



CONNECTICUT STATE DEPARTMENT OF EDUCATION

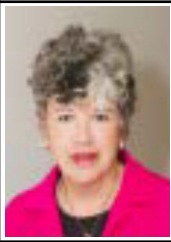





Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

Physical Activity / Mobility

May 19, 2020

Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

Project Partners & Coordinators

<u>CT State Department of Education (CSDE)</u>	<u>RESC Alliance</u>	<u>CT Parent Advocacy Center (CPAC)</u>	<u>CT Association of Private Special Education Facilities (CAPSEF)</u>
 <p>Colleen Hayles Education Consultant <u>Bureau of Special Education</u> 860-713-6910 <u>Colleen.Hayles@ct.gov</u></p>	 <p>Deborah Richards Director of Student Services <u>Capitol Region Education Council (CREC)</u> 860-524-4025 <u>derichards@crec.org</u></p>	 <p>Jane Hampton-Smith Acting Executive Director <i>CT Parent Advocacy Center</i> 860-739-3089 <u>jhampton@cpacinc.org</u></p>	 <p>Karen Helene Education Director <u>Benhaven, Inc.</u> 203-793-1905 <u>khelene@benhaven.org</u></p>
<p>Alycia M. Trakas Education Consultant <u>Bureau of Special Education</u> 860-713-6910 <u>Alycia.Trakas@ct.gov</u></p>	 <p>Nicole Natale Senior Education Specialist <u>Capitol Region Education Council (CREC)</u> 860-929-8673 <u>nnatale@crec.org</u></p>	 <p>Jennifer Lussier Family Engagement Coordinator <i>CT Parent Advocacy Center</i> 860-739-3089 <u>jlussier@cpacinc.org</u></p>	 <p>Ana Wittig Chief Administrator and Vice President of Education <u>Oak Hill</u> 860-944-8728 <u>Ana.Wittig@oakhillct.org</u></p>

Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

The information and resources included in this resource guide are organized into ten different topical categories:

- Getting Started;
- Communication Skills;
- Literacy;
- Math;
- Science, Social Studies, and Current Events;
- Physical Activity and Mobility;
- Life-Skills and Self-Help Skills;
- Art;
- Sensory Activities; and
- Play and Leisure.

[Resource Guide](#)

[One-Pager](#)

[Getting Started](#)

- 1) Some Functional Tips
- 2) Self-Care for the Parent/Caregiver
- 3) Setting Up the Environment for Continued Educational Opportunities at Home

[Overview & Getting Started Webinar](#)

- [Download the Presentation](#)

Session Presenters & Goal



Mike Pietruszka

Adapted Physical Education Teacher
River Street Autism Program

[Capitol Region Education Council \(CREC\)](#)

860-727-8481

mpietruszka@crec.org

Session Goal

- ✓ Provide an overview of the ***Physical Activity / Mobility*** section in the resource guide

<https://bit.ly/highneeds-physicalactivity>

Physical Activity / Mobility

PHYSICAL ACTIVITY / MOBILITY SUPPORTS

Physical activity is very important for the health and well-being of every child. Each day, children should take part in physical activity which focuses on motor development and coordination, such as movement activities or an exercise routine. According to the United States Department of Health and Human Services, children and adolescents should be active for at least 60 minutes every day. This can be a challenge for children with high needs. Please work with your child's school-based team for suggestions for physical activity and mobility skills, to meet the unique strengths and needs of your child.











Physical Activity / Mobility

PUTTING PHYSICAL ACTIVITY / MOBILITY SUPPORTS INTO PRACTICE

Consult with your child's school-based team to establish exercise and wellness routines that can benefit your child and whole family. Getting enough physical activity can include anything from walks or indoor exercise videos to helping children increase their cardiovascular health and muscular endurance. Additionally, work with your child's school-based team to assist with positions your child may need to be in for the day (if appropriate) and determine if any mobility/positioning equipment would benefit them in the home during this time. Do your best to make physical activity fun, such as playing games like Simon Says, bean bag toss, dance parties, walking like animals, bubble play, [egg in a spoon](#), building a fort, and [chair bingo](#). [This New York City Public Schools page](#) has some additional information as well. [This website](#) also has some excellent functional tips and example videos for physical activity at home. Check out the [At Home Activities](#) chart created by Shape America and the [Ten Tips for Building Fit Kids](#) infographic compiled by the American College of Sports Medicine, which provide physical activity ideas for families to try at home. Always work with your child's school-based team to understand your child's individualized education program (IEP) goals and objectives, and to prioritize which of those can be worked on at home with their support.

