

 ***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 3xI put my hands to my knees or I hold onto the bar 3xI lift my head up 3xI am sitting straight 3x  | Caleb and Nathaniel have ankle weightsHead and trunk are in the midlineKnees are apartFeet are flat and parallel |
| 1. Breathing tasks with/ without vocalizationsI nod my head forward I blow the air outI lift my head up I breathe in*Repeat several times*
 | Exhalation firstLips are closed when inhalingMaintain correct body postureElbows are extended |
| 1. I nod my head forward 3x

I move my head backwards 3xI move my head back to the middle 3xI turn my head to the right 3xI turn my head to the left 3x*Repeat several times*I turn my head back to the middle 3xI lean my head to the right 3xI lean my head to the left 3xI make a circle with my head to the rightI 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 midlineKeep hands down or holding onto the barFeet are flatZach 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 3xI swing my arm forward-backward*Repeat several times*I move my arm back to the middle 3xI lift my right shoulder up 3xI put it down 3x*Repeat several times*I lift my shoulder up 3xI move my shoulder forward 3xI move my shoulder backwards 3x*Repeat several times*I move my shoulder to the middle 3xI put my hand onto my knee orI hold back onto the bar 3x*Repeat with the opposite side* | Maintain symmetrical body postureKeep feet flatKeep knees in the middleFollow the given rhythmDavid lets the weight goMaclean takes arm off LBCMake sure everyone has enough time to relax armAlisa keeps arms straight |
| 1. I hold on the ring with my right hand 3x

I lift the ring up 3xI have a look at itI put the ring down 3xI lift the ring up 3xI have a look at itI put the ring (it) onto my left knee (there) 3xI lift the ring up 3xI put it down onto my right knee 3xI lift the ring up 3x I move the ring to the side 3x I have a look at itI put the ring onto my left shoulder 1I keep it 3x I move the ring back to the side 2I keep it 3xI put the ring onto my left knee 1I keep it 3xI move the ring to the side 2I keep it 3xI move the ring forward 3xI put the ring down 3x | Caleb and Nathaniel hold onto 3 lb weights and do the exercises with both hands simultaneouslyMadison holds on a 2 lb weightKeep the back straightKeep knees in the middleKeep feet flatThumb is out from fistElbows are straightFollow hand movements with eyesCaleb 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 3xI lift my right elbow (it) up 3x I put it down 3xI take the ring (it) off from my arm 3xI put the ring down 3x*Repeat task 5 and 6 with the left arm* | Keep wrist downMadison keeps the weight on her shoulder and lifts the elbow this wayCaleb and Nathaniel cross arms and keep the weights on their shouldersAlisa 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 1-2I step to the side with my right leg 1I step to the side with my left leg 2I take my knees apart 3xI lean forward between my knees 3xI put the ring (it) down between my feet 3xI let the ring (it) go 3xI sit up 1-5 | Keep feet flatDavid 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 handsCaleb, 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 1-5I turn my knee out 3xI turn my knee in 3x*Repeat several times*I step down 3x*Repeat the task with the left leg* | Keep opposite foot flatKeep trunk, shoulders and head in midlineDavid, Zach, and Nick put foot flat on the boxLift leg up to step down |
| 1. I hold onto my walker with both of my hands 3x

I scoot forward on my stool 3xI put my weight (it) onto my feet 3xI lift my hips up 3xI put them down 3x*Repeat several times*I put my weight (it) onto my feet 3xI stand up 1-5I keep it 3xI sit down 1-5*Repeat several times* | David, Maclean, Madison, Caleb, and Nathaniel let go of weightsMadison, Nathaniel, and Caleb clasp handsMaclean holds rung of plinthKJ holds canesKeep feet and knees apartHead and trunk are in the midline |
| 1. I put my feet flat 3x

I move my knees to the middle 3xI put my hands onto my knees or I hold on the bar 3xI am sitting straight 3x | Head and trunk are in the midlineKnees are apartFeet are flat and parallel |

Program is followed by appreciation and game