

Outside Activities

****Go for a Scavenger Walk--** make a list of things for your child to look for and check them off as you find them. (dog, fire hydrant, blue car, big tree, white house, blooming flowers, bicycle, etc)

****Stretching in the Backyard:** Start in a sitting position

1. Roll your head
2. Roll your shoulders
3. Straighten legs and spider crawl hands all the way to tippy toes
4. Put one foot in and keep one foot out, touch the toe that is out
5. SWITCH! Same thing on other side
6. Bring both feet and touch soles of feet in butterfly position. Wiggle legs up and down, pretending to fly!
7. Still in that position, try to bring your nose to your feet.
8. Design your own. Test your kiddo and see what stretches they can show you!

****Backyard Bowling** - Use empty plastic bottles for bowling pins and any ball you have available. If you want the “pins” weighted, put a little water, sand, rocks, etc... in them to help them stand. The ball can be thrown or rolled to bottles. Bottles can also be knocked down by kicking the ball to them or throwing a frisbee. Great activity for sitting or standing. Can be played inside if room is available.

****SIMON Says:** Use exercises as the activities, sprinkled in with some goofy or fun movements you know they love like fortnight dances such as The Floss, Tidy, Hype, or Orange Justice. Here is a list of exercise examples.

1. Jumping Jacks
2. Squats
3. Tuck Jumps
4. Push-ups
5. Marching in Place
6. Jogging in Place
7. Mountain Climbers
8. Arm Circles
9. Vertical Jumps
10. Scissor Steps

****Bubble Play:** Make it into a game and have them count how many they can pop before the bubbles touch the ground. Then have them beat that number on the next round and so on. This works on tracking skills, speed, and cross curricular counting skills. You could also have them balance a bubble on the wand and move in a forward motion trying to keep the bubble from popping or falling.

****Lightning bug hunt:** Challenge your student to catch as many lightning bugs as he/she can in a certain time frame.

****Red light, green light:** Each round of play could be a different motor skill. For example, running, walking, hopping.

****Tic-tac-toe:** Draw a tic-tac-toe board with chalk and throw bean bags into the squares. If bean bags aren't available use tied off socks with beans in them.

****Walk the Line:** Draw different shaped lines with chalk. Some examples are: straight, zig-zag, swirl. Have student practice various motor skills while staying on the line. For example, run, crawl, hop.

****Sponge Target Toss** - Draw target with points on driveway, sidewalk, or garage door. Throw wet sponges at target to get points. Can be done standing or sitting. Great for warm sunny days.



****Water Painting:** get a bowl of water and a paintbrush. Paint the fence, the driveway or the brick. Be sure to switch hands!

****Relay Races:** on small pieces of paper write different ways to go from the start to finish line (jump two feet, walk backwards, walk on tiptoes, take giant steps, side steps, and so on). Have your child pick a piece of paper. Everyone has to go from the start to the finish traveling the way that was chosen.

****Pinball soccer:** Scatter different objects in the yard (basket, bucket, empty 2 liter, stuffed animal, trashcan, lawn chair, popcorn tin, paper box, vegetable cans, water bottles, any target you can find). Start by kicking the ball to any of the “targets” then spin around twice and then kick to a different “target” pinballing around the yard.

* **Balloon Polo:** Students can use pool noodles to tap balloons, keeping them aloft in the air. They can divide into teams, set up goals (hula hoops and large open boxes both work great), and follow basic rules about passing to teammates, making goals, scoring points, and what to do when the balloon touches the ground.

****Shuttle Run Color Matching-** to reinforce colors, use different colored objects Place the object either in a box or on a spot. (this helps to define the activity so the child can see how many beanbags they are to use). Have them throw the object into something of the same color- e.g. Red beanbag is thrown into the red hoop. This could also be done as a movement activity- run the red beanbag into the red hoop across the yard or living room. Begin with one color per child. As they advance, give each child an assortment of a few colors and they match the objects accordingly.

****Bean Bag Bocce or regular bocce-**regular bocce is an outdoor game with heavier balls. Give each child 2 bean bags or balls of the same color and a target object of contrasting color that will not roll very well. The object is to hit the target ball or be closest to it when everyone has thrown their beanbag. You can score 1 point for hitting the target ball and 1 point for being the closest.

****Ball Retrieval-** give each child a hoop, which is set on the floor beside them. Scatter a variety of balls at the other end of the yard. Either hold up one ball, name it, and have your child retrieve the designated number of balls-1 at a time. Vary the locomotor skill (walking, running, skipping, galloping, hopping, jumping, sliding, walking backwards, and leaping) as they move. Have your child call the name of the ball or object as they put it in the hoop.

