

JUNIOR/MIDDLE PHYSIOTHERAPY

Each week Lauren (Physiotherapy) will give you a daily physical activity to complete during the day with your child. Each week will have a specific theme. They will appear in the newsletter and on Sentral. Feel free to print and cut into each day for your child to follow

WEEK 3: Physical Brain breaks

PHYSICAL BRAINBREAKS

WHAT

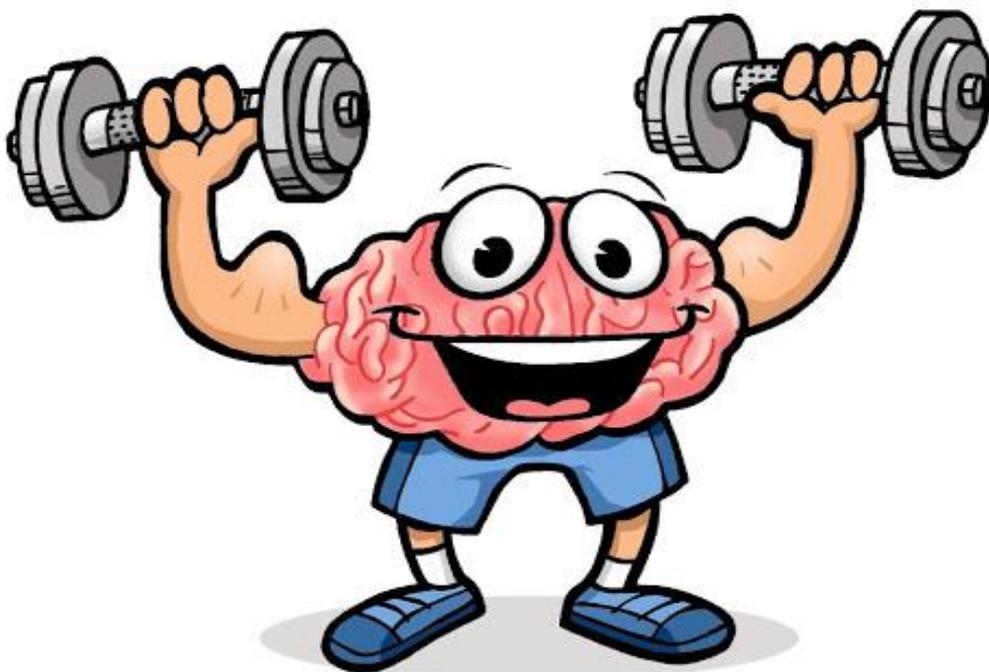
- ACTIVE physical break between sitting completing school work. Easy simple with no equipment.

WHEN

- Every 20minutes (older kids may be every 40minutes)

WHY

- Research shows that brain breaks
 - o Increase ACADEMIC performance,
 - o Help with CONCENTRATION
 - o Boost ON TASK behaviour
 - o Improve ATTITUDE.
 - o RE-ENERGISE the body and the brain for learning
- Help increase the oxygen and energy flow to the brain which helps the child's stress levels and helps them to re-focus



MONDAY

Activity: Students act out the following routine counting each movement:

"On the first day of fitness, my teacher showed to me..."

- 10 Two feet jumps on the spot
- 9 Marching Legs
- 8 Bottom kicks (heel to bottom)
- 7 Flap arms like a bird
- 6 Sidesteps to the LEFT
- 5 Side steps to the RIGHT
- 4 Claps
- 3 Star Jumps
- 2 Crawling under school/home chair
- 1 BIG ROAR like a LION

TUESDAY

Activity: Students move around the room pretending.....

