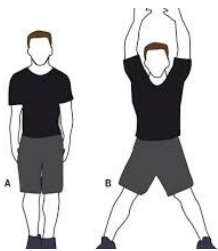


GROSS MOTOR JUMPING EXERCISES

GENERAL INSTRUCTIONS:

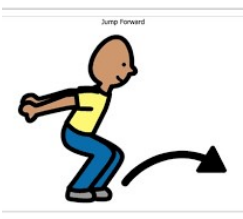
- SAFETY is the top priority. These exercises require supervision and guidance of a parent (please demonstrate as needed). Stop doing the exercises if you experience any adverse effects such as pain, shortness of breath, dizziness/lightheadedness, excessive fatigue, etc. If any exercise is causing increased pain or an aggravation of any symptoms, stop doing that exercise as part of the program and contact therapist. There are several exercises that may challenge balance. Please take the necessary precautions to ensure safety, such as holding onto a counter-top and having a helper provide physical assistance (hand-hold assistance or manual support for the trunk). Also, have a chair positioned so that it can be used to sit down on if needed.
- Not all exercises may be appropriate for your child. Please select appropriate exercises, keep their safety in mind and provide them the assistance they need. Please contact therapist for modifying an exercise so that it is safe/appropriate for your child.
- Follow the directions for each specific exercise
- Do exercises 3-5 times per week
- In addition to these exercises, also take the time to do some walking/jogging/running each day. Doing this right before you do the exercises is a great time.
- Please do not feel that all exercises need to be done in one session. Choose the exercises that are most appropriate/relevant for your child. You may choose to do some in the morning and some in the evening.
- Please contact therapist with any questions, including how to modify an exercise appropriately for the safety of your child.

1. JUMPING JACKS



- Starting position: hands at sides, feet together
- Jump with feet apart, raising arms overhead at the same time
- Do 1-2 sets of 10 repetitions
- Modification: make it easier by simply stepping to the side instead of jumping while raising arms overhead. OR: Do arms and legs separately

2. JUMPING FORWARD



- Mark a starting point (draw line with sidewalk chalk or painter's tape, etc)
- Jump forward as far as you can.
- Mark the place where your toes land (with sidewalk chalk or painter's tape)
- Do it again and try to beat your last jump.
- Do 8-10 jumps. Which was your best?

3. ALTERNATING FEET TOGETHER/APART



- Start with feet together.
- Jump, taking your feet apart in the air before you land. Without pausing more than you need to, jump again bringing your feet back together (like a jumping jack)
- Move in a forward direction as you jump (like hop-scotch)
- Do 1-2 sets of 10 repetitions
- Use counter-top for balance and assistance of helper as needed

4. JUMPING DOWN FROM STEP



- Find a safe step to use (bottom step of stairs)
- Jump down, landing on both feet at the same time.
- Do 10 times
- Use counter-top for balance and/or assistance of helper as needed
- Challenge: If able to do safely, instead of stepping back up onto the step, try jumping up

6. JUMPING SIDE-SIDE OVER LINE



- Make a line on the floor/ground (using sidewalk chalk/painter's tape, etc)
- Jump side-to-side over the line, making sure not to turn your body (should stay facing the same direction the entire time).
- Do 1-2 sets of 10 repetitions
- Use counter-top for balance and/or assistance of helper as needed
- How many times can you jump over the line in 20 seconds?

7. SINGLE-LEG HOPS



- See if you can hop on 1 leg
- Do 1-2 sets of 10 repetitions
- Use counter-top for balance and/or assistance of helper as needed
- How many times can you hop on 1 leg without letting the other leg touch the floor?
- How far forward can you hop?

8. HOPSCOTCH (ALTERNATE 2-FOOTED / SINGLE-LEG JUMPS)



- Try jumping forward, alternating 2 footed jumps and 1 footed jumps
- Use counter-top for balance and/or assistance of helper as needed
- Do 1-2 sets of 10

OR

- Play hopscotch by drawing pattern (like image to left) using sidewalk chalk

9. HURDLES



- Find an object that is safe to jump over (may be a line on the floor, blanket, etc)
- Try jumping forward over it
- Use counter-top for balance and/or assistance of helper as needed
- Do 10 times
- Challenge: try jumping over taller safe objects. Can you do a side-jump over it?