

HEAVY WORK/ BLENDING BANDS

List compiled by Susan McManus, OTR/L

MUSIC (Do initially to teach band movements before adding academic component)

Wrists:

- Horizontal, vertical, diagonal pulls in front of body
- Over head, behind head, behind back
- Rolling motion forwards/backwards

Ankles:

- One foot forwards/backwards, alternate
- Side step R<-> L
- Side step with pivot (go in circles), alternate directions
- Cross-over's To the Right-lead L foot over R foot/to the Left-lead with R foot
- Cross crawls with ankle bands alternate slow/slower

AUDITORY PROCESSING/ PHONICS (Refer to S'cool Moves/ Minute Moves Posters)

- Scaffold support Adult hands are inside students hands -pull is to R & L of midline
- Partner pull-a-way One adult hand/one student hand-pull is towards body
- Independent use Phonics & spelling activities

EYE TRACKING/ VISION Head Stays Still (Refer to S'cool Moves/ Minute Moves Posters)

- Fixation Find the band shape "square, heart, star" alternate
- Saccades Look at "heart, star, heart, star"- rapidly back and forth
- Left to Right Sweep Look at one band shape- move arms left to right across midline of body
- Convergence Look at one band shape- bring hands toward nose and then out straight
- Near/Far Focus Fix on one band shape at reading length, then object on wall, repeat

MATH - Group circle with ankle bands

- Counting- One step forward for each number counting up/ step backwards to count down
1-> 10/10-> 1, count by 10's to 100, etc.
- Addition- One forward step for each part of equation, jump on answer
- Subtraction- One backward step for each part of equation, jump on answer
- Multiplication- Side step, cross-over for "times" & "equals" , jump on answer

P.E. - Individual or team relays with ankle bands (line up on poly spots- go to cones and back)

- Walk with giant steps- Forwards up, backwards down
- Side step- Lead right leg up, lead left leg down/ Twister version- alternate R/L lead foot
- Jumping jacks
- Cross over's- Lead with right leg up, left leg down
- Students are great at creating new moves! They love to Hop and Frog Jump...

OT Side Note: Place bands around front legs of classroom chair for "fidgety" students as an outlet for moving without disrupting others. The resistance helps with focus, the movement helps with alertness. This is not an activity recommended by Debra Em Wilson, creator of *S'cool Moves*, as these bands are not made for this purpose and may break.