

Week 1

Physical Activity Plan	Monday	Tuesday	Wednesday	Thursday	Friday
<p>CALMING ACTIVITIES Children will balance using one and two feet on 3 out of 5 occasions on a weekly basis.</p> <p>Children will use an upright trunk position on 3 out of 5 occasions on a weekly basis.</p>	<p><i>Oral Motor Muscle Relaxation</i> Bubble/Balloon Blowing Child blows bubbles and/or balloons</p>				
<p>ALERTING ACTIVITIES Children will move quickly and accurately within a simple obstacle course on 2 out of 3 occasions on a weekly basis</p>	 <p>Therapy Ball Body Arches</p>	<p>Stretch and Tug</p> 	<p>Hopskotch</p> 		
<p>BILATERAL CO-ORDINATION Children will use both sides of their body at the same time on 3 out of 5 occasions on a weekly basis.</p> <p>Children will co-ordinate their body movements in response to what he sees on 3 out of 5 occasions.</p>	<p><i>Whole Body Symmetry</i> Under/Over Hand Ball Team game where children pass ball under/over their body to next person. Continue</p>	<p><i>Whole Body Symmetry</i> Body Ball Child rolls ball up front of their body with both hands. Then child rolls ball down the back and then up their own body. Repeat</p>	<p><i>Whole Body Symmetry</i> Tramplining or Jumping exercises</p>		
<p>FINE MOTOR SKILLS Children will use small muscles in their hand to manipulate materials to strengthen their fine motor skills on a daily basis.</p>	 <p>Fine Motor Turkeys Teach Preschool</p>	 <p>©PowerfulMothering.com</p>			

Week 2

Physical Activity Plan	Monday	Tuesday	Wednesday	Thursday	Friday
<p>CALMING ACTIVITIES Children will balance using one and two feet on 3 out of 5 occasions on a weekly basis.</p> <p>Children will use an upright trunk position on 3 out of 5 occasions on a weekly basis.</p>	 <p>Exercise to your favourite song</p>	 <p>Morning Stretches</p>			
<p>ALERTING ACTIVITIES Children will move quickly and accurately within a simple obstacle course on 2 out of 3 occasions on a weekly basis</p>	<p>Peanut Rock</p> 	<p>Target Jumping</p> 	<p>Chair Push Ups</p> 		
<p>BILATERAL CO-ORDINATION Children will use both sides of their body at the same time on 3 out of 5 occasions on a weekly basis.</p> <p>Children will co-ordinate their body movements in response to what he sees on 3 out of 5 occasions.</p>	<p><i>Using Whole Body Recipricolly</i> 2 Legged Jumps</p>	<p><i>Whole Body Symmetry</i> Star Jumps</p>	<p><i>Whole Body Symmetry</i> Skipping</p>		
<p>FINE MOTOR SKILLS Children will use small muscles in their hand to manipulate materials to strengthen their fine motor skills on a daily basis.</p>					

Week 3

Physical Activity Plan	Monday	Tuesday	Wednesday	Thursday	Friday
<p>CALMING ACTIVITIES Children will balance using one and two feet on 3 out of 5 occasions on a weekly basis.</p> <p>Children will use an upright trunk position on 3 out of 5 occasions on a weekly basis.</p>			<p><i>Progressive Muscle Relaxation</i> Lemon Squeeze & Relax Imagine you are holding a lemon in your hand, squeeze juice out for a few seconds, relax, breathe and repeat</p>	<p><i>Progressive Muscle Relaxation</i> Nose Fly Imagine there is a fly on your nose, scrunch up your nose, hold for a few seconds, relax and repeat</p>	
<p>ALERTING ACTIVITIES Children will move quickly and accurately within a simple obstacle course on 2 out of 3 occasions on a weekly basis</p>	<p>Chair Push</p> 		<p>Therapy Ball Push</p> 	<p><i>Alerting Activities</i> Therapy Ball Sit Jumps Child sits on therapy ball and jumps fast while sitting on ball</p>	
<p>BILATERAL CO-ORDINATION Children will use both sides of their body at the same time on 3 out of 5 occasions on a weekly basis.</p> <p>Children will co-ordinate their body movements in response to what he sees on 3 out of 5 occasions.</p>	<p><i>Whole Body Symmetry</i> Bunny Hops, Frog Leaps</p>		<p><i>Using Whole Body Recipricolly</i> Ball Games Using 2 hands: roll, throw, catch ball (and different types of balls)</p>	<p><i>Using Whole Body Recipricolly</i> Knee Soccer Roll ball to child who must push it back with their knee</p>	
<p>FINE MOTOR SKILLS Children will use small muscles in their hand to manipulate materials to strengthen their fine motor skills on a daily basis.</p>					

Week 4

Physical Activity Plan	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>CALMING ACTIVITIES</u> Children will balance using one and two feet on 3 out of 5 occasions on a weekly basis.</p> <p>Children will use an upright trunk position on 3 out of 5 occasions on a weekly basis.</p>	<p><i>Progressive Muscle Relaxation</i> Elephant Sit Child lies on their back, pretend elephant is about to sit on you, tighten your muscles for a few seconds, relax and repeat</p>	<p><i>Progressive Muscle Relaxation</i> Calming Breaths 1. Close Eyes 2. Breath in while counting to 4 3. Hold breath for 2 seconds 4. Breathe out while counting to</p>			<p><i>Fine Motor Relaxation</i> Mindful Colouring Child encouraged to engage in mindful colouring activity</p>
<p><u>ALERTING ACTIVITIES</u> Children will move quickly and accurately within a simple obstacle course on 2 out of 3 occasions on a weekly basis</p>	<p><i>Alerting Activities</i> Trampolining/ Jumping</p>		<p><i>Alerting Activities</i> Wall Pushes</p>		<p><i>Alerting Activities</i> Jumping Jacks</p>
<p><u>BILATERAL CO-ORDINATION</u> Children will use both sides of their body at the same time on 3 out of 5 occasions on a weekly basis.</p> <p>Children will co-ordinate their body movements in response to what he sees on 3 out of 5 occasions.</p>	<p><i>Using Whole Body Recipricolly</i> 2 Legged Jumps</p>		<p><i>Using Whole Body Recipricolly</i> 2-Hand Chalk Shapes Draw the same shape simultaneously with the right & left hand using chalk on free outside playground</p>		<p><i>Using Whole Body Recipricolly</i> Bubble Bursting</p>
<p><u>FINE MOTOR SKILLS</u> Children will use small muscles in their hand to manipulate materials to strengthen their fine motor skills on a daily basis.</p>	 <p>paint bag writing</p>		 <p>Counting exercise and fine motor activity</p>		 <p>mess for less</p>

