

## **Sample Skills To Practice In Weight Room**

(e.g., Grasping, Pulling, Pushing, Lifting, Reaching, Holding, Releasing)

Note: All fine motor and gross motor activities should receive input from your local OT and PT to develop your student's own individualized program.

### **Communication**

- make choices between which piece of equipment to work on as you move throughout the weight room (using pictures or auditory scanning if appropriate)
- make choices as to how many repetitions for each exercise (using either picture board or facial expressions to indicate when the student has had enough)
- use a Voice Output Device (e.g., Step-by-Step Communicator) to provide comments and questions to peers who are also working out
- use a Voice Output Device to provide greetings to peers or teacher in the room

### **Fine Motor & Participation**

- use appropriate equipment to work on rolls for arms (hand over hand)
- use a switch and Powerlink to run the tape recorder for background music if permitted
- practice reaching up when using the pulley weights with hand over hand assistance to provide stretches
- use appropriate equipment to work on pulling down or away with hand over hand assistance
- work on grasp around various handles for different equipment
- work on shoulder girdle and upper arm strength by pulling weights down or out (with assistance)

*\*(Refer to pictures in this kit for demonstrations of the above for a sample student).\**

### **Gross Motor Participation**

- engage weight equipment, while standing in a standing frame, to stretch legs as well
- where possible, move to equipment in the weight room in wheelchair with hand over hand assistance if needed
- move about the weight room in the walker if appropriate
- transfer to equipment where the student can work his/her legs

### **Vision**

- where appropriate, work on vision skills as outlined by your vision teacher using relevant equipment (eye contact, tracking, etc.)