At Home Activities

Use the following chart for ideas for activities that you can try at home. Pick five different exercises to complete, once you have done all five repeat them for three rounds. Be sure to start with a warm-up to get your muscles ready for movement and end with a cool down and stretches to avoid soreness. Once you're done, think about all the activities you did. Circle the activities you enjoyed and star the activities that were challenging. Be sure to try all the activities before repeating.

<p>Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>Cardio Day 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>	<p>Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides</p>	<p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>Frog Sit-Ups Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down.</p> 	<p>Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 
<p>Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>Boat Pose Hold Boat Pose three times for 15 seconds</p> 	<p>10 Chair Squats Stand about six inches in front of a chair. Squat until your buttocks barely touches the chair and stand back up.</p>	<p>Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>Abs! 10 knee to elbow planks 10 crunches 10 superman poses</p> 	<p>Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>
<p>Kick City 10 side kicks 10 front kicks 10 back kicks</p>	<p>Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10</p>	<p>Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg</p> 	<p>Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>10 Star Jumps Jump up with your arms and legs spread out like a star. Rest and repeat.</p>	<p>Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>
<p>Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p>Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>10 Lunges with a Hook Complete a side lunge with a cross-hook punch. Do 10 on each side.</p>	<p>Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>	<p>Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>10 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position.</p>
<p>Walk Down Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.</p>	<p>Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>10 Fly Jacks Done like a normal jumping jack except bring your arms to the side to form a T. Open & close your arms in front as you move your feet.</p>	<p>10 High Knee Twists Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides.</p>	<p>Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>Wall Sit Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat two more times.</p>

Yoga pictures from www.fortseyoga.com



Ten Tips for Building Fit Kids

The Big Picture
Physical activity (PA) is a learned behavior that is influenced by a child's family, friends and environment.



Start Positive
Positive behaviors established early in life tend to carry over into adulthood.



Have Fun!
Children participate in PA to have fun, make friends and learn something new.



Mix it up
Sport diversification early in life should expose children to a wide variety of physical activity and movement experiences.



Improve Physical Fitness
Children should participate in exercise and sport programs to enhance both health- and skill-related components of physical fitness.



Develop Movement Skills
Fundamental movement skills such as jumping, kicking and throwing are learned movement patterns.



Build Strong Muscles and Bones
With qualified instruction, resistance training using bodyweight, simple equipment or free weights, can be a safe, effective and enjoyable activity for children.



Raise the pulse
Children should regularly take part in vigorous exercise, which requires activities that really raise heart rate and get children out of breath.



Just Move!
All types of PA – whether continuous, sporadic or in bouts – are beneficial for children.



Stay Active
Children should engage in PA throughout the day with active transportation, physical education, recess, recreational exercise, sport activities and outdoor play.





www.acsm.org/read-research/books/essentials-of-youth-fitness

Physical Activity / Mobility

ADDITIONAL RESOURCES

- [The Learning Station](#) has fun, FREE songs to move and sing to.
- [Starting a fitness program for children with autism.](#)
- [KidsHealth for mobility ideas.](#)
- [Calming exercises to complete at home.](#)
- [10 minute full body mobility flow.](#)
- [GoNoodle](#) has a number of physical games that are fun.

Thank You! – Be Safe!

For their contributions to this resource, we sincerely thank:

CT Association of Private Special Education Facilities

- Courtney Bernard, Oak Hill
- Emily Carrin, Oak Hill
- Roxanne Crane, Oak Hill
- Breanna Guide, Oak Hill
- Karen Helene, Benhaven, Inc.
- Dan Kahl, Benhaven, Inc.
- Ana Wittig, Oak Hill

CT Parent Advocacy Center

- Jane Hampton-Smith
- Jennifer Lussier

CT State Department of Education

- Colleen Hayles, BSE
- Alycia M. Trakas, BSE

RESC Alliance

- Chris Barclay, EASTCONN
- Carolann Cormier, CREC
- Elisabetta Corraro, CES
- Kathy Dyer, CREC
- Lisa Fiano, CREC
- Rose Jaffery, EASTCONN
- Maegan Kiger, CREC
- Julia Murphy, CES
- Nicole Natale, CREC
- Michael Pietruska, CREC
- Deborah Richards, CREC
- Joyce Rioux, CREC

We are all in this together!