Indoor Activities

****Stuffed Animal Toss-** Gather stuffed animals and a laundry basket or box for a target (even a towel). Make a line to stand behind and then toss the animals into the box. Move the target back as accuracy improves. Talk about whether it is easier to throw the bigger or smaller animals. Try using underhand toss, overhand toss, both hands over head, using non dominant hand, or even backwards!

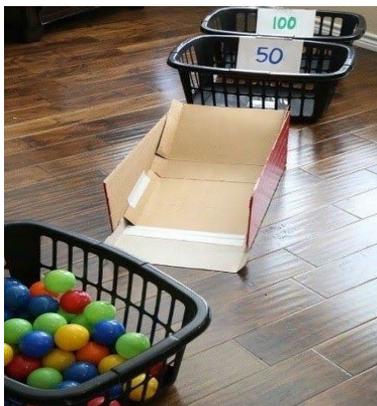
****Balloon Volley-** Use balloons to tap and volley. These activities can be accomplished from a seated position as well. If no balloon is available you can use a plastic grocery sack.



Cup Stacking - Can use plastic cups you have at home or disposable cups. They just need to be the same size.

<http://www.speedstacks.com/learn/>

Skeet ball: Tape 2 boxes together to make a ramp. Then place 2 or 3 baskets, boxes, or large bowls to roll the balls into. Label each basket with points.



****Activity BINGO!:** Follow the directions on picture 1 and picture 2 is the bingo cards.

LIMITED SPACE BINGO

- ★ Choose a "Magic" Number (between 1 and 10)
- ★ Call an activity below (in random order).
- ★ Students do the activity called for the number of times of the magic number, (or the number of seconds) then mark it off with an "X" on their card.
- ★ They score a **BINGO** when they have 5 "X"s in a row, column, or diagonal!

<ul style="list-style-type: none"> Arm Circle Balance on One Leg Clap Your Hands Curl-up Foot Circle Heel Raise High-five Hit a Home Run Hop Jump and Spin Jumping Jack Jump Tuck Knee Lift 	<ul style="list-style-type: none"> Lunge Pat Your Head and Rub Your Belly Push-up Run in Place Shake Your Body Ski Jump Squat Stretch to the Sky Super Hero Toe Touch Trunk Twist Wave Your Hands
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LIMITED SPACE BINGO PROMPT PAGE

BINGO				
Toe Touch 	Super Hero 	Hop 	Jumping Jack 	Run in Place 
Squat 	Arm Circle 	High-five 	Jump Tuck 	Trunk Twist 
Knee Lift 	Stretch to the Sky 	Balance on One Leg 	Lunge 	Push-up 
Curl-up 	Ski Jump 	Heel Raise 	Pat Your Head and Rub Your Belly 	Shake Your Body 
Jump and Spin 	Foot Circle 	Hit a Home Run 	Wave Your Hands 	Clap Your Hands 

LIMITED SPACE BINGO - CARD 1

****Go-Go-Go Chairs:** Two people – one big and one small or two small– are running around two chairs and screaming go-go-go. When you get tired, just scream SIT and you both need to sit down as fast as you can. Then you need to count together aloud to ten and then it's time for go-go-go again.

****The floor is lava:** Set towels down in various places on the floor. Student has to step only on the towels to be saved from the "lava"

****Scarf toss:** If no scarves are available, empty grocery sacks can be used.

- 1 hand toss, 1 hand catch
- toss, turn around and catch
- rainbow toss across body
- toss, clap hands 2 times, then catch

****Snowball fight:** Ball up pairs of white socks and throw them at each other.

****Obstacle course:** Make an obstacle course out of everyday household items. Put down couch cushions, step on shoes, crawl under tables. Be creative!

****Shuffleboard:** Make shuffleboard court with painters tape or masking tape. Use jar lids as pucks and the swiffer mop as the paddle.

****Indoor Frisbee:** Each child decorates a paper plate. Then lay towels on the floor for targets. Try to land your frisbee on the towel.

****Limbo:** Use a pool noodle or a long-handed implement (like a broom handle) and take turns going under the limbo stick.

****Indoor bowling:** Set up 6 2 liter pop bottles (or water bottles) in a triangle. Roll a ball to knock them down. Turn it into crazy bowl by having pieces of paper with silly ways to bowl written on them (backwards through legs, opposite hand, two people, and so on), then pick a card before your turn.

