
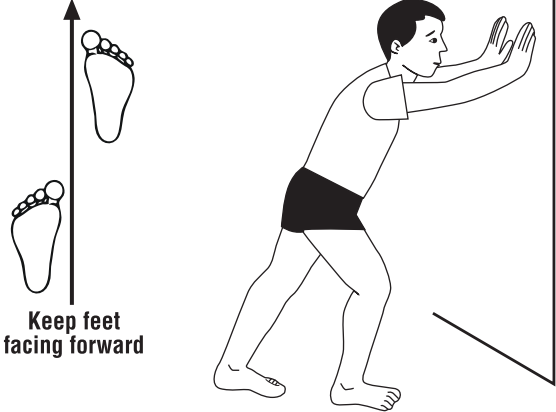
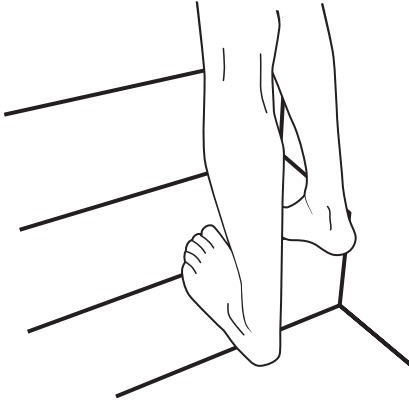
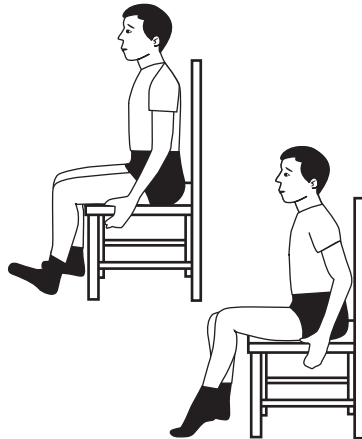


EXERCISE GROUP 1 (HC): Flexibility

HC1 Assisted Stretch	HC2 Standing Stretch
 <p>HC1. Assisted stretch: With the knee straight, gently pull the foot toward the face. The child should feel a comfortable stretch in calf. Hold for a count of 30.</p> <p>Check one. <input type="checkbox"/> Beginner 2 times <input type="checkbox"/> Intermediate 4 times <input type="checkbox"/> Advanced 6 times</p> <p>Fill in the date: _____</p>	 <p>HC2. Standing stretch: Keep the back knee straight with the heel on the floor and the toes pointing forward. Lean into the wall until a stretch is felt in the calf. Hold for a count of 30.</p> <p>Check one. <input type="checkbox"/> Beginner 2 times <input type="checkbox"/> Intermediate 4 times <input type="checkbox"/> Advanced 6 times</p> <p>Fill in the date: _____</p>
HC3 Stair Stretch	
 <p>HC3. Stair stretch: Stand on a stair or other slightly elevated surface. With the balls of your feet on the step, drop your heels one at a time as far as they can go. Five times for each foot.</p> <p>Check one. <input type="checkbox"/> Beginner 2 sets <input type="checkbox"/> Intermediate 4 sets <input type="checkbox"/> Advanced 6 sets</p> <p>Fill in the date: _____</p>	

EXERCISE GROUP 2 (AS): Ankle Strengthening

AS1 Sitting Range of Motion

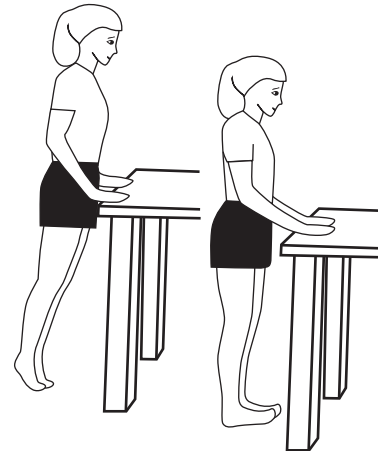


AS1. Sitting range of motion: Sit in a chair with your feet on the floor. Lift your toes off of the floor and let them back down. Now lift your heel off the floor. Now lift up. Five times for each foot.

