

***ELEMENTARY/YOUNG ADULT GROUP***

*February 2nd- February 27th, 2014*

**SITTING PROGRAM**

**Students who do this program:**

* 1. Monday, Wednesday and Friday –Alisa S., Caleb D., David C., KJ A. (2-3 weeks), Maclean S., Madison S., Nathaniel G. (2-4 weeks), Nicholas L. (1-3 weeks), Savanna S., Wyatt C., Zachery T.

**Starting position:** Students are sitting on stools in a half circle

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| **Name** | **Sits on** | **Holds** |
| Caleb | Exercise ball | - |
| Nathaniel | Exercise ball | - |
| KJ | Stool + nonslip mat | - |
| Madison | Stool | - |
| Nick | LBC | - |
| Alisa | Stool+ nonslip mat | - |
| Maclean | Stool + nonslip mat | Weight with right hand + small LBC under right arm |
| Savanna | Stool + nonslip mat | - |
| Zachery | Stool + wedge + nonslip mat | - |
| David | LBC + nonslip mat | Ring with right hand |
| Wyatt | LBC + nonslip mat | LBC on one side |

## Equipment: ladder back chairs, stools, exercise balls, wedge, nonslip mats, rings, rectangle boxes, ankle and hand weights, walkers, canes

**Aims:**

* Intend physical tasks throughout the program
* Maintain balance in free sitting while accomplishing gross motor movements with arms and legs
* Develop awareness of correct body position and posture
* Improve range of motion in upper extremities
* Develop voluntary grasping and releasing
* Develop eye-hand and eye-leg coordination

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| **TASKS** | **MAKE SURE** |
| 1. I put my feet flat 3x   I turn my knees to the middle 3x I put my hands to my knees or I hold onto the bar 3x I lift my head up 3x I am sitting straight 3x | Caleb and Nathaniel have ankle weights  Head and trunk are in the midline  Knees are apart  Feet are flat and parallel |
| 1. Breathing tasks with/ without vocalizations I nod my head forward  I blow the air out I lift my head up  I breathe in *Repeat several times* | Exhalation first Lips are closed when inhaling Maintain correct body posture Elbows are extended |
| 1. I nod my head forward 3x   I move my head backwards 3x  I move my head back to the middle 3x  I turn my head to the right 3x  I turn my head to the left 3x  *Repeat several times*  I turn my head back to the middle 3x  I lean my head to the right 3x  I lean my head to the left 3x  I make a circle with my head to the right  I nod my head forward-I move my head to the right – backwards-to the left-forward-back to the middle  *Make a circle to the left* | Keep trunk and shoulders stable and in the midline  Keep hands down or holding onto the bar  Feet are flat  Zach and Alisa keep lips together while moving head |
| 1. I let the bar (it) go with my right hand   I hang my arm down by my side 3x  I swing my arm forward-backward  *Repeat several times*  I move my arm back to the middle 3x  I lift my right shoulder up 3x  I put it down 3x  *Repeat several times*  I lift my shoulder up 3x  I move my shoulder forward 3x  I move my shoulder backwards 3x  *Repeat several times*  I move my shoulder to the middle 3x  I put my hand onto my knee or  I hold back onto the bar 3x  *Repeat with the opposite side* | Maintain symmetrical body posture  Keep feet flat  Keep knees in the middle  Follow the given rhythm  David lets the weight go  Maclean takes arm off LBC  Make sure everyone has enough time to relax arm  Alisa keeps arms straight |
| 1. I hold on the ring with my right hand 3x   I lift the ring up 3x  I have a look at it  I put the ring down 3x  I lift the ring up 3x  I have a look at it  I put the ring (it) onto my left knee (there) 3x  I lift the ring up 3x  I put it down onto my right knee 3x  I lift the ring up 3x  I move the ring to the side 3x  I have a look at it  I put the ring onto my left shoulder 1  I keep it 3x  I move the ring back to the side 2  I keep it 3x  I put the ring onto my left knee 1  I keep it 3x  I move the ring to the side 2  I keep it 3x  I move the ring forward 3x  I put the ring down 3x | Caleb and Nathaniel hold onto 3 lb weights and do the exercises with both hands simultaneously  Madison holds on a 2 lb weight  Keep the back straight  Keep knees in the middle  Keep feet flat  Thumb is out from fist  Elbows are straight  Follow hand movements with eyes  Caleb and Nathaniel cross arms and put the weights onto the opposite shoulder |
| 1. I put/pull the ring (it) on to my left shoulder (there) 3x   I keep it 3x  I lift my right elbow (it) up 3x  I put it down 3x  I take the ring (it) off from my arm 3x  I put the ring down 3x  *Repeat task 5 and 6 with the left arm* | Keep wrist down  Madison keeps the weight on her shoulder and lifts the elbow this way  Caleb and Nathaniel cross arms and keep the weights on their shoulders  Alisa and Zach pull the ring up onto their arms |
| 1. I hold on the ring with both of my hands 3x   I scoot forward on the stool 1-2  I step to the side with my right leg 1  I step to the side with my left leg 2  I take my knees apart 3x  I lean forward between my knees 3x  I put the ring (it) down between my feet 3x  I let the ring (it) go 3x  I sit up 1-5 | Keep feet flat  David holds on lower on the ladder back chair and puts the ring down with his right hand  Alisa puts the ring down with her left hands  Caleb, Nathaniel, and Madison put the weights down to the side |
| 1. I shift my weight to the left 3x   I step up onto the box with my right 1-5  I turn my knee out 3x  I turn my knee in 3x  *Repeat several times*  I step down 3x  *Repeat the task with the left leg* | Keep opposite foot flat  Keep trunk, shoulders and head in midline  David, Zach, and Nick put foot flat on the box  Lift leg up to step down |
| 1. I hold onto my walker with both of my hands 3x   I scoot forward on my stool 3x  I put my weight (it) onto my feet 3x  I lift my hips up 3x  I put them down 3x  *Repeat several times*  I put my weight (it) onto my feet 3x  I stand up 1-5  I keep it 3x  I sit down 1-5  *Repeat several times* | David, Maclean, Madison, Caleb, and Nathaniel let go of weights  Madison, Nathaniel, and Caleb clasp hands  Maclean holds rung of plinth  KJ holds canes  Keep feet and knees apart  Head and trunk are in the midline |
| 1. I put my feet flat 3x   I move my knees to the middle 3x  I put my hands onto my knees or I hold on the bar 3x  I am sitting straight 3x | Head and trunk are in the midline  Knees are apart  Feet are flat and parallel |

Program is followed by appreciation and game