****Bean Bag Fun-** Activity could be played with various types of objects. Begin with body identification. Touch the bean bag to different body parts (make sure to include shoulder, elbow, wrist, ankle, neck). Try to have them touch 2 body parts to each other. Can you make the beanbag touch your shoulder to your ear, elbow to waist, toes to toes, nose to knees. Have students come up with others.

- Toss and catch a beanbag to self, with a partner is more difficult.
- Use milk carton scoops- have a partner toss the beanbag and have the student try to catch it in the milk jug. Make sure they toss it back using their hands.
- Balance beanbag on different body parts
- Balance the beanbag and move with it on different body parts

****Body Bowling-** have students lie on a mat, place bowling pins or cones around them a bit out of their reach so they are to roll and move to knock the pins down. Identify body parts to be used to knock them down (arms only, feet, knees, elbow...)

****Put on music** (the livelier the better), call out a locomotor movement (walking, running, skipping, galloping, hopping, jumping, sliding, walking backwards, and leaping) that students perform until the music stops. Freeze when the music stops. Have students change direction each time they change movements.

Wheelchair Activities

****Dance Party-** put on some music and dance. If your child requires assistance take their hands and gently move their arms to the music. Moving the wheelchair in circles or wavy lines gives additional sensory input.

****Zumba** workout via You Tube: <https://www.youtube.com/watch?v=Zb2wkHyUAQQ>

****8 minute Workout:** <https://www.youtube.com/watch?v=R6Nr-VaFcqM>

****10 minute boxing Workout:** <https://www.youtube.com/watch?v=Hy9oG27WGEc>

****Yoga Workout:** <https://www.youtube.com/watch?v=FrVE1a2vgvA>

****Pool Noodle Activities** (if you do not have a pool noodle, use paper towel tubes or toilet paper tubes. Can be used individually or taped together for desired length.)

1. Balance on palm of hand
2. Balance on head
3. Javelin throw
4. Strike balloon or beach ball

****Release ball to target:** use small ball and release to target on the floor. Target could be a bucket, towel, basket, etc. If no small ball is available, a wadded up piece of paper will work.

****Hovering:** Hold an object (any object will do) in front of student. Have student “hover” his/her hand over the object for a designated amount of time.

****Striking:** Practice hitting balloons with fly swatter, or a paper tube, or even a straw.

****Crossing the midline:** Hold an object approximately 6 inches in front of student at eye level. Could be anything. Have student reach for object. Then move the object to student’s right side and have student reach for it with left hand. Repeat with left side.

****Balloon Polo:** Students can use pool noodles to tap balloons, keeping them aloft in the air. They can divide into teams, set up goals (hula hoops and large open boxes both work great).

****Bean Bag Bocce or regular bocce-**regular bocce is an outdoor game with heavier balls. Give each child 2 bean bags or balls of the same color and a target object of contrasting color that will not roll very well. The object is to hit the target ball or be closest to it when everyone has thrown their beanbag. You can score 1 point for hitting the target ball and 1 point for being the closest.

****Bocce:** one white ball (could be paper or socks) and then 2 balls each of different colors (again you can use socks). Toss out the white ball (this is the target ball) then each team will select a color. The object is to toss your balls closest to the target ball, if your child is not able to toss the ball make a ramp of cardboard or wood.

****Bowling-** you do not need to use all 10 pins. Place tape or spots on the floor where the pins should be set. A ball, beanbag, koosh ball (for those without latex allergies) can be used to knock down the pins. If you have foam pins these can be stacked and then knock them down.

****Chair Aerobics-** Have everyone seated in a circle. Use a variety of music. Begin with movements that everyone is able to do. You may want to do arm movements and then leg movements separately. You may want to repeat each movement four times-count it out loud for each repetition.

- Swim arms
- Large claps
- Roll hands forward and back
- Shoulder shrugs
- Arm circles
- Tap knees
- Tap shoulders
- Cross mid-line-touch opposite shoulder or knee

Sensory Activities

****Pillow Walk-** Place different kinds of pillows on the floor and have your child walk across the pathway.

****Sticky Sensory Activity:** Roll out some clear contact paper sticky side up and tape it to the floor using painters tape. Have your kiddos walk along the contact paper in bare feet feeling the paper stick to their feet as they try to lift them up. Listen to the sound of it as it peels off their skin. It actually had a popping sound, much like bubble wrap packaging does. Have them run across it, laid down on it, or stick their stuffed animals to it.