Check one. ☐ Beginner 2 sets
☐ Intermediate 4 sets
☐ Advanced 6 sets

Fill in the date: _____

AS2 Double Standing Heel/Toe Raises

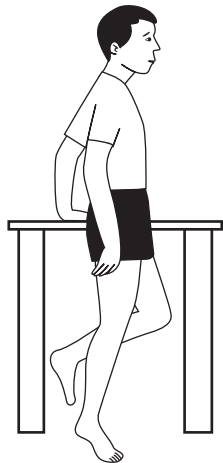


AS2. Double standing heel/toe raises: Stand hanging onto the edge of a table or the back of a chair. Lift your heels and rise up onto your toes. Lower. Now lift your toes off the floor. Hold each position for a count of 30.

Check one. ☐ Beginner 2 times each position
☐ Intermediate 4 times each position
☐ Advanced 6 times each position

Fill in the date: _____

AS3 Single Leg Standing Toe Raises



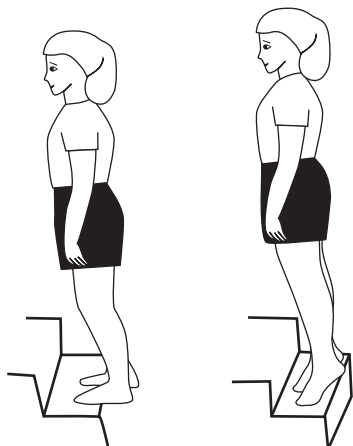
AS3. Single leg standing toe raises: Stand hanging onto the edge of a table or the back of a chair with one foot off the floor. Lift one heel off the floor and rise up onto your toes. Hold for a count of 30. Lower heel.

Check one. ☐ Beginner 2 times
☐ Intermediate 4 times
☐ Advanced 6 times

Fill in the date: _____

EXERCISE GROUP 2 (AS): Ankle Strengthening (continued)

AS4 Two Feet Stair Lift (no hands)



AS4. Two feet stair lift (no hands): Stand on a stair or other slightly elevated surface. With the balls of both feet on the step, drop your heels as far as they can go. Now lift up.

Check one. ☐ Beginner 10 times
☐ Intermediate 20 times
☐ Advanced 30 times

Fill in the date: _____

AS5 One Foot Stair Lift (no hands)



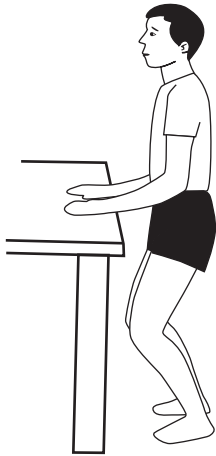
AS5. One foot stair lift (no hands): Stand on a stair or other slightly elevated surface. With the ball of one foot on the step, drop the heel down as far as it will go. Now lift up. Five times for each foot.

Check one. ☐ Beginner 2 sets
☐ Intermediate 4 sets
☐ Advanced 6 sets

Fill in the date: _____

EXERCISE GROUP 3 (Q): Leg Strengthening

Q1 Mini Squat

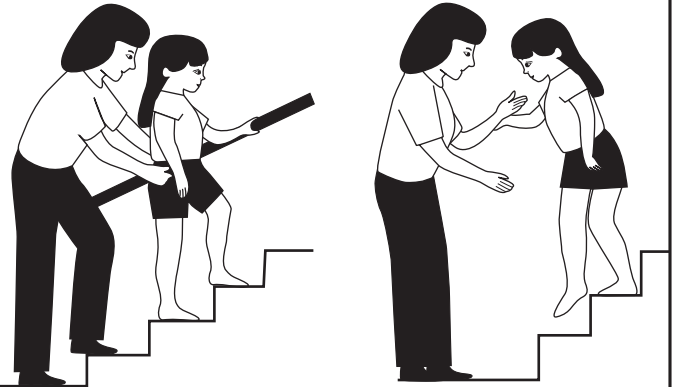


Q1. Mini squat: Stand at a table with your feet slightly apart. Bend slightly at the knees and hips. Try not to bend your upper body forward. Hold for a count of 5.

