



Exercise Information sheets

Warm up exercises

You can use:

- Just yourself
- An obstacle course
- Cones or markers to run between



How to move:

- Slow and gentle movements to get your body ready for exercise
- Jogging, skipping, side shuffling
- Moving through an obstacles course, jumping, leaping, zigzagging
- Work on strength with planks, squats and burpees

Challenge:

Keep it simple – however you can also...

- extend your distance
- add in a few extra moves to a sequence
- increase the time you hold a posture if working on strength

Simplify:

- Focus on moving gently and breathing as you go
- Keep the movements simple and fun

Engage:

Play a game such as “Simon Says”

Complete an obstacle course

Collect items, such as beanbags, which have been scattered around - bring them back to a central point one at a time. Change your movements each time you go to collect something....run, hop, skip, side shuffle, lunge.

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