****Egg Races:** You can make this as easy or as hard as you want to. Start with a simple race across your living room holding an egg, and then make the game more difficult by putting blankets and pillows on the floor. You can also have your child switch between her right and left hands to add an even bigger twist!

****Exercise Ball Activities:** If you're looking for simple vestibular system exercises for kids, an exercise ball is a fabulous tool as you can do so many different things with it. Ask your child to lie on her tummy on the ball and sort objects from one container to another, have her sit on the ball and then lie backwards and reach her arms above her head so she can retrieve objects off of the floor, see how many times she can crawl over the ball, ask her to give you a 'massage' by lying on the floor while she rolls the ball up and down your back, get her to push the ball up a flight of stairs...

****Tube Drop:** You will need: assorted color pom-poms (dollar tree), painter's tape, a variety of empty paper towel and toilet paper rolls. You can also substitute the pompoms for other household objects you may have, such as snack pouch tops, 1" cubes, or large beads. You'll want to make sure you're using painters tape if you're sticking the tubes to any wall in which you care about so the tape easily comes off. If you're doing this activity somewhere that you're not afraid of running the paint or surface, and standard duct tape would do.

1. Find an open flat, vertical surface, such as a wall or door.
2. Using painters tape, tape the paper towel and toilet paper rolls to the wall.
3. Align the tubes vertically or diagonally (with the tape horizontal) so when the objects are dropped in from the top they will fall out the bottom. Make it a fun maze by allowing the pompoms to drop from one tube into another. You can use any arrangement that you wish, as long as you make sure any tubes that are in vertical alignment are directly on top of each other so the object can fall through both of them.
4. Demonstrate to your child how to put a pompom or object into the top and see it drop.
5. Teach them to use a pincer grasp (thumb and pointer only) to grab each pompom one-at-a-time.
6. To go one step further have them name each color as they put it in the tube or call out a color and have them pick that one up. They can also count each pompom as they put it in or place each color into piles and count them before they put them in.

****Bubble wrap stomp painting:** Wrap bubble wrap around students feet. Have them stomp around in paint on white paper.

****Bouncy ball art:** materials needed: bouncy balls, washable paint, paper, tape. Cover your work surface with a tarp or newspaper. Tape your paper down to a hard surface. Then just dip the ball into the paint and bounce it on the paper.

****Sensory balloon balls:** Fill small balloons with a variety of textures. For example, beans or rice. Ball can be used to toss in the air and catching.

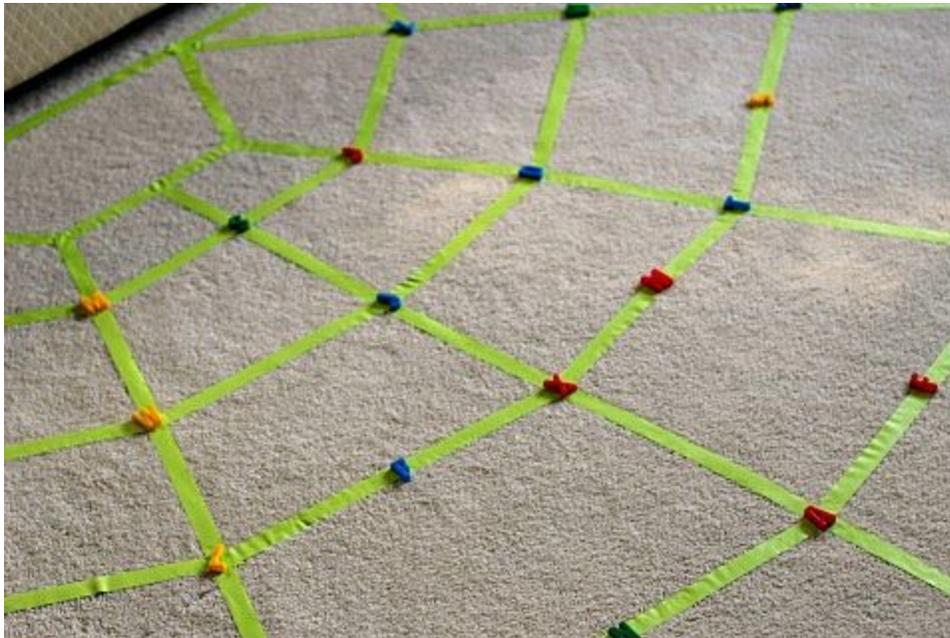
****Sensory balloon games:** Fill giant size balloons using a funnel with things like hair gel, epsom salt, or corn meal. Do not overfill the balloons as they may break. Make a stepping "stone" path and have your student step on the balloons. Have your student try balancing the balloon on his/her head.