Check one. ☐ Beginner 2 times
☐ Intermediate 6 times
☐ Advanced 10 times

Fill in the date: _____

Q2 Stair Climbing

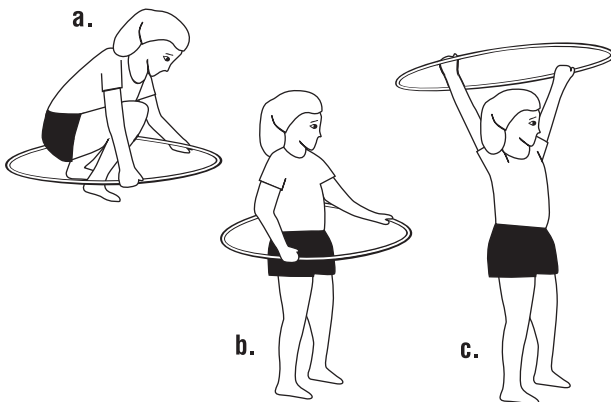


Q2. Stair climbing: Climb up and down steps.

Check one. ☐ Beginner 4 steps with handrail
☐ Intermediate 12 steps with handrail
☐ Advanced 12 steps alternating with and without handrail

Fill in the date: _____

Q3 Ring Lift

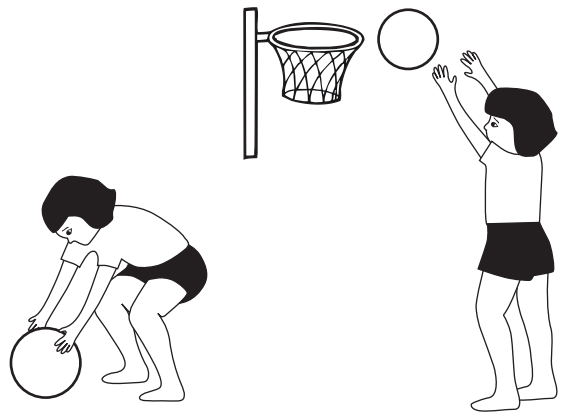


Q3. Ring lift: Stand inside of a hula hoop or other large ring. Pick it up and lift it over your head.

Check one. ☐ Beginner 2 times
☐ Intermediate 6 times
☐ Advanced 10 times

Fill in the date: _____

Q4 Basket Toss



Q4. Basket toss: Pick up a ball off of the floor and toss it in a basket.

Check one. ☐ Beginner 2 times
☐ Intermediate 6 times
☐ Advanced 10 times

Fill in the date: _____

EXERCISE GROUP 3 (Q): Leg Strengthening (continued)

Q5 Squat and Play

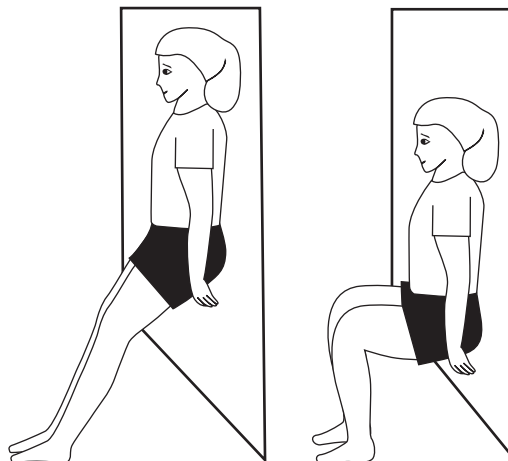


Q5. Squat and play: Play with moving toys in a squatting position so you have to walk around on your feet with your knees bent.

