



SPECIAL EDUCATION

# Adapted Physical Education

	Monday	Tuesday		Thursday	Friday
<b>Week 1</b>	<p><b>T.V. “Timeout” workout.</b>            Family friendly            -Academic goal-counting, #5,#6,&amp;#7            -Physical goal-heart rate increase, core strengthening, flexibility,            Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is 6. Perform this</p>	<p><b>R.O.M. (Range of Motion) activities.</b>            -Physical goal- fine motor control, concentration, maintain current R.O.M.            Student may perform from their wheelchair or perform at a table.              Spread playing cards, <b>FACE DOWN</b>, all round surface in front of student, and ask them to pick up (or slide) ANY one card at a time, alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. “Timeout” workout.</b>            Family friendly            -Academic goal-counting, #5,#6,&amp;#7            -Physical goal-heart rate increase, core strengthening, flexibility,            Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is 6. Perform this</p>	<p><b>R.O.M. (Range of Motion) activities.</b>            -Physical goal- fine motor control, concentration, maintain current R.O.M.            Student may perform from their wheelchair or perform at a table.              Spread playing cards, <b>FACE UP</b>, all round surface in front of student, and ask them to pick up (or slide) A SPECIFIC card alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. “Timeout workout” “Family Style”</b>              Modifications:            Each family member picks a new/different movement/exercise for the others to perform #5, #6, &amp;#7 times during each commercial break.              Hint: get SILLY!!! i.e. dance moves, duck quacks, flapping wings like a bird. High-fives, etc.</p>



SPECIAL EDUCATION

# Adapted Physical Education

	routine for 3 commercials.		routine for 3 commercials.		
<b>Week 2</b>	<p><b>R.O.M. (Range of Motion) activities.</b></p> <p>-Physical goal- fine motor control, concentration, maintain current R.O.M. Student may perform from their wheelchair or perform at a table.</p> <p>Spread playing cards, FACE DOWN, all round surface in front of student, and ask them to pick up (or slide) ANY one card at a time, alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. "Timeout" workout.</b></p> <p>Family friendly</p> <p>-Academic goal- counting, #7, #8, &amp; #9</p> <p>-Physical goal- heart rate increase, core strengthening, flexibility,</p> <p>Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is 6. Perform this</p>	<p><b>R.O.M. (Range of Motion) activities.</b></p> <p>-Physical goal- fine motor control, concentration, maintain current R.O.M. Student may perform from their wheelchair or perform at a table.</p> <p>Spread playing cards, FACE UP, all round surface in front of student, and ask them to pick up (or slide) A SPECIFIC card alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. "Timeout" workout.</b></p> <p>Family friendly</p> <p>-Academic goal- counting, #7, #8, &amp; #9</p> <p>-Physical goal- heart rate increase, core strengthening, flexibility,</p> <p>Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is 6. Perform this</p>	<p><b>Exercise Video</b></p> <p>-enter the following sentence into the YouTube search bar:</p> <p><b>9 Min Exercise For Kids - Home Workout</b></p> <p>-Very cute 9 minute exercise animation.</p>



SPECIAL EDUCATION

# Adapted Physical Education

		routine for 3 commercials.		routine for 3 commercials.	
<b>Week 3</b>	<p><b>T.V. “Timeout” workout.</b>            Family friendly            -Academic goals- counting, #8, #9, &amp; #10            -Physical goals- heart rate increase, core strengthening, flexibility,            Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is</p>	<p><b>R.O.M. (Range of Motion) activities.</b>            -Physical goal- fine motor control, concentration, maintain current R.O.M.            Student may perform from their wheelchair or perform at a table.              Spread playing cards, FACE DOWN, all round surface in front of student, and ask them to pick up (or slide) ANY one card at a time, alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. “Timeout” workout.</b>            Family friendly            -Academic goals- counting, #8, #9, &amp; #10            -Physical goals- heart rate increase, core strengthening, flexibility,            Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however, the new number is</p>	<p><b>R.O.M. (Range of Motion) activities.</b>            -Physical goal- fine motor control, concentration, maintain current R.O.M.            Student may perform from their wheelchair or perform at a table.              Spread playing cards, FACE UP, all round surface in front of student, and ask them to pick up (or slide) A SPECIFIC card alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. “Timeout workout” “Family Style”</b>              Modifications:            Each family member picks a new/different movement/exercise for the others to perform #8, #9, &amp; #10 times during each commercial break.              Hint: get SILLY!!! i.e. dance moves, duck quacks, flapping wings like a bird. High-fives, etc.</p>



# Adapted Physical Education

	6. Perform this routine for 3 commercials.		6. Perform this routine for 3 commercials.		
<b>Week 4</b>	<p><b>R.O.M. (Range of Motion) activities.</b></p> <p>-Physical goal- fine motor control, concentration, maintain current R.O.M. Student may perform from their wheelchair or perform at a table.</p> <p>Spread playing cards, FACE DOWN, all round surface in front of student, and ask them to pick up (or slide) ANY one card at a time, alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. "Timeout" workout.</b></p> <p>Family friendly</p> <p>-Academic goals- counting, #8, #9, &amp;#10</p> <p>-Physical goals- heart rate increase, core strengthening, flexibility, Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however,</p>	<p><b>R.O.M. (Range of Motion) activities.</b></p> <p>-Physical goal- fine motor control, concentration, maintain current R.O.M. Student may perform from their wheelchair or perform at a table.</p> <p>Spread playing cards, FACE UP, all round surface in front of student, and ask them to pick up (or slide) A SPECIFIC card alternating hands. Cards may be dropped into a large pan, or dropped onto floor. Cards may also be handed to another individual who is playing.</p>	<p><b>T.V. "Timeout" workout.</b></p> <p>Family friendly</p> <p>-Academic goals- counting, #8, #9, &amp;#10</p> <p>-Physical goals- heart rate increase, core strengthening, flexibility, Student gets to pick his/her favorite t.v. show (we need commercials, so no videos). Begin by watching show in a seated/comfy position. During the first commercial break, EVERYONE performs 5 jumping jacks, then 5 arm circles, then 5 toe touches. Everyone relaxes after toe touches. On NEXT commercial, EVERYONE repeats the same 3 exercises, however,</p>	<p><b>Exercise Video</b></p> <p>-enter the following sentence into the YouTube search bar:</p> <p><b>9 Min Exercise For Kids - Home Workout</b></p> <p>-Very cute 9 minute exercise animation.</p>



SPECIAL EDUCATION

# Adapted Physical Education

		the new number is 6. Perform this routine for 3 commercials.		the new number is 6. Perform this routine for 3 commercials.	
--	--	---	--	---	--