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Hi I'm Amanda, a Paediatric Exercise Physiologist.

With years of experience working with children of all abilities, and 3 children of my own (two of which have a genetic brittle bone condition) I understand the profound impact of integrating play into therapeutic practices. My approach is tailored to not only enhance physical health and development but also foster cognitive and social development through engaging and enjoyable methods.

Why Play-Based Therapy? Play-based therapy is more than just fun and games; it's a scientifically-backed approach that harnesses the natural way children learn and engage with the world. By incorporating play into therapy, children are more likely to be motivated and stay engaged, which enhances the effectiveness of the therapy. Through play, children develop critical physical, emotional, and social skills in a natural and enjoyable setting, making therapy a positive and impactful experience.

These activity cards are a versatile tool designed for use by a variety of professionals, including:

- Paediatric Exercise Physiologists & Physiotherapists
- Other health professionals (Occupational Therapists, Speech Pathologists)
- Child educators (Teachers, Childcare Workers)
- Parents and caregivers looking to support their child's development through play

The primary aim of these activity cards is to provide a structured yet flexible approach to therapy that promotes:

- Physical fitness and motor skill development
- Cognitive and social skills enhancement
- Emotional well-being through enjoyable and engaging activities

Each card focuses on specific skills, offering clear instructions and adjustments to cater to individual abilities and needs. By using these cards, professionals and educators can create a dynamic and supportive environment that encourages children to reach their full potential while having fun.



Important: Please consult a healthcare professional before starting any new exercise or therapy program to ensure it is appropriate for your child. This precaution helps safeguard your child's health by adapting activities to their specific needs and conditions.

SAVE THE JEDI



Path 1



Path 2



Path 3



INSTRUCTIONS

Description

Each JEDI is guarded by 5 enemy guards, and you must use your skills to knock them down one by one. After you defeat all five guards, rescue a Jedi figure and place it safely on your activity card. Can you save all the Jedi and restore peace to the galaxy?

Skill Focus

- Hand-eye coordination (throwing)
- Foot-eye coordination (kicking)
- Aiming and accuracy
- Gross motor skills

Progressions

- Increase the distance from which the child throws the ball or bean bag to knock down the cones.
- Use smaller cones or targets that are more challenging to hit.
- Introduce a timer to see how quickly they can knock down all the cones and complete the rescue.

Regressions

- Reduce the distance between the child and the cones to make it easier to hit the targets.
- Use larger cones or more visible targets.
- Allow the child to roll the ball instead of throwing it to increase their chance of knocking down the cones.

Equipment

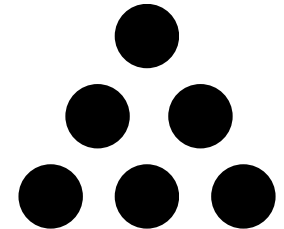
- 7 cones (standing point + 6 to knock over)
- Tennis balls or bean bags OR soccer ball

SETUP

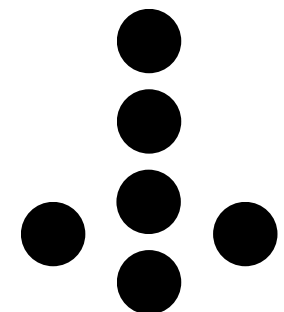
Standing Position



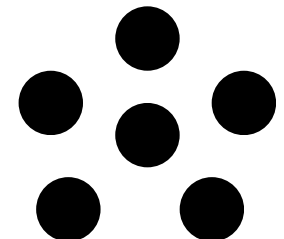
Path 1



Path 2



Path 3





Cut each of the images out and laminate them to use as a visual to rescue when completing the activity.