Check one. ☐ Beginner 2 minutes
☐ Intermediate 4 minutes
☐ Advanced 6 minutes

Fill in the date: _____

Q6 Wall Sit

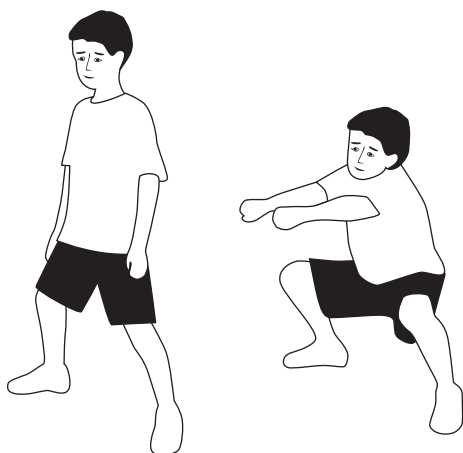


Q6. Wall sit: Lean back against the wall and slide down until you are in a sitting position. Hold for a count of 10.

Check one. ☐ Beginner 2 times
☐ Intermediate 4 times
☐ Advanced 6 times

Fill in the date: _____

Q7 Squat

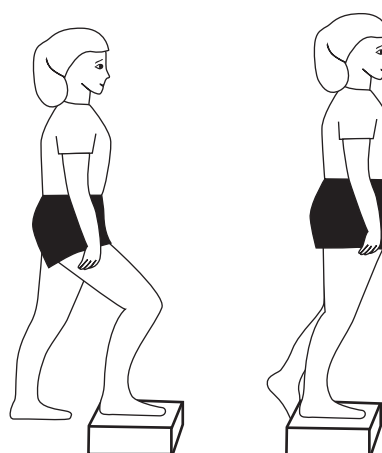


Q7. Squat: Stand with your feet wide apart and hands at side. Bend at the knees and squat down. Try not to bend your upper body forward. Hold for a count of 5.

Check one. ☐ Beginner 2 times
☐ Intermediate 6 times
☐ Advanced 10 times

Fill in the date: _____

Q8 Step Ups



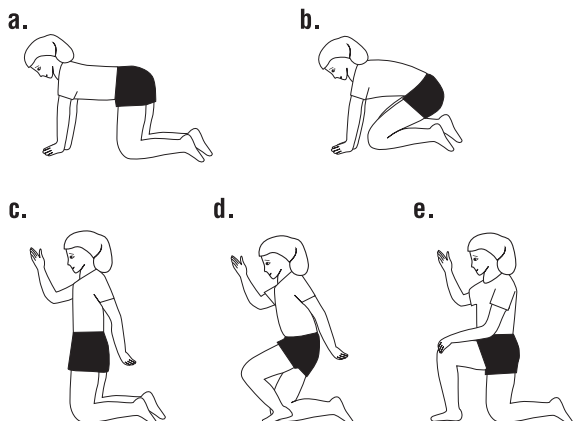
Q8. Step ups: Put one foot on a 7-inch step and push up. Keep the other leg behind you and off the step. Repeat with other leg.

Check one. ☐ Beginner 5 times each leg
☐ Intermediate 7 times each leg
☐ Advanced 10 times each leg

Fill in the date: _____

EXERCISE GROUP 3 (Q): Leg Strengthening (continued)

Q9 All 4's to Stand

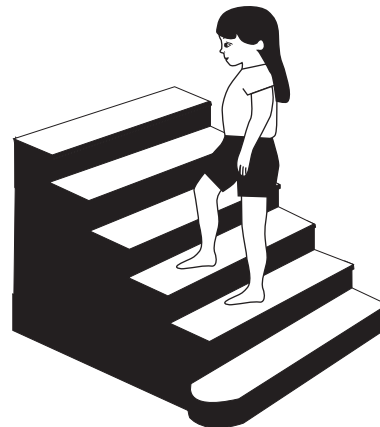


Q9. All 4's to stand: Start in an all fours position. Come up to kneeling. Bring one foot forward to push up into standing position.

