

Active Ability

NOTE: This circuit is appropriate for children with reduced functional capacities. Aim to work until fatigue sets in before changing the movement, this will be different for each child depending on their disability.

1. Bubble Popping

Blow bubbles in various directions and encourage your child to reach above their head, out in front, down towards the ground and to their sides. They can do this seated in a wheelchair, standing or lying down.



2. Boxing

Hold a soft ball or your palms in front of the child and ask them to gently tap your hand in a punching motion. Start slow and get faster if possible. You can do this seated in a wheelchair, standing or lying down.

3. Soccer

In a seat or standing, roll the ball to the child and encourage them to swing their leg and kick the ball back to you.



4. Snow Angels

Standing, seated or lying down, ask your child to place their arms by their side and raise them above their head, then back down to their side. Assist where needed.



5. Sit Ups

With your child lying down, sit at their feet and hold their hands. Ask your child to lift their chin to their chest and come as high as possible, then lower back down. Assist where needed.



6. Sit to Stand/Leg Press

Start with your child sitting on a chair or in a wheelchair with their feet flat on the floor. Ask them to push into the ground and rise until standing or as high as possible. *Note:* if your child is unable to sit, let them lay down on the floor with their feet flat against the wall and ask them to push the wall away.



**EXERCISE
RIGHT** *at home*

For more resources and information on how to stay active, visit exerciseright.com.au