

Physiotherapy activity sets:  
Strong Bodies & Healthy Lungs

Primary School Children

Set Number 1

Discuss with your physiotherapist which exercises you should do and how many, or how long to set on your timer.

Your child can help to select a set- maybe the same set for a week; or a different set each day. After your exercises, do some quiet controlled breaths to finish.

Some people may need airway clearance options and different fun exercise options for each session- your physio will help with this. Huffs are great!

Be SAFE: Some of these activities are very vigorous, and need parent care.

3	For primary school children – some active “big muscle” games, and some quiet breathing control games
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<p>Balloon Battle!</p> 	<p>Squat &amp; balance</p> 	<p>Positions and chest pats</p> 
<p>How many hits can you do before it touches the ground? Make each other run!</p>	<p>How? How many squats? Repeat x <input type="checkbox"/> times</p>	<p>Check with your physio how s/he should lie for the chest patting</p>
<p>Walking Wheelbarrow!</p> 	<p>Jumping Jacks or Sack race</p> 	<p>Hot Huffs</p> 
<p>See how many steps you can do; increase each time. Easy= hold near thighs; Hard = hold ankles.</p>	<p>Do jumps all the way across the room. Try for more jumps each time. Repeat x <input type="checkbox"/> times</p>	<p>Use a tube to learn good huffing; keep your throat open and squeeze your breath out fast. You might hear a catch as your huff picks up the mucus to clear it out.</p>

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Set Number 2



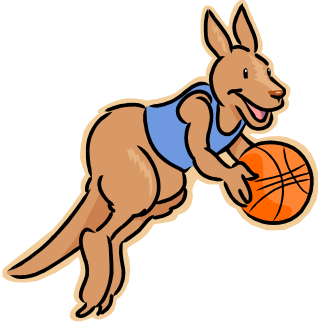



Discuss with your physiotherapist which sets you should do and how many of each exercise, or how long to set on your timer.

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3 For primary school children – some active “big muscle” games, and some quiet breathing control games

	<p>Skipping Rope</p> 		<p>Frog Jumps</p> 		<p>Bounding Kangaroo</p> 
	<p>Have a bag of fun blowers, tissues, bubbles, straws, pingpong balls- whatever you can think of!</p>		<p>See how many jumps you can do; or you could use a song like “Mr Frog jumped out of the pond”. Remember to stretch your arms up with each jump.</p>		<p>Make sure you bound you’re your front paws up in front. Count your kangaroo hops- try for 10. Super challenge- hold the ball as you jump.</p>
	<p>Balloon Battle</p> 		<p>Running Song or chasing game</p> 		<p>Ball balancer</p> 
	<p>Blow up a balloon and see how many hits you can do without touching the floor. Challenge: S/he learns to blow the balloon themselves.</p>		<p>“Running to the Corner” or other run &amp; chase games- eg toy relay from one container to another.</p>		<p>Use a ball or balloon- stand still and take quiet breaths- say the alphabet for your child and see how long s/he can balance</p>

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Set Number 3

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3	For primary school children – Outdoors activities, and some quiet breathing control games
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<p>Frisbee Fun</p> 	<p>Pool time or running laps</p> 	<p>Bike rides</p> 
Practice your skills and run hard!	Pool- challenge yourself to more laps each week. If you can't get to a pool, do jogging/ running laps (10 metres).	Do some sprints and hills if you can.
<p>Play in the park</p> 	<p>Swings</p> 	<p>Step ups</p> 
Practice all the equipment- even the hard ones. Can you make it across the overhead rings? Keep trying.	Have some fun with big swings- whatever you can find. Go fast then go really slow. Make your breaths go slow little as your swing slows down.	Find a step: Try to do 100.  After exercises, do some quiet controlled breaths as you go back home.

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Set Number 4







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3 For primary school children – “One minute challenge”- Indoors “circuit” activities, and some quiet breathing exercises and stretches. Do 1 minute at each part of your circuit. Repeat the whole circuit 3 times.

