

# Walker and Wheelchair Exercises

That can be done at home :)

# Walker



# Walk

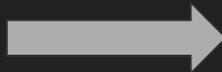
Around your  
house

Click to hear walking music



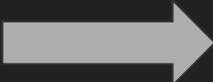
# Dance

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

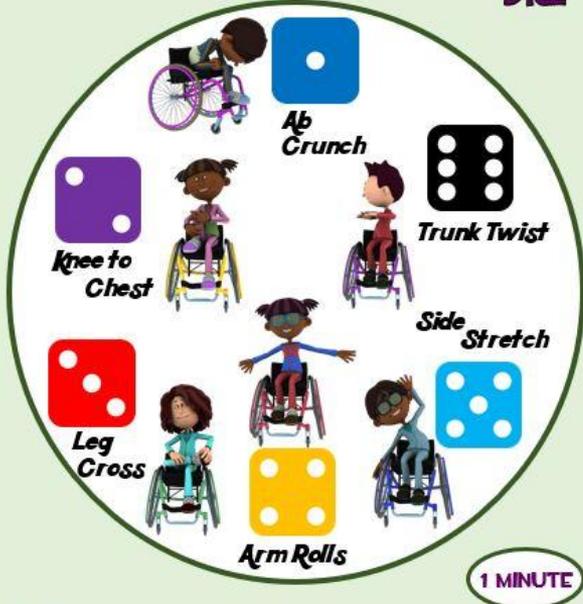
### Drumsticks:

- Hands
- Rhythm Sticks
- wooden spoons
- Spatulas



# DICE EXERCISE

DICE



1 MINUTE

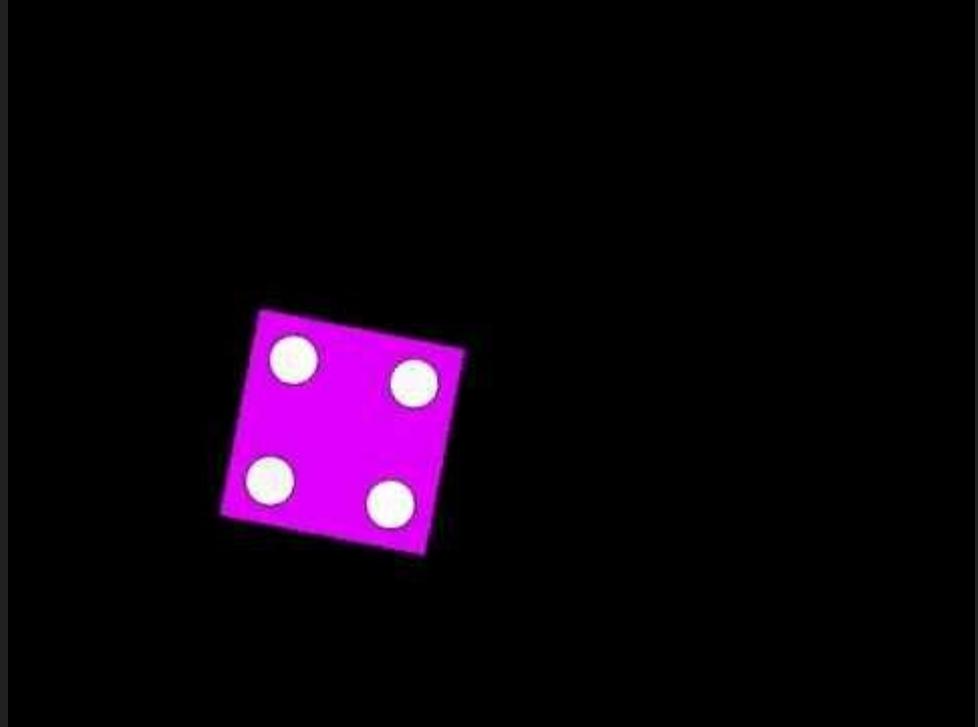
Roll 1 die and perform the movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

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PE WHEELCHAIR TASKS

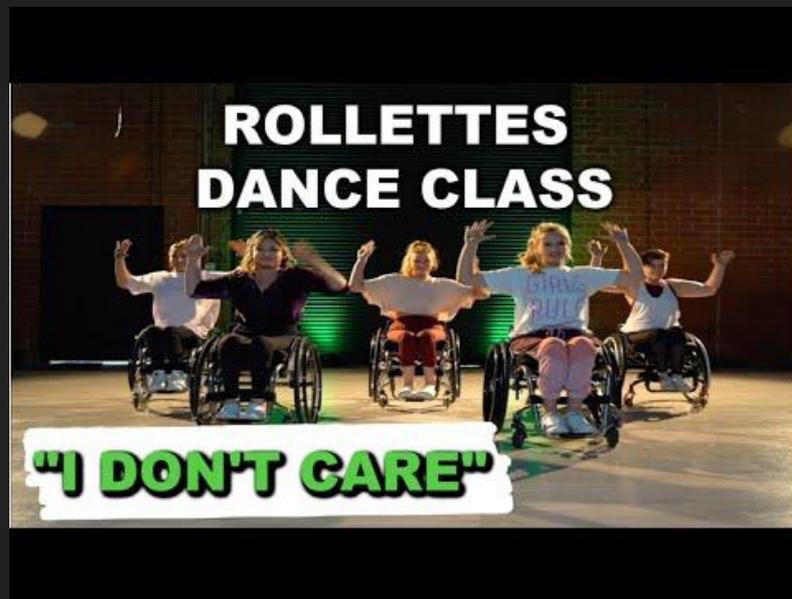


©Foto Charrette (Cap'n Peas), 2020



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



*Balance  
and  
roll*

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!

