a small step and step down.
	Knee flexion	Stand holding on to a beam/chair/wall: Bend knee backwards to kick buttocks; repeat with the other side.
	Single leg heel raises	Stand holding on to a beam/chair/wall: 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.
Balance	Ball bounce	Standing next to a beam/chair/wall, without holding on: Bounce a ball on the floor/wall and catch.
	Figure of eight	Standing next to a beam/chair/wall, without holding on: Make a figure of eight in the air with ribbons
	Step taps	Standing next to on to a beam/chair/wall, without holding on Tap feet onto dots on the floor.
	Turn on the spot	Stand next to beam/chair/walls, without holding on: Turn on the spot by moving feet like the hands of a clock.
	Walk the line	Stand next to beam/chair/walls, without holding on: Walk on a straight line drawn on the floor.
	Hoop spin	Standing next to a beam/chair/wall, without holding on: Hold the hoop upright and spin it on the floor; catch with the same hand.
	Throw and catch ball from hand to hand	Standing between beam/chair/walls: Catch a ball from hand to hand.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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.
<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	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

<i>(Consider reducing the distance between feet to challenge balance)</i>	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
<i>(Consider reducing the distance between feet to challenge balance)</i>	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 next to a beam/chair/wall without holding on: Step over a small object.
	Pick up object from floor	Standing next to a beam/chair/walls, without holding on: Pick an object up from the floor.
	Obstacle course	Walking around the room on an obstacle course.
	Sideways step taps	Standing between beam/chair/walls: Tap feet sideways on to a small step; repeat on the other side.
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: Place a hand at the back of the head attempt to smell the armpit.
	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 forearm gently backwards.
	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)

	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.
	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 the 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.
	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 heels of the hands down.
	Forearm stretch 2	Standing between beam/chair/walls: Join the back of both hands; gently push elbows down.
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,
	Hockey-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, add foot work.