Check one. ☐ Beginner 5 times each leg
☐ Intermediate 7 times each leg
☐ Advanced 10 times each leg

Fill in the date: _____

Q10 Stair Climbing

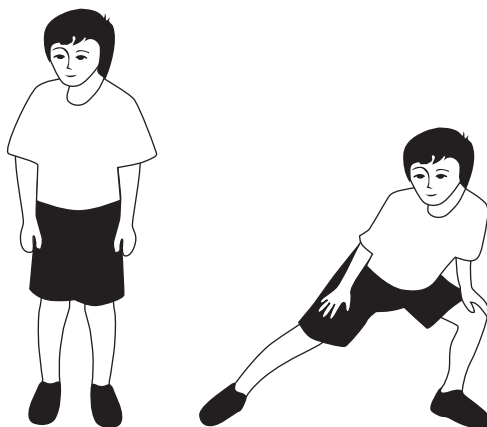


Q10. Stair climbing: Climb up and down steps without rail.

Check one. ☐ Beginner 12 steps up and down
☐ Intermediate 36 steps up and down
☐ Advanced 72 steps up and down

Fill in the date: _____

Q11 Side Squat

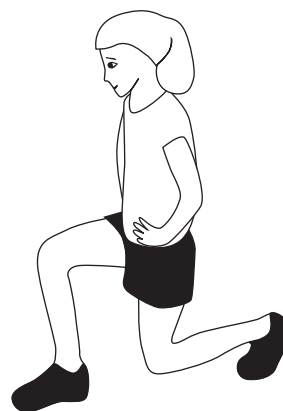


Q11. Side squat: Step to one side in a squat. Return to middle. Repeat to the other side.

Check one. ☐ Beginner 2 times each side
☐ Intermediate 4 times each side
☐ Advanced 8 times each side

Fill in the date: _____

Q12 Walking Forward Lunges



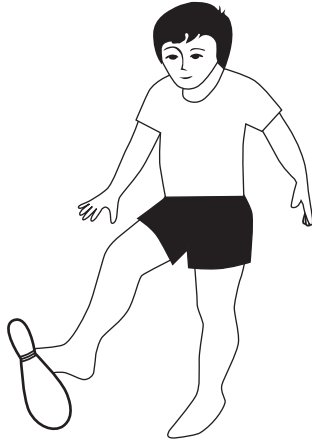
Q12. Walking forward lunges: As you take a step, move into the lunge position. Do not let your knee go in front of your toe.

Check one. ☐ Beginner 6 steps
☐ Intermediate 10 steps
☐ Advanced 14 steps

Fill in the date: _____

EXERCISE GROUP 4 (B): Balance

B1 Kick Still Object

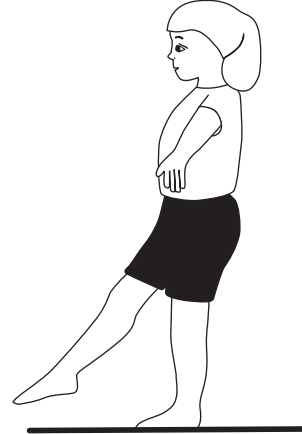


B1. Kick an object that is standing still: Kick over an object like a bowling pin or a tall plastic glass. Repeat with other leg.

Check one. ☐ Beginner 4 times each side
☐ Intermediate 6 times each side
☐ Advanced 10 times each side

Fill in the date: _____

B2 Walk On a Line

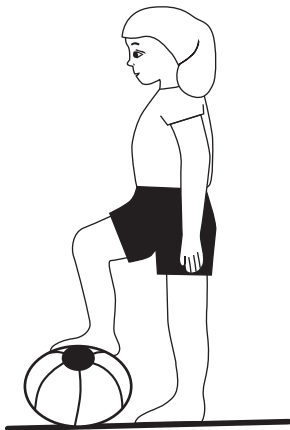


B2. Walk on a line: Stand with your arms out to the side. Walk forward on a line or piece of tape on the floor.

Check one. ☐ Beginner 4 steps each leg
☐ Intermediate 6 steps each leg
☐ Advanced 8 steps each leg

Fill in the date: _____

B3 Ball Balance



B3. Ball balance: Stand on one foot with your arms at your sides and your other foot on a ball. Hold for a count of 5.

