|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity | 1 (2 min) | 2 (1 min) | 3 (1 min) | 4 (2 min) | 5 (2 min) | 6 (2 min) | 7 (2 min) | 8 (2 min) | 9 (1 min) | 10 (2 min) | 11 (2 min) |
| Week one | Run on the spot  (High knees) | Run on the spot  (Bottom kicks) | Side Steps | Throw a bean bag into a hoop | Commando crawl | Pull a resistant band opposite hand to lifted knee | Log Roll | Popcorn jump | Sensory bottles | Downward dog to cobra pose | Listen to some relaxing music with a eye mask on |
| Week two | Wall pushes with hands | Squats | Shuttle runs | Pop corn jumps (squat, jump and rotate, squat) | Side steps with resistance bands around the calf’s | Stepping in and out of a floor ladder | Burpees | Pass a ball over the head then under the legs | Squeeze a large cushion | Brush soft fabric or feathers down the arms | Squeeze and stretch Thura putty/ playdough/ model me foam |
| Week three | Jump up and down on the spot or trampoline | Side steps | Wall pushes with hands | Lie on back and cycle legs | Step ups onto a bench or box | Roll on tummy on top of a gym ball collecting beanbags from in front | Balance a beanbag on a racket and jog from one side of the room to the other | Throw and catch a bean bag with a partner | Roll a therapy ball over the pupil (deep pressure) | Switch between Down dog and cat stretch yoga poses | Lay under a blanket (can be weighted) and listen to relaxing music |
| Week four | Star jumps | Squats | Bounce on a gym ball up and down | Skipping with a rope | Hula hooping | Mountain climbers | Lie on back and touch opposite hand to foot | Bounce a ball off a wall and try to catch | Curl up in a ball or wrap up in a blanket like a Taco | Roll a therapy ball over the pupil (deep pressure) | Squeeze and stretch Thura putty/ playdough/ model me foam |