**Appendix Summary of Group Based Physical Therapy Intervention Program**

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| **Program components** | **Approximate time allocation (minutes)** | **Examples of activities** |
| Warm-up | 5 | Walking/running drills (e.g. run-stop-run)  Action games  Marching exercises |
| Postural control/core stability | 10 | Long-sit - perform task involving bilateral arm reach  Sit on chair with feet free - perform bilateral arm task (e.g. ball throw)  Four-point kneel - static then dynamic exercises  Crook lying - static then dynamic exercises  Stand - perform bilateral reach task |
| Paired activities | 5 | Sit and roll ball to partner  Mirror action games  Hand clapping games - simple patterns then cross patterns |
| Upper limb strength | 10 | Commando – elbow creep/crawl activities  Wall press-ups  *Theraband* exercises and tug-o-war  Crab walks |
| Balance (static and dynamic) | 10 | Single leg stance activities (e.g. kick ball)  Balance board exercises – perform in sitting  Balance beam circuit  Step-up backwards (e.g. use obstacle course with blocks)  Heel-toe exercises (e.g. along a line, balance beam)  Hop scotch |
| Sensori-motor | 10 | Eye tracking tasks  Position awareness games (e.g. copy limb and hand positions)  Vestibular activity using blind-fold  Tactile perception (eg. find shapes in boxes of varying textures) |
| Fine motor | 5-10 | Drawing activity (e.g. copy letters, draw family, write name) |
| Warm-down | 5 | Rocket take-off game involving single leg stand  Elephant walks  Indoor T-ball  Running games (e.g. circles and figures of 8) |
| Parent time and discussion | 10 | Parent-expected goals  Behaviour (e.g. increasing attention)  Progression ideas  Questions/feedback |
| Home program | 10 | Activities for home that relate to addressing specific goals including: improving postural stability, improving weight shift/balance, improving position awareness of body parts, increasing attention to tasks, child specific |

*Note:* Some activities were conducted simultaneously e.g., warm-down and parent,time