

WHEN DO KIDS NEED PHYSICAL THERAPY IN SCHOOL?

In order for kids to qualify for school-based physical therapy, they must demonstrate a deficit in skills that affects their ability to participate in the school setting with same-aged peers.

Things to Look For

1 || Can the child navigate his classroom without tripping or falling over obstacles (desks, chairs, kids, rugs, etc).

2 || Can the child get up from circle time at the floor, sit down on the floor from standing, get in and out of a classroom chair without a loss of balance.

3 || Can the child negotiate the hallways with and without other students without falling or needing help to stay in line or keep pace with his peers

4 || On the playground, can the child participate in recess activities with her friends. Can she climb the slide, sit safely on a swing, walk or run on the grass/blacktop/rubber mulch.

5 || Are the child's gross motor skills (jumping, throwing/catching/kicking a ball, hopping, galloping, etc) developed enough to allow him to participate in a form of physical education class?

6 || Can the child safely get onto and off of the bus?

Ideas for Teachers

1 || Incorporate movement into lesson plans!

Learning doesn't have to be stationary! Inspire kids to move while they learn!

2 || Hallway waiting games

Try some games to get kids moving during a time when they are typically just standing around. They will get some extra exposure to balance, strengthening and sensory input.

3 || Don't take recess away!

Kids need to move to strengthen their bodies and improve their overall coordination. The more they are exposed to free play and movement, the better their overall skills will be!

4 || Provide sensory and movement breaks

Provide sensory and movement breaks throughout the school day that children can use as they need for proprioceptive input, organizing their body, or strengthening their hands.