****Sensory Sidewalk:** Using sidewalk chalk make different shapes, you can label them with things like 2 feet jump, jump over, etc. Make different types of lines, wavy, zig zag, spiral, etc. You do not have to label you can let your child decide what to do on each icon.

****Floating Balloons:** Using a fan pointed upward float balloons above the fan. How many balloons can you get to stay above the fan.

****Shredded Paper Bins:** Pick up a couple of bags of shredded paper from a local arts and crafts store, and fill a bin up with it. Add different colored paper if you want, toys into the mix, maybe even some hidden treasures for the kids to dig around and find. It's as simple as that! Then, when you're done with the paper and it's time to swap it out, save and reuse it for arts and crafts.

****Spider Web Game:** Gather your materials. You will need some letter magnets (or letters written out on paper), painter's tape, card stock, a marker, scissors. Start by writing out the names or words on card stock. You can use sentence strips from the dollar store. Cut so they are one per piece of card stock. Tape out your spider web and add letters making sure you have put out the letters needed for the word you have asked your child to spell. Start walking on the web. Balance to the word or name and read it. Then gather the letters placing them on the written out word. When every letter is matched up you walk off the web and let someone else have a turn or switch up words. It's very very tricky to bend down and get all the letters without touching extra letters but your kids will love the challenge!





****The Magical Matching Game:** Matching games are a fun way to enhance your child's learning. Try placing 10-15 different printed words or images on one side of a table and have your child match these words to their corresponding pictures on the other side of the table. You can easily alter this activity to reflect what your child is learning about at school by using foods, animals or numbers.

****Parachute:** Use a plastic tablecloth as a parachute. Cut holes in tablecloth if student needs a handle. Can be done sitting or standing.

- Place a balloon or stuffed animal in center
- Have student sit or lay underneath for sensory input
- Practice variety of speeds (slow, medium, fast)
- Reach as high and as low as you can

Video Links

Go Noodle app for tons of activities

PAPER PLATE TENNIS! A fun and easy activity for all ages! Grab a balloon & create some paper plate rackets! A great way to stay active at home! 🏠🎈 pic.twitter.com/Fkm2DgGdtP

Lockdown Challenge:

https://www.lessenplan.nl/lockdown-challenge/?fbclid=IwAR02n-Xfg-yv2W4kupiZteBt4n uKG8AaEp2HfyyBiRmmMorR-8DWK_539jc

Crossing the Midline Exercises:

<https://www.facebook.com/100016024118245/videos/661196111091187/?t=10>

Fit 5 - variety of endurance videos from Special Olympics

<https://resources.specialolympics.org/health/fitness/fit-5-page>

Guide for Families and Caregivers from Special Olympics

https://media.specialolympics.org/resources/community-building/young-athletes/Young-Athletes-at-Home-Guide.pdf?fbclid=IwAR1f5eMLIdSniuArbk6qdi_sKkOHsv0NrBvxeObjS9rSeFXoOk8W01qB5jc

School of Strength from Special Olympics and WWE

https://www.specialolympics.org/school-of-strength?utm_medium=email&utm_source=specialolymp&utm_content=3+-+Check+out+the+videos+Fitness+Tracker+and&utm_campaign=20200320_schoolofstrengthe1A&source=20200320_schoolofstrengthe1A&ms=20200320_schoolofstrengthe1A&cha=12&fbclid=IwAR1TfkTulBggmtJiuwraE4t_9rMkXD17ZJdxUMtI9WurOcRJFFQF6q1JdA

The Learning Station

<https://www.learningstationmusic.com/>

Drumfit!

Coach Pirillo on YouTube has several good videos. Here is just one example.

https://www.youtube.com/watch?v=_0_bvX4tH1M

Just Dance videos on YouTube. Here is one example

<https://www.youtube.com/watch?v=f3XyYOLfTU4>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Garsington Opera Monday Motivation	Facebook Page	https://www.facebook.com/GarsingtonOpera/	20 minute physical, vocal & combination Fun
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Elsa Frozen Ballet

<https://www.youtube.com/watch?v=GjjkqBBpcBk>

Stretching Song

<https://www.youtube.com/watch?v=EpdkqVIsNPY>

15 Gross Motor At-Home Activities with Painters Tape

<https://www.youtube.com/watch?v=76mgTjInf-Y>

5 Gross Motor Activities using Plastic Tablecloth

<https://www.youtube.com/watch?v=UMnbgS6Xp6I>

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