



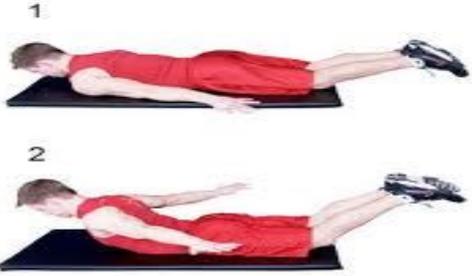
Core stability/ trunk control

These activities will have the most impact when completed frequently rather than one longer session once a week.

Warm up's

<p>1. Balloon keep me up's Give the student a balloon - ask them to keep it up off the floor using every body part they have except their hands.</p>	
<p>2. Zoom ball These can be bought quite cheaply in Toy and Pound shops. Encourage the student to use the zoom ball with you or another student as fast as they can, ensuring their arms are fully open when the ball shoots away.</p>	

Activities

<p>1. Superman Ask Students to lay down on the floor on their tummy, arms down by their side. Ask them to bring arms out by their side, head and chest up off the floor and if possible feet up.</p>	
<p>2. Bridge This is traditionally a yoga pose - try to extend the time a student can hold this position.</p>	

3. Four point kneeling

Ask students to move into a four point kneeling position. When stable encourage them to hold this position - ensure they do not sit back on their heels, but maintain 90 degrees.

Ask the student to lift up their right and then left arm, one at a time and repeat with legs. If a student is coping well, ask them to stretch out one hand/arm and the opposite leg.



4. Tummy time

Ask a student to lay on their stomach and lift upper chest and head – encourage them to complete a writing task e.g. Wordsearch for 5 mins. Do not let students lie their head down on hands/floor but encourage strength through their shoulders.



5. Throw and toss

Ask the student to remain in high kneeling position. Give them a set of balls/bean bags and ask them to try to throw into a bin from this position. Expect the student to remain in high kneeling and not to rest back on their heels.



6. Basketball hoops

If you can find access to a Basketball hoop - this will provide a fun activity to develop core/shoulder strength.



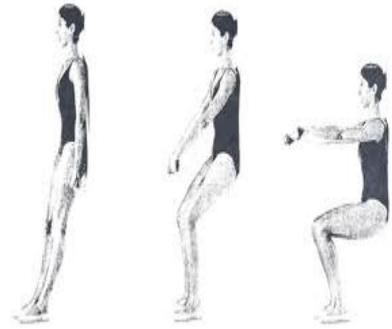
7. Bicycle

Lying with your knees bent up and feet flat on floor, lift your feet up in the air and make circle movements; like you are pedalling a bike. Ensure your back remains flat on the floor.



8. Wall drop

Stand leaning with your back against a wall and your feet about 20cm from the wall. Slowly slide down the wall until your hips and knees are at right angles, and then stand back into an upright position. Repeat x 10



9. Ball twirl

Crouch down at the lower part of the wall pushing the ball against the wall. Roll the ball up the wall until it is just above head height, then roll the ball down.

Stand pushing the ball against the wall, roll the ball in a circular motion against the wall with one hand and then the other.



Use a ball smaller than this e.g. small football size; start with a lightweight foam ball if possible.

10. Balance Ball Activities

Balance Balls are great and can be used in a variety of ways. There is a pack of activities you can download free here:

<http://redbridgeserc.org/resources/entry/ball-skill-sheet-1-easy/>

<http://redbridgeserc.org/resources/entry/ball-skills-sheet-2-easy/>

<http://redbridgeserc.org/resources/entry/ball-skills-3-medium/>

<http://redbridgeserc.org/resources/entry/ball-skills-4-hard/>



11. Seated balloon volleyball

Use a large balloon or beach inflatable ball



12. Angry birds toss game

<http://therapyfunzone.com/blog/category/ot/trunk-strengthening/>



<p>13. Twister</p>	
<p>14. Wheelbarrow</p>	
<p>15. Surf board Ask the student to hold a pillow/cushion and bat away a balloon/ light ball.</p>	
<p>16. Obstacle course Make a course from cushions, mats etc and ask the student to follow a circuit around the room.</p>	
<p>17. Rock and rolls Have the child sit with knees curled up and arms wrapped around legs. Have them rock back and then sit right back up. The child can also do "egg rolls" in this position rocking side to side.</p>	
<p>18. Climbing and hanging on playground equipment</p>	
<p>19. Bridge ball http://www.playworks.org/blog/game-week-bridge-ball</p>	
<p>20. Rolling with arms in extension</p>	

<p>21. A different way to use a balance ball http://missmancy.com/posture/</p>	
<p>22. Scooter board http://www.edventure.co.uk/active-play-c1/scooter-board-p246</p>	
<p>23. Tug of war</p>	
<p>24. Animal walking http://starfishtherapies.wordpress.com/2010/10/28/animals-galore/</p>	

Compiled by Clair Warner

Head of Service

Newbridge Outreach