

Physical Therapy Services in the Manville Public School District

Physical therapy is a related service provided to students identified by the Special Services child study team who demonstrate difficulty with gross motor skills impacting their school access/performance. The school based physical therapist focuses on the student's ability to safely function and move as independently as possible across all educational settings. This includes but is not limited to: classrooms, hallways, gymnasium, cafeteria, stairs, playground and bathroom.

The physical therapist may provide consultation, direct service and/or parent/staff training.

Physical therapist for the Manville Public Schools must be a graduate of an accredited academic program and comply with the rules of licensure, registration, and practice in the State of New Jersey.

Suggestions for Activities to Encourage Gross Motor Skill Development and Overall Healthy Fitness

(Note: activities suggested are dependent on age and functional capabilities)

- Lying on child's belly, leaning on his/her elbows while watching TV or looking at a book
- Wheelbarrow walking on open palms
- Ball play: catching, throwing and kicking
- Tug of war
- Balloon volleyball
- Push-pull heavy objects (doll strollers, wagons, boxes etc.)
- Swimming
- Jump rope
- Animal walks: Crab walk, Duck walk, Bear walk, Frog jump, Dog/Kitty walk
- Sidewalk chalk
- Pop bubbles
- Twister
- Tricycles and bicycles
- Hopscotch
- Walking on a balance beam or edge of curb
- Performing sit-ups or push-ups
- Jumping jacks
- Playground equipment, swings, slides, monkey bars, climbing
- Simon Says, Mother May I, Red Light-Green Light, games

For Additional Information

www.pediatricapta.org

www.presidentschallenge.org