

Physiotherapy Playground Activities

Name:
DOB:
Home Program Date:
Therapist:

Suggestions for playground activities to encourage gross motor skills and development. Please try the following checked off items for home programming:

- Walking across a curb as though it is a balance beam. Provide as little support as needed to maintain safety. Encourage one foot being placed in front of the other.
- Jumping down from a low curb, off the last step of the playground staircase or the bottom of the slide. Give as much help as needed by holding hands if necessary. Encourage the child to keep both feet together in take off and landing.
- Stepping on and off a low curb/step (start at 1" or 2") without hands helping. Stay close by for supervision, and you may need to support the child at the waist. As the child improves, encourage higher heights hands-free with supervision.
- Climbing on playground equipment: use what is around you! Encourage climbing on ladders, walking up/down ramps, going down slides, walking up/down stairs with alternate feet on steps if possible, climbing through tunnels, use monkey bars (with assistance at hips if necessary and supervision) etc.
- Try activities on variable surfaces like grass, sand or woodchips. For example, kicking a ball or trying to pop bubbles with toes to encourage single leg stance.
- Running, walking and playing on grass, sand and/or woodchips to encourage more balance. Try organized activities like soccer or tag.
- Walking up and down ramps/grassy hills in playground (open area). Encourage as much independence as possible.
- Trike riding – encourage both feet to stay on the pedals and help the child by pushing the trike forward if necessary. If you need to, you can try strapping the feet to the pedals or try tying the feet to the pedals with rope (make sure this does not get caught in the spokes/pedal). You can also pull the trike forward using a jump rope around the handle bars. If your child is independent with trike riding, work on increasing distances pedaled or challenging activities like pedaling up/down small slopes.

Comments/Suggestions:

Therapist Signature/Extension