

# Walker and Wheelchair Exercises

That can be done at home :)

# Walker



# Walk

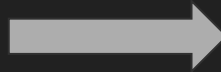
Around your  
house

Click to hear walking music →



# Dance

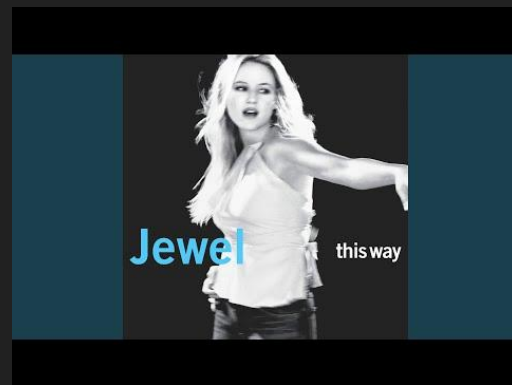
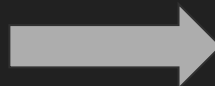
Click the link to start the music



# stand

Using your walker or  
table for support

Click the link to hear standing music.



The next set of slides show different activities you can do while in a wheelchair



# CREATE A RHYTHM

LUMMI STICK



*Be  
creative*

1 MINUTE

Be creative and invent some fun rhythms tapping Lummi sticks on an exercise ball. Use 1 or 2 sticks.

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PE WHEELCHAIR TASKS

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## Cardio Drumming

### Drum:

- Yoga ball or any medium ball
- Plastic bin
- Bucket
- Box

### Drumsticks:

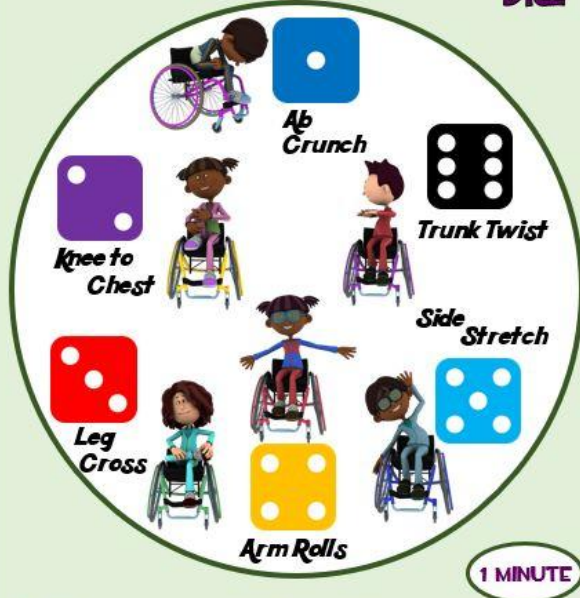
- Hands
- Rhythm Sticks
- wooden spoons
- Spatulas





# DICE EXERCISE

DICE



Roll 1 die and perform the movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

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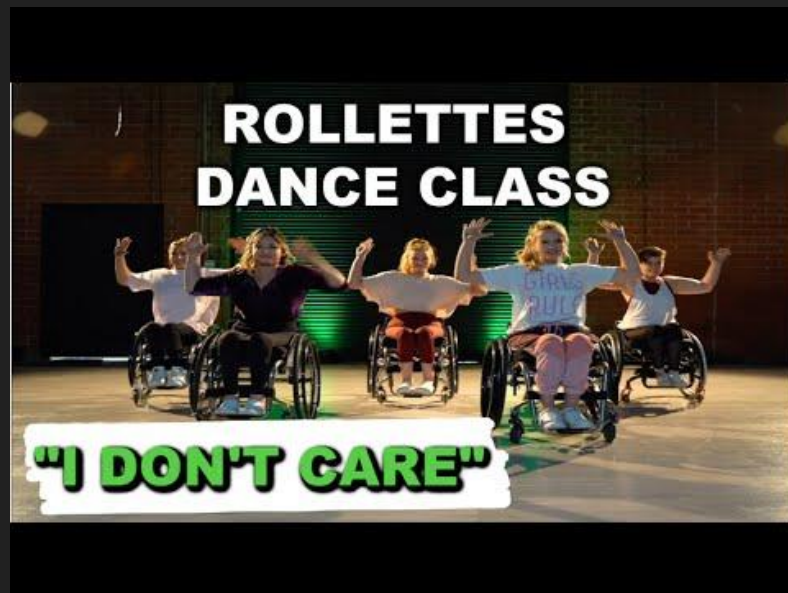


©Pete Charnette (Cap'n Petz), 2020



To roll: Click the video to start the die. Click the video to stop the die. Whatever number it stops is the exercise you perform.

# Dance



# BEANBAG BALANCE

## BEANBAG



1 MINUTE

Balance a beanbag on your head while you roll around the room. Ask a partner to help you if it drops to the ground.

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# OCEAN WAVE

LONG ROPE

Make waves  
with the rope



2 MINUTES

Hold one end of a rope and shake it up and down it while a partner runs through and jumps over the rope.

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# BUCKET CATCH

YARN BALL



*Move  
the bucket  
to the ball*

1 MINUTE

Toss a yarn ball back and forth  
with a partner. Catch the yarn  
ball in a bucket for fun.

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PE WHEELCHAIR TASKS



# Week 3 is Finished!

