

Active Mile Bingo for Wheelchair Users

Exercise 1 - Speed Bounce

Equipment - Stop watch, tape, string, wool (anything that you can use to put down on floor to make two lines)

Procedure

- Mark out two parallel lines 2.5 metres apart (or to suit participants ability) one stride is approx. 1 metre
- Move the wheelchair and touch the two lines with both front wheels of the chair
- Do this either from side to side or front to back
- Count how many times you can touch lines in 1 minute?

Completed?

Exercise 2 - Shuttle Run

Equipment- Measuring tape if available, up turned buckets x2 or kitchen stools/chairs (anything that makes a start and finish and something to go around)

Procedure

- This can be done either along the length of a hallway, in the kitchen or outside on the drive way
- The distance is simply whatever space you have - remember to measure it first and write it down!
- Count how many shuttles you can do in 3 minutes, make sure you drive/push round the markers
- Can you work out the distance you covered in 3 minutes?

Completed?

Exercise 3 - Slalom run

Equipment - Measuring tape if available, up turned buckets x2 or kitchen stools/chairs (anything that makes a start and finish and something to go around)

Procedure

- Place x4 markers out in a line approx. 1 metre apart (1 strides length). To make it easier, place them 2 metres apart
- On the command "go" drive/push in and out of markers making sure you do not hit them, making your way there and back. If you hit a marker add 3 seconds to your time
- What was your time through the slalom?

Completed?

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Exercise 4 - Move the socks

Equipment – 10 pairs of rolled up socks, 2 containers to put socks in. Use washing up bowl, bucket, large pan etc.

Procedure

- Place all socks into one container and put the empty container in a different room
- On command “go” participants get a pair of socks (help can be given to get socks out of container if necessary) and move them to the other container
- Time how long it takes and remember to write down the distance travelled

Completed?

Exercise 5 - The Bridge

No equipment need for this exercise!

Procedure

- Lie down on the floor, try and push your bottom up using your feet /legs and hold this position for 1 minute

Completed?

Exercise 6 - Sit and reach

Equipment – Pencil & a wall

Procedure

- Sit sideways to a wall, reach up & place little mark with pencil (this will rub off)
- Have three turns and try to reach further each time
- This exercise can be done in a lying down position back on the floor looking up.... get a family member to stand over you and hold their hand flat for participant to reach up and touch. Hand can also be moved from side to side to help with mobility

Completed?

Activities provided by Helen Jackson at Percy Hedley School

Aerobic seated exercise routine to do to music of your choice

Start slowly to warm up your muscles

Tap knees with hands
Open and close fingers

Rotate wrists

Push arms out straight in front of you, move them back and forwards slowly pointing or opening hand/ fingers where possible

Take arms up towards the ceiling then back down again slowly focusing on that stretch
Stretch arms out to the side and open out hand/ fingers

Sitting up straight twist your body to the right, hold on to the arm of you wheelchair & then move back to the middle, repeat on the left

Sitting straight up lean over to the right moving your hand towards the floor. Keep your balance by holding on to left arm of wheelchair.
Repeat on left side

Concentrate on feet and legs now

Undo foot straps

Lift right heel up and down. Try to do this 5-6 times and repeat with left heel

Lift right knee up then down 5- 6 times and repeat with left knee

Lift right knee up and extend leg out in front straightening the knee repeat 3 times and return with the left knee

Repeat all of above but at a faster pace

For safety please make sure you have lap belts secured and someone with you

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