



PE with Joe Adapted for differently able superheroes!

Public · Hosted by Bumble Bee Physio

Bumble Bee Physio

www.bumblebeephysio.co.uk

Details

Join in with Joe's PE sessions with adapted, inclusive exercises for children with neurological and neuromuscular conditions.

There are 3 options for the exercises, standing with support, seated, or lying.

You will need:

FOR CHILDREN STANDING WITH SUPPORT:

1. Shoes and AFOs on
2. Kaye walker, OR sticks, OR adult support, OR 2 dining chairs either side to hold onto
3. Small bench/footstool/stool/sofa to sit on for one exercise
4. Sofa or wall to lean on for one exercise
5. A soft mat or carpet to lie on for one exercise

FOR CHILDREN SEATED:

1. Shoes and AFOs on
2. Your child seated in their wheelchair, or on a stool/footstool/therapy bench/sofa
3. A surface/wheelchair tray in front of your child to lean on for one exercise

FOR CHILDREN LYING:

1. Shoes and AFOs off
2. A soft mat or carpet for your child to lie on
3. If your child has a wedge, they can lie on this (so they can be propped up to see the screen)
4. If your child does not have a wedge, propped up with their head on cushions so they can see the screen

EVERYONE:

1. Superhero powers!!!