**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 gamesMarching 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 exercisesCrook lying - static then dynamic exercisesStand - perform bilateral reach task |
| Paired activities | 5 | Sit and roll ball to partnerMirror action gamesHand clapping games - simple patterns then cross patterns |
| Upper limb strength | 10 | Commando – elbow creep/crawl activitiesWall press-ups*Theraband* exercises and tug-o-warCrab walks |
| Balance (static and dynamic) | 10 | Single leg stance activities (e.g. kick ball)Balance board exercises – perform in sittingBalance beam circuitStep-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 tasksPosition awareness games (e.g. copy limb and hand positions)Vestibular activity using blind-foldTactile 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 standElephant walksIndoor T-ballRunning games (e.g. circles and figures of 8) |
| Parent time and discussion | 10 | Parent-expected goalsBehaviour (e.g. increasing attention)Progression ideasQuestions/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