Check one. ☐ Beginner 4 times each leg
☐ Intermediate 6 times each leg
☐ Advanced 8 times each leg

Fill in the date: _____

B4 Kick Moving Object



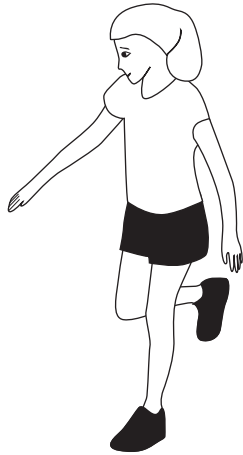
B4. Kick an object that is moving: Kick an object that is rolled to you, like a ball. Do with one foot and then the other.

Check one. ☐ Beginner 4 times each side
☐ Intermediate 6 times each side
☐ Advanced 10 times each side

Fill in the date: _____

EXERCISE GROUP 4 (B): Balance (continued)

B5 One Foot Stand

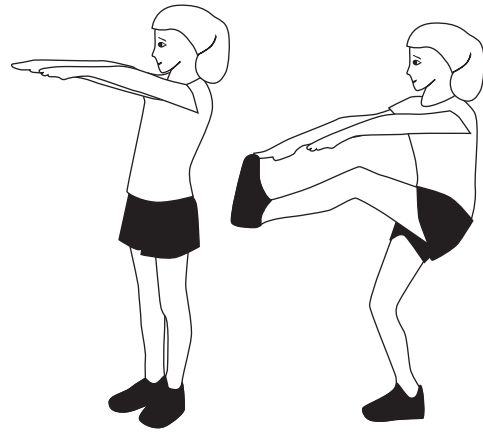


B5. One foot stand: Stand on one foot with your arms at your sides. Hold for a count of 5.

Check one. ☐ Beginner 4 times each leg
☐ Intermediate 6 times each leg
☐ Advanced 8 times each leg

Fill in the date: _____

B6 High Toe Touch



B6. High toe touch: Stand with your arms out in front of you. Lift your leg and kick the opposite hand. Repeat with other leg.

Check one. ☐ Beginner 2 times each side
☐ Intermediate 4 times each side
☐ Advanced 8 times each side

Fill in the date: _____

B7 Ball Roll

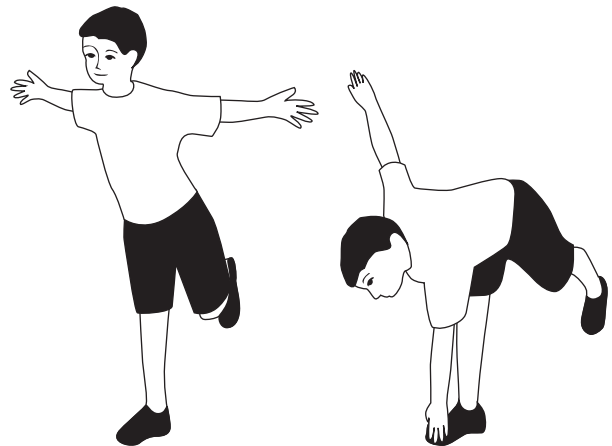


B7. Ball roll: Stand with one foot on a ball. Roll it out to the side and back in front of you.

Check one. ☐ Beginner 4 times each leg
☐ Intermediate 6 times each leg
☐ Advanced 8 times each leg

Fill in the date: _____

B8 Windmills



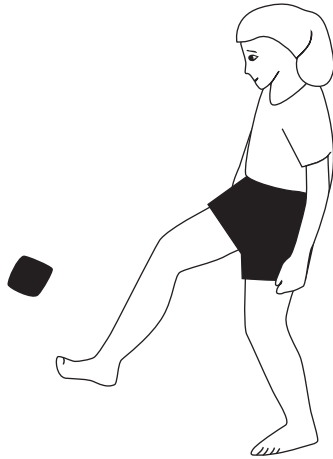
B8. Windmills: Stand on one foot with arms to sides. Reach down to touch opposite toe. Repeat with other side.

