

Station 1 – Clean the shower (dining room window)

Purpose: Standing balance/Postural control

Equipment:

- Shower window stickers
- Bucket
- Cloth
- Water spray can
- Window cleaning tool
- Towel
- Chair

Instruction:

Your grandchildren just went home after a sleep over at your house. They have left the shower in a mess! Tidy up the toys and give the windows a wipe down before you forget.

Station 2 – Wii Fit

Purpose: Standing balance/weight shift

Equipment:

- Wii remote & balance board
- Table
- Chair

Instruction:

Your friend has challenged you to a balance competition on the Wii Fit, try to beat her score!

Station 3 – Cycling

Purpose: CV conditioning

Equipment:

- Floor pedals
- UL Ergometer
- Chair
- Table

Instruction:

You are on a day trip at Rottneest Island, cycle to the next beach – it is about 2 minutes away from where you are now.

Station 4 – Obstacle course

Purpose: Walking practice & dynamic balance.

Equipment:

- Markers
- Toys to step over
- Chair

Instruction:

You are walking on a busy sidewalk, dodge the objects on the floor to get safely to the coffee shop.

Station 5 – Chocolate cake

Purpose: Standing balance/Postural control & cognitive task/sorting.

Equipment:

- Recipe
- Shopping list
- Groceries/Ingredients
- Shopping basket
- Shelf/table
- Equipment

Instruction:

See posters for instructions

Station 6 – Dancing

Purpose: Stepping practice, weight shift & dynamic balance.

Equipment:

- Helper
- Chair
- Open space
- Music

Instruction:

You are at your friend's birthday party and your favourite dancing song comes on. Dance with your friend until the end of the song.

Station 7 – LL exercises

Purpose: LL strength

Equipment:

- Chair
- Sit to stand
- Heel raises

Instruction:

Complete the exercises in the booklet before the timer ends.

Station 8 – UL exercises

Purpose: UL strength

Equipment:

- Dumbbells
- Chair
- Shoulder press
- Elbow curls

Instruction:

Complete the exercises in the booklet before the timer ends.

Station 9 – Do the washing

Purpose: Standing balance & LL strength (squat down to reach basket)

Equipment:

- Hanging rack
- Basket
- Clothes

Instruction:

You just finished a load of washing, hang it out to dry before it becomes stinky!