

STAY ACTIVE RESOURCE CARD

Wheelie Active

WHEELCHAIR MOVEMENT SKILLS

Other Stay Active Cards available
Contact email@dsni.co.uk



DO EACH ACTIVITY 3 TIMES WITH 1 MINUTE REST IN BETWEEN.

1 Turn and Push

- Place targets at different points around the room / garden. E.g. cones, tins, A4 pages
- Push to a target, quick turn, push to another target
- Do this for 1 min
- Try lots of different combinations

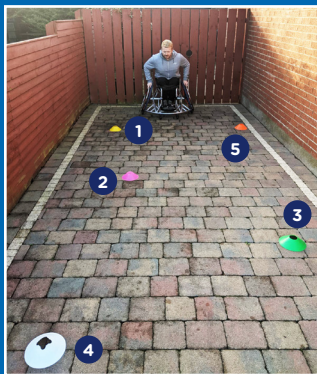
• **TIP: Start slowly and gradually increase speed**



2 Speed Circuit

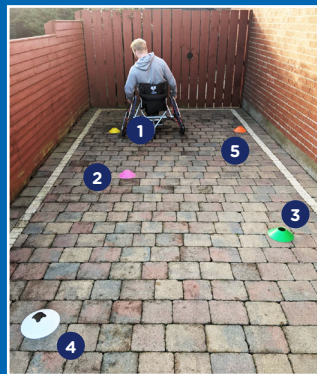
- Set up as before
- Number your targets
- Push around all targets in order, as fast as you can
- Can you beat your time?

• **TIP: Random targets - get someone to call out numbers to make it more challenging**



3 Push Backwards

- Set up as before
- Push backwards to targets for 1 min
- 1 point for each target you pass
- Can you beat your score?



4 Park the Chair

- Set up some gates, using 2 items at each target area
- Gates should be roughly twice the width of your chair
- Push through a gate, reverse back, stopping between the gate
- Turn and push to next gate
- Repeat at all gates
- Do this for 1 min and score 1 point each time you 'park the chair'

• **TIP: Smaller gaps between gates will make it more challenging**