Check one. ☐ Beginner 6 times each side
☐ Intermediate 10 times each side
☐ Advanced 14 times each side

Fill in the date: _____

EXERCISE GROUP 4 (B): Balance (continued)

B9 Bean Bag Kick

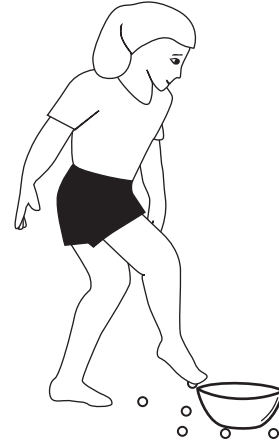


B9. Bean bag kick: Kick a bean bag up in the air multiple times. Try not to let it land on the floor.

Check one. ☐ Beginner 2 times each leg
☐ Intermediate 4 times each leg
☐ Advanced 6 times each leg

Fill in the date: _____

B10 Pick Up Cotton Balls

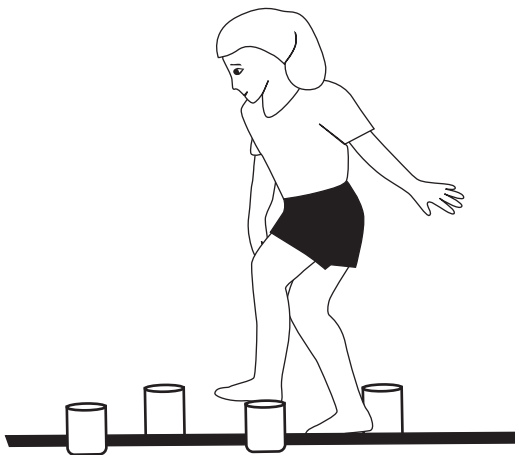


B10. Pick up cotton balls: Pick up cotton balls with your toes and put them in a bowl while standing on one foot. Try not to set the "pick up" foot down on the floor. Repeat with other leg.

Check one. ☐ Beginner 4 objects each side
☐ Intermediate 6 objects each side
☐ Advanced 10 objects each side

Fill in the date: _____

B11 Obstacle Course



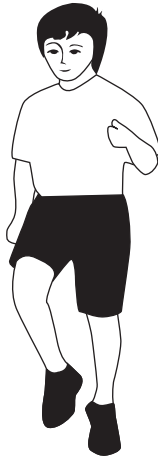
B11. Obstacle course: Set up cans or plastic cups on each side of a line on the floor. As you walk along the line, use one foot to push over the cans. Leave your other foot on the line.

Check one. ☐ Beginner 6 steps
☐ Intermediate 10 steps
☐ Advanced 14 steps

Fill in the date: _____

EXERCISE GROUP 5 (GM): General Fitness

GM1 Jog In Place

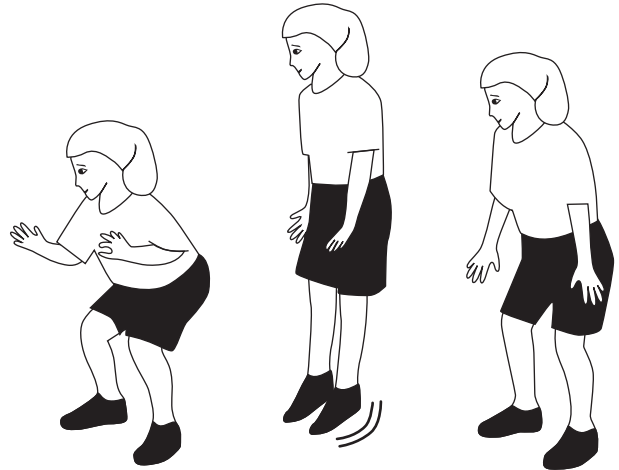


GM1. Jog in place: Move feet quickly up and down in place.