Move around the room

- 1. as **BIG** as you can
- 2. as **SMALL** as you can
- 3. as **HIGH** as you can
- 4. As **LOW** as you can
- 5. As quietly as you can

Imagination: Into the Jungle

- 1. Jump over logs
- 2. Duck under branches
- 3. High knees through the quicksand
- 4. Run from the lion
- 5. Tip toe past the snake
- 6. **CHIMP** like a monkey

WED

Activity: Sing a song and complete activity

SQUIRREL SONG

I'm an acorn, small and round (hold hands into a small ball)
 Lying on the cold, cold ground (Lay down on the floor)
 Everybody steps on me (Stomp foot)
 That is why I'm cracked you see (Hold hands above eyes like binoculars)
 I'm a nut I'm a nut I'm a nut (Dance)
 (Click, click with tongue)

PRETEND TO BE A SQUIRREL

- 1. CLIMB TREE: reach up with one arm and alternate arms
- 2. PICKING NUTS: Pretend to grab nuts above open and shutting hands
- 3. BURY NUTS: Bend over on ground and dig with both hands



THURS

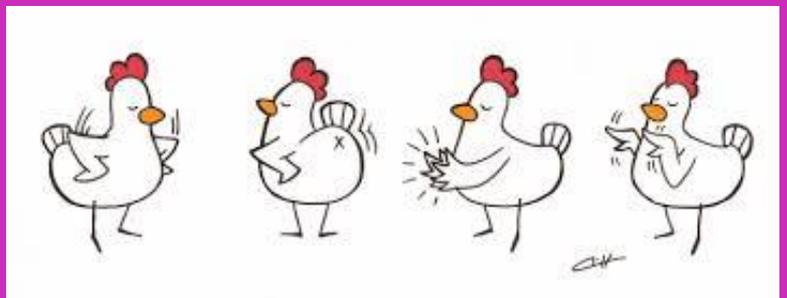
Activity: SIMON SAYS.....

Ideas

- Touch the floor with both hands
- Reach up to the roof
- Jump three times
- Crawl to the kitchen and back
- Tiptoe to the toilet/bathroom
- Stomp on the spot for 10seconds
- Touch both knees
- Flap wings like a bird

FRIDAY

Activity: CHICKEN DANCE



PHYSIOTHERAPY

Alphabet Exercise

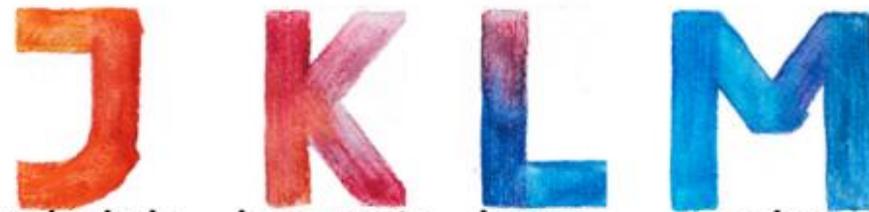
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arm rolls **butterfly legs** **crab walk** **duck walk**



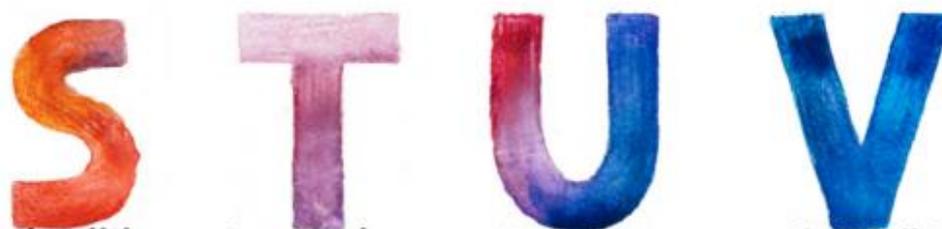
elephant trunk swing **frog hops** **giant leaps** **high knees** **incline climb**



jumping jacks **knee squats** **lunges** **mega jumps**



neck rolls **overhead stretches** **push ups** **quad stretches** **run in place**



snake slither **toe touches** **under-over maze** **vertical wall taps**



windmills **x marks the spot exercise** **yoga pose** **zig zag run**