

HOMEWORK IDEAS

CARDIO & DYNAMIC BALANCE/VESTIBULAR ACTIVITIES		
STAGE 1	STAGE 2	STAGE 3
<ul style="list-style-type: none"> Walking - forward/backward Walking and looking - stop in centre-forward/backwards Lunges forward/backward Stationary bike with no resistance Peripheral bean bag toss Throw/catch ball vertically- follow with eyes/head Rainbow bean bag tass- looking straight ahead Return ball Tandem walk forward/backward 	<ul style="list-style-type: none"> Walking with speed intervals Walking and looking without stopping in centre Lunges with ball chops or return ball forward/backward (looking forward) Stationary bike with light resistance Stairs- 1 step at a time Body blade Rainbow bean bag toss- follow with eyes or head only Blind ball catch one ball Walking or tandem walking with eyes closed (supervision required) 	<ul style="list-style-type: none"> Light jogging intervals Walking and turning 360° Lunges forward/backward with ball chops and follow ball with eyes/head Stationary bike with moderate resistance Stairs- 2 at a time Rainbow bean bag toss- follow with eyes and head Rainbow bean bag toss then 360° turn - repeat Blind ball catch multiple balls Bean bag pick up BOSU - rapid step ups - rapid toe taps -sideways lunges
<ul style="list-style-type: none"> Stationary bike with no resistance Walking - slower pace 20 min 	<ul style="list-style-type: none"> Stationary bike with light resistance 	<ul style="list-style-type: none"> Stationary bike with moderate resistance Walking - with intervals of jogging
VESTIBULAR ACTIVITIES		
<p>** make any vestibular task more challenging by increasing speed or amount of movement in task. Can also add a cognitive demand to task.</p>		
STAGE 1	STAGE 2	STAGE 3
<ul style="list-style-type: none"> Dishwasher exercise- to chair Blind spot check- sitting or standing Padula cube S walk Slow infinity walk - keep fixation during turns Standing 90° turns Substitution exercises- horizontal and/or vertical 	<ul style="list-style-type: none"> Dishwasher - to stool or floor Blind spot check with 180° turn Infinity walk - lose fixation during turns Chair spins - slow, 90° turns Standing 180° turns Coloured words sheet 	<ul style="list-style-type: none"> Dishwasher - 360° turns, squats Infinity walk - add Padula cube, coloured word worksheet, count backwards etc. Chair spins - 180° turns, 360° turns Standing 360° (can add a throw catch in between) VOR in space or with moving target

|

|