

Activities for the APE Student

<u>Rhythmic Activities</u>	<u>Stunts/Mat Work</u>	<u>Physical Fitness</u>	<u>Manipulative</u>	<u>Games</u>
<ul style="list-style-type: none"> * Locomotor Movements to music, include marching, clapping * Dances: <ul style="list-style-type: none"> London Bridges Hockey Pokey Farmer in the Dell Follow the Leader Ring Around the Rosie Looby Loo I'm a Little Teapot Row, Row Your Boat Head Shoulders Knees and Toes Any Train Music Five Little Monkeys Five Little Frogs What Color Are You Wearing Let Everyone Clap Hands With Me Round the Village Teddy Bear Teddy Bear * Dancing while playing musical instruments * Hang noise makers above mat, student ambulates or reaches and touch noise makers * Set up noise maker targets (empty soda cans, Pringles canisters with bells in them) student knocks them down then sets up for next student 	<ul style="list-style-type: none"> * Animal Walks * Log rolls * Crawling * Combat crawling * Obstacle course (stable and unstable, crawl, walk, log roll) * Ladder walking/ladder pulling * Stepping over jump ropes, or Velcro * High water with jump rope, hula hoop * Bench (scoot, pull prone position, locomotor skills) * Balance Boards (sitting, standing) * Scooter boards (sitting, prone, being pulled, pushed) * Tunnels * Barrel rolling/pushing * Stability Ball (body circles, prone push forward so arms extend to touch floor, leg lifts...) 	<ul style="list-style-type: none"> * Bicycling (in chair, supine position, feet to feet) * Kicking (in chair, supine position) * Wheelbarrow * Finger push ups * Modified push ups * Assisted sit ups * Chair Aerobics (CD Sugar Beats Wild Thing) * Arm circles * Tug of war * Squeezing soft balls or fidgets * Locomotor skills from point A to point B (use on/off lights, Tigger, moving vehicles) * Four Corner Movement * Circuit Training * Paddles (homemade) and suspended ball/balloons for arm strength * Cage ball (roll/push it/kick) * Jump rope (turn handle, have staff jump) * Kick disc (locomotor skills, use pvc pipe to set up rink- kick around rink) * Hovering/Helium Frisbee * Hoppity Hop * Bop Bags (reaching, punching, kicking) * Ribbon Sticks * Cool Aerobics CD 	<ul style="list-style-type: none"> * Rolling/tossing various sized and textured balls to partner/target * Throw/push/catch/toss/kick suspended ball/balloon/scarf * Kick suspended ball * Kick oversized ball/paper bag/plastic bag * Run the bases * Play musical instruments (rotate to different instruments during session) * Balloons use various body parts to touch/tap balloon (suspend balloon) * Flashlight Tag * Parachute/Coop Band (standing/sitting) * Prone position-reaching, throwing/tossing/placing/grasping: use cause and effect toys (improves head control, back strength and mobility) * Beanbags: step on them, pick up all colors or just one color, hide and seek, place on body part and knock/push off/throw/toss/drop in bucket * Hula Hoops (roll it-chase it, step in/out, lift up/down, to either side, toss over target) 	<ul style="list-style-type: none"> * Ball stop * Cat and Mouse * Red Light Green Light * What Time is it Mr. Fox? * Charley over the Water * Red Rover * Sneak Attack (use "cheap talk" to say boo/get me if you can) * Color game (circle formation, call out/match color ambulate around circle back to spot) * Hot Potato (use real potato) * Hide and seek * Roll dodge ball (sitting/standing or object in the middle) * Basketball - modified hoop * Tee Ball (use flat bat, hand, oversized ball) * Bowling - use table top with coffee cream containers * Body Bowling * Suspended ball bowling * Bowling with or w/out ramp * Bocce Ball with or w/out ramp * Soccer (set up goals on table top, used oversized ball, use hands/ body to maneuver ball into goal)