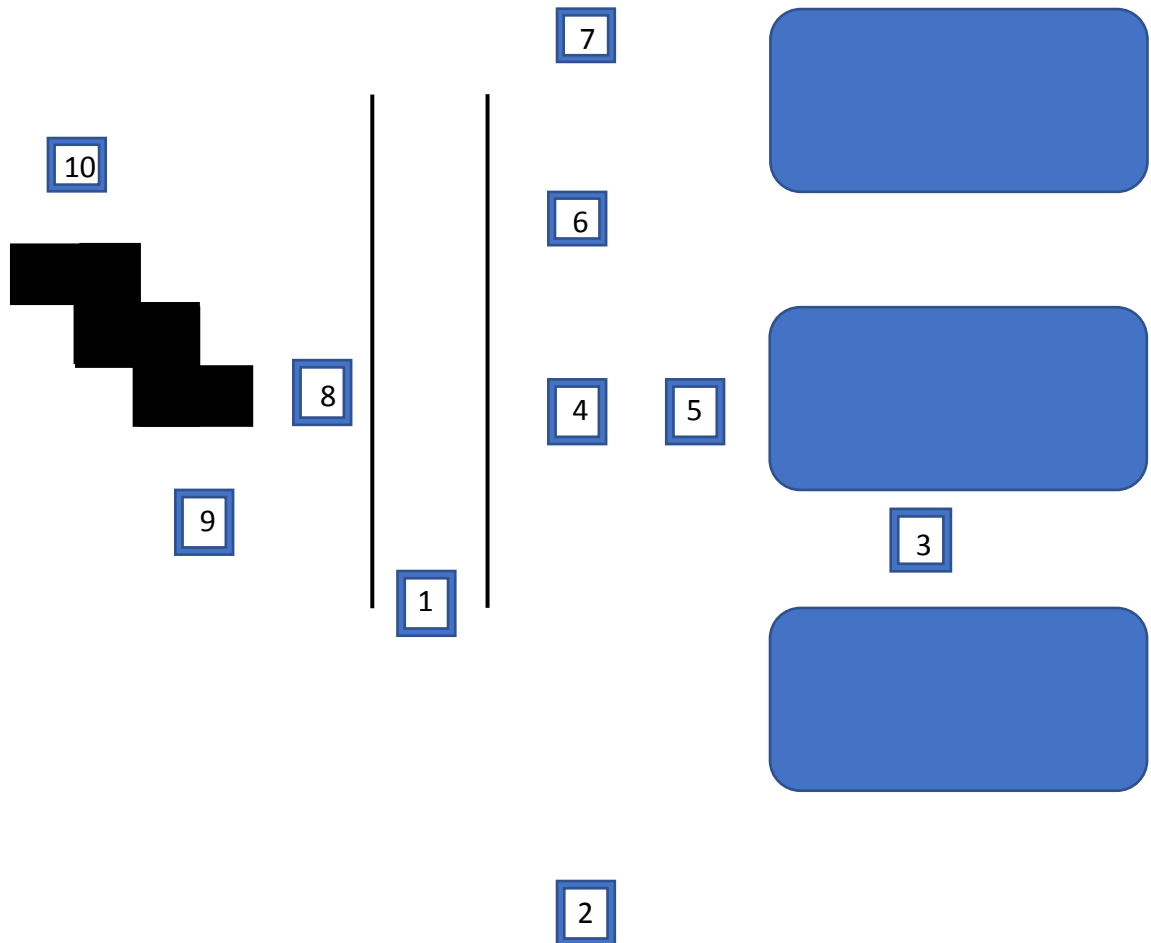


Station set up in gym



Station	Exercise
1	Parallel bar walking
2	UL strength
3	Basket & bucket
4	Marching
5	Markers in semi-circle
6	Sit to stand
7	Window tapping
8	Heel raises
9	Sideways toe taps
10	Forwards toe taps

Resources:

Circuit Group

Station	Exercise	Progression/regression	Equipment
1	Parallel bar walking	Green: Step over hurdles without holding on Yellow: Step over smaller object holding on Red: Walking in parallel bars with assistance	Hurdles Toys/objects Parallel bars Chair 1 x Assistance for Red
2	UL strength	Shoulder press & elbow curls: progress/regress dumbbell weight	Chair Dumbbells (0.5 - 1.5kg)
3	Basket & bucket	Green: Standing & reaching across body Yellow: Standing & passing to other hand Red: Sitting & reaching across body/passing to other hand	Basket Beanbags/toys Bucket High plinth Chair
4	Marching	Green: Standing not holding on to bars Yellow: Standing & holding on to bars Red: Sitting	Chair Parallel bars
5	Markers in semi-circle	Green: Standing at green line Yellow: Standing at the yellow line Red: Sitting at red line	Markers High plinth Chair
6	Sit to stand	Green: Independent sit to stand Yellow: Stand by assist sit to stand Red: Assisted sit to stand	Chair Parallel bars 1 x Assistance for Red
7	Window tapping	Green: Tap outer circle & low spots Yellow: Tap the inner circle sports Red: Tap spots within reach	Chair Tape
8	Heel raises	Green: Double leg without holding on Yellow: Double leg holding on Red: Sitting	Chair Parallel bars
9	Sideways toe taps	Green: Not holding on to bars Yellow: Holding on to bars Red: Sitting side taps	Chair Stairs
10	Forwards toe taps	Green: Not holding on to bars Yellow: Holding on to bars Red: Sitting	Chair Stairs

OTHER OPTIONS:

Station	Exercise	Progression/regression	Equipment
1	Parallel bar walking	Green: Step over hurdles without holding on Yellow: Step over smaller object holding on Red: Walking in parallel bars with assistance	Hurdles Toys/objects Parallel bars Chair 1 x Assistance for Red
2	UL strength	Shoulder press & elbow curls: progress/regress dumbbell weight	Chair Dumbbells (0.5 - 1.5kg)
3	Basket & bucket	Green: Standing & reaching across body Yellow: Standing & passing to other hand Red: Sitting & reaching across body/passing to other hand	Basket Beanbags/toys Bucket High plinth Chair
4	Marching	Green: Standing not holding on to bars Yellow: Standing & holding on to bars Red: Sitting	Chair Parallel bars
5	Markers in semi-circle	Green: Standing at green line Yellow: Standing at the yellow line Red: Sitting at red line	Markers High plinth Chair
6	Sit to stand	Green: Independent sit to stand Yellow: Stand by assist sit to stand Red: Assisted sit to stand	Chair Parallel bars 1 x Assistance for Red
7	Window tapping	Green: Tap outer circle & low spots Yellow: Tap the inner circle sports Red: Tap spots within reach	Chair Tape
8	Heel raises	Green: Double leg without holding on Yellow: Double leg holding on Red: Sitting	Chair Parallel bars
9	Sideways toe taps	Green: Not holding on to bars Yellow: Holding on to bars Red: Sitting side taps	Chair Stairs
10	Forwards toe taps	Green: Not holding on to bars Yellow: Holding on to bars Red: Sitting	Chair Stairs