Check one. ☐ Beginner 15 seconds
☐ Intermediate 30 seconds
☐ Advanced 45 seconds

Fill in the date: _____

GM2 Two Foot Hop

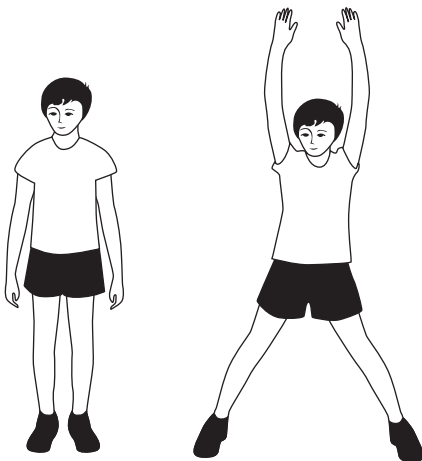


GM2. Two foot hop: Hop on two feet.

Check one. ☐ Beginner 4 times
☐ Intermediate 8 times
☐ Advanced 12 times

Fill in the date: _____

GM3 Jumping Jacks

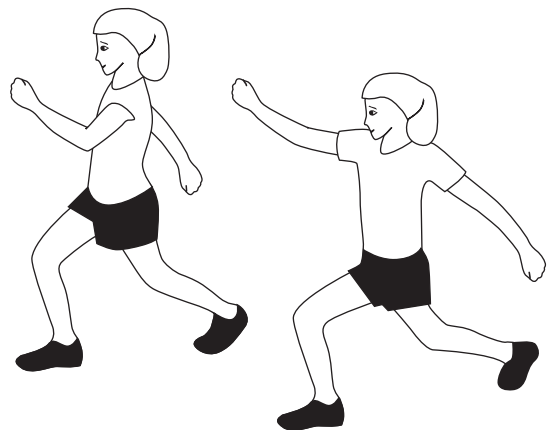


GM3. Jumping jacks: Start with feet together and arms at sides. Jump with hands into the air and feet apart.

Check one. ☐ Beginner 6 times
☐ Intermediate 10 times
☐ Advanced 14 times

Fill in the date: _____

GM4 Jump and Switch

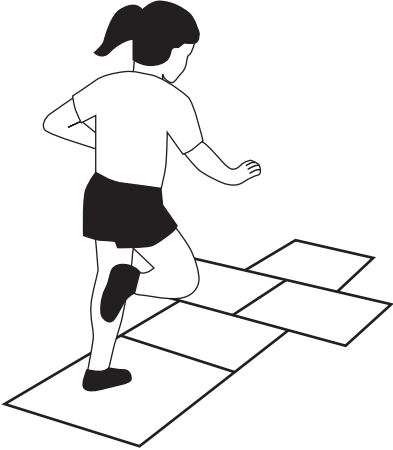
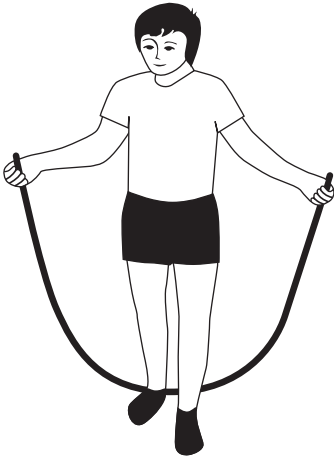


GM4. Jump and switch: Stand in place with one foot and the opposite arm forward. Jump and switch so the other leg and arm are forward.

Check one. ☐ Beginner 6 jumps
☐ Intermediate 10 jumps
☐ Advanced 14 jumps

Fill in the date: _____

EXERCISE GROUP 5 (GM): General Fitness (continued)

GM5 Hopscotch	GM6 Jump Rope
 <p>GM6. Hopscotch: Jump from one foot to two and then to one. Land on two feet.</p> <p>Check one. <input type="checkbox"/> Beginner 4 hops <input type="checkbox"/> Intermediate 8 hops <input type="checkbox"/> Advanced 16 hops</p> <p>Fill in the date: _____</p>	 <p>GM7. Jump rope: Jump over rope with both feet at same time.</p> <p>Check one. <input type="checkbox"/> Beginner 20 jumps <input type="checkbox"/> Intermediate 30 jumps <input type="checkbox"/> Advanced 40 jumps</p> <p>Fill in the date: _____</p>