

**Locomotion**

**Skip**

**Locomotion**

**March – A**

**Locomotion**

**March B**

**Locomotion**

**Zig-Zag**

**forwards &**

**backwards**

**Locomotion**

**Double leg**

**hop –**

**Forwards &**

**Backwards**

## **Mobility & Stability**

# **Toe Touch**

**knees squeeze**

**Towel between knees,  
Squeeze, stretch overhead  
and then exhale as you bend  
to touch toes**

# **Mobility & Stability**

## **Back to wall**

## **Squat**

**Back to wall, feet together  
and 1 foot from wall: Squat  
with heels on floor**

# **Manipulation**

## **Fall Down & Get Up**

**Fall to side then On back,  
then Roll and Get Up by Squat  
X 4 reps each side**



# **Stability, Locomotion & Manipulation**

## **Squat Up**

**From a sitting position push  
knees out, straighten back  
and stand up x 6 reps**

## **Locomotion and Stability**

# **Jump and Land**

**Soft knees aligned when  
landing with arms out in front**

**6 reps**

## **Stability & Locomotion**

# **Step and Balance**

**From Lunge position step  
back and then tuck into  
running position and hold  
5 reps each leg**

# **Stability & Manipulation**

## **Push**

**With Swiss ball and partner  
resist push x 10 seconds on  
and 10 off then 10 on**

# **Stability & Manipulation**

# **Push-Up**

**In Spiderman position**

**Complete 6 reps**

# **Stability & Manipulation**

## **Pull**

**Commando crawl along floor  
for 5 metres then back**

## **Locomotion**

# **Roll 1**

**Upper back:**

**From lying face down raise  
head and arm to roll to back**

**X 6 reps each side**

# **Locomotion**

## **Roll 2**

**Lower body:**

**From lying face down raise  
knee to side then stretch back  
over leg x 6 reps each side**



## **Stability & Locomotion**

# **Rolling Get- Up**

**From back roll to side then to  
Bear position then return to  
lying on back x 4 reps each  
side**

# **Stability & Locomotion**

## **Bowl & Balance**

**In pairs hold stick and twist  
off balance x 10 seconds on  
then change sides then 10  
seconds on**

**Stability & Manipulation**

# **Learn to Lift**

**Med ball Split Snatch**

**X 6 reps each leg**

**Locomotion & Awareness**

# **Relay**

**Swiss ball Train Track or Swiss  
ball Wall Carry**

**Stability, Mobility,  
Locomotion & Manipulation**

# **Spiderman**

**Move forward 5m and then  
back 5m to start in Spiderman  
movement**

**Stability, Mobility &  
Manipulation**

**Monster**

**Lunge**

**stepping**

**Move forward for 3 Monster  
lunges then back x 3**

**Stability**

# **Shoulder Alphabet**

**ABC with right then left**

**Then DEF with right then left**

**Locomotion & Stability**

# **5m Sprint and Stop on Line**

**Stick the stop with soft knees,  
Pause then reverse back and  
repeat x 3 reps**



# **Mini-Games**

**Get there without walking,  
running**

**Use: Hop, Skip, Jump, Bound**

# **Mini-Games**

**Stability, Mobility,**

**Locomotion, Manipulation,**

**Awareness**

**Invasion game 1**

**Tag and pass back**

**Pass ball when tagged – but  
only backwards**

**Mini-Games**

**Stability, Mobility,**

**Locomotion, Manipulation,**

**Awareness**

**Dodge ball**

# **Relays**

**On floor face**

**down leader**

**get up and**

**partner chases**

# **Stability, Manipulation**

## **Medicine ball throws**

- 1. Chest pass**
- 2. Single leg pass**
- 3. Knee chest pass**  
**drop and bounce**  
**up**

# **Combinations 1**

**Wall Sprint switch x 3  
each lead knee,**

**Reverse to drop**

**down, Squat Jump,**

**fast knees then back**

**to Wall**

# **Combinations 2**

**1. Fall-down**

**2. Roll to back**

**3. Squat get up**

**4. Reverse lunge**

**5. Monster lunge**

**6. Single leg step &  
tuck**

**Repeat x 3 reps**

# **Combinations 3**

## **Partner shadow**

- 1. Side, back, forwards**
- 2. Fall-down,**
- 3. Roll**
- 4. Get Up**
- 5. Side, back,  
forwards**



# **Manipulation**

## **Throw and catch**

- 1. Partner to Partner**
- 2. Partner to Wall to  
second Partner**

**Manipulation**

**Throw to wall**

**Trap and kick to wall**

**Manipulation**

**Throw up high**

**Fall**

**Get up and catch**