	<p>Mini trampoline</p> 	<p>Hopscotch</p> 	<p>Forward-Back jumps</p> 
<p>Do jumps, hops, or gentle jogging for a minute at a time.</p>	<p>Start with a hop in every square, then miss the nearest one. See how far you get in one minute.</p>	<p>These are hard! See how many times you can jump over a line in one minute. Try SIDEWAYS as well</p>	
<p>Ball game exercises</p> 	<p>ACBT breathing exercises</p> 	<p>Cat stretch</p> 	
<p>Do a different type of ball game each time around the circuit: bounce passes, partner throws, underarm, or high passes.</p>	<p>Do a minute of ACBT in your circuit. If you haven't learnt ACBT, practice your huffing: do 2-3 huffs then a few normal breaths; then some each huff again. Cough if you feel or hear some mucus.</p>	<p>Count slowly to 10 as you stretch out like a Cat! Then rest slowly down to the mat. Repeat slowly 3 times. Your physio might give you some other stretches as well.</p>	

Physiotherapy activity sets: Physio can be Fun!

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Primary School Children

Set Number 5

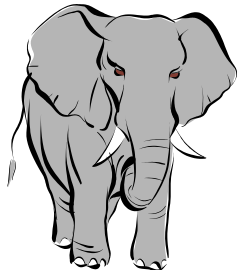


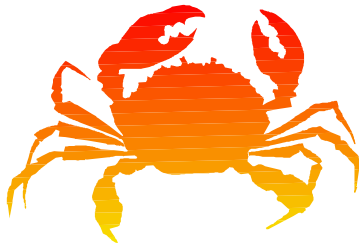
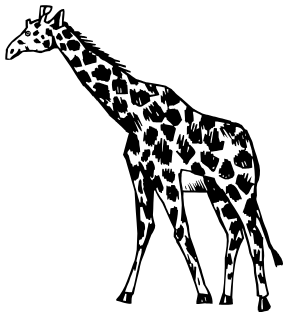
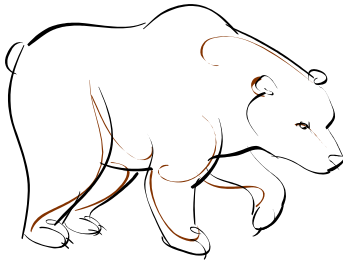
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3 For primary school children – “Zookeeper Says”- You are the zookeeper: S/he has to listen for “Stop” at the end of each 1 minute of animal antics. Adapt the games to your child’s age & interests; also do some quiet breathing exercises. Repeat the whole circuit 3 times.

<p>Zookeeper says...</p> 	<p>Balance with one foot in the air while you count to 10; Then STOMP like an elephant around the room. Lean forward- arms together and swing your “trunk” with each step. Go until you hear “Stop”.</p>	<p>Zookeeper says...</p> 	<p>Zookeeper says...</p> 
<p>Zookeeper says...</p> 	<p>Walk like a Crab- squat down low. until you hear “Stop”.</p>	<p>Zookeeper says...</p> 	<p>Zookeeper says...</p> 
<p>Do a minute of ACBT in your circuit. If you haven’t learnt ACBT, practice your huffing: do 2-3 huffs then a few normal breaths; then some each huff until you hear “Stop”.</p>	<p>Walk slow and strong until you hear “Stop”. Cough if you feel or hear some mucus.</p>		

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Set Number 6

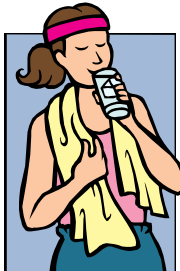





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3 For primary school children – Combined airway clearance and activities.

<p><b>Be prepared:</b> Have your gear ready- shoes, Hydration, medication</p> 		<p><b>PEP</b> (circle which one)</p>  <p><input type="checkbox"/> sets of <input type="checkbox"/> breaths Remember: <b>huffs</b> are part of each set of PEP</p>	<p><b>Balloon Blower Volleyball!</b></p> 
<p>Get into the habit of having a water bottle for your exercise session. Remember to use any puffers that you might need before exercise and airway clearance.</p>		<p>Your physio will tell you how many sets of PEP breaths to do, or how many minutes to keep going. You can do other exercises before and after your PEP. Keep track of the sets:</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p>	<p>Blow up a balloon and tie it off. Play "volleyball" - see how many hits you can keep it going for between two people. Practice for 1 minute.</p>
<p><b>Blowing Games</b></p> 		<p><b>Positions &amp; Pats</b></p> 	<p><b>Super strong stretches</b></p> 
<p>Use any of your games for different breaths: both in and out breaths that are slow, fast, short or long: make a minute of fun!</p>		<p>Your physio will tell you if you need to have other things like chest percussion. Some kids might do PEP at the same time. Clear your chest with good huffs and coughs.</p>	<p>Talk to you physio about some stretches to finish your exercise session. Clear your chest with good huffs and coughs. Always do some quiet controlled tummy breaths to finish.</p>