PHYSICAL THERAPY SUPPORT STRATEGIES AT HOME

The School District of Philadelphia encourages parents and caregivers to find ways to keep their children engaged in educational activities during this extended period of school closures.

The District is making Learning Guides available as a resource during this time. These optional Learning Guides (K-12) are offered for personal use. The Learning Guides are aligned to areas of support for students with disabilities, parents and students may select which Learning Guides to use.

Included within this learning guide are supplementary resources related to the area of physical therapy.
Physical Therapy Activities

Games You Can Play

- Simon says
  - To play Simon says,
  - A command starting with "Simon says" means that the players must obey that command.
  - A command without the beginning "Simon says" means do not do this action. Anyone who breaks one of these two rules is eliminated from the remainder of the game.
  - There can be very complex and difficult command chains, such as "Simon says: Arms up. Simon says: Arms down. Arms up." Anyone ending with their arms up is eliminated, because a command that doesn't begin with "Simon says" cannot be obeyed.

- Hot potato
  - To play Hot potato,
  - Hot potato is a party game that involves players gathering in a circle and tossing a small object such as a beanbag or even a real potato to each other while music plays. The player who is holding the object when the music stops is eliminated.

- Egg in spoon race
  - To play Egg in spoon race,
  - An egg-and-spoon race is a sporting event in which participants must balance an egg or similarly shaped item upon a spoon and race with it to the finishing line.

- Hop scotch
  - To play hopscotch,
  - A court is first laid out on the ground. Designs vary, but the court is usually composed of a series of linear squares.
interspersed with blocks of two lateral squares. Traditionally the court ends with a "home" base in which the player may turn before completing the reverse trip.

- You can use painters tape to create a hopscotch board.
  
  - The first player tosses a marker onto the court. The marker (typically a small stone, coin, bean bag, or small chain with a charm) should land in the square without bouncing, sliding, or rolling out.
  - The player then hops through the course, skipping the marker's square. Single squares must be hopped on one foot. Side-by-side squares are straddled, with the left foot landing in the left square, and the right foot landing in the right square.
  - After hopping into "Home", the player must then turn around and retrace their steps through the course on one or two legs, depending on the square, until reaching the marker's square.
  - The player stops in the square before the marker and reaches down to retrieve the marker and continue the course as stated, without touching a line or stepping into a square with another player's marker.

- Toss game
  
  - Have children toss soft items (stuffed animals, pillows, or small rubber balls) into a bucket or big plastic bowl

**Outdoor Activities**

- Visit the playground – slides, swings, ladders, ramps
- Jump rope
- Ride a tricycle or bicycle
- Jumping or jumping jacks
- Playing ball – bounce/catch
- Bubble play
Indoor Fun

- Dance party - make up dance moves and give children props-like scarves that they can dance with
- Building a fort using boxes, pillows, and blankets
- Use Cardboard boxes - create pretend cars, or trains with cardboard boxes, have children draw and decorate their cars or a series of train cars. Have children test out their cars by sitting inside and pretend to drive. They can push their cars all around the house to move it around.
- Walk like an animal
  - slither like a snake
  - hop like a frog
  - gallop/horse
  - bear
    - Crawl on all 4s with belly facing the floor
- Crab
  - Crawl on all 4s with belly facing the ceiling

On Line Resources

- Let's Move with Michelle Obama [https://letsmove.obamawhitehouse.archives.gov/](https://letsmove.obamawhitehouse.archives.gov/) (Open external link)
Yoga [https://www.yogajournal.com/poses/yoga-for/kids](Open external link)
GoNoodle [https://family.gonoodle.com/](Open external link)
Energizers [https://www.eatsmartmovemorenc.com/resource/energizers-for-schools/]
Move to Improve [https://www.weteachnyc.org/resources/collection/move-improve/](Open external link)

For Students in Wheelchairs
Please assure safety while performing any and all tasks with your child.

Games You Can Play (see above instructions)
- Simon says
- Scavenger hunt
- Bean bag or balloon toss
- Hot potato
- Egg in spoon race

Outdoor Activities
- Playground visits (some playgrounds have wheelchair swings and ramps)
- Play ball – bounce/catch
- Bubble play
- Wet sponge toss

Indoor Fun
- Obstacle courses around household items
- Army crawl race for those that can get out of their chair.
- Wheelchair(seated) Zumba: [https://youtu.be/JqlRGLPJJZA](Open external link)
- Inclusive yoga: https://youtu.be/5FxIlbzydBzA (Open external link)
- 8 minute wheel chair workout: https://youtu.be/q0ttPm8LSEk (Open external link)
- Wheelchair Boxing 10 minute Workout https://www.youtube.com/watch?v=n76J1q6nZec (Open external link)