



Home Gymnastics. Inclusion Adaptations.

	Flexibility	Tumble	Conditioning	Leaping and Jumping
Space	<p>1 - Choose a space which works best for you.</p> <p>2 - Sit or lay down or stand holding onto someone from your household or leaning against a wall.</p>	<p>1 - Consider performing your routine laying down or in a space which is safe and works best for you.</p> <p>2 - Reduce the amount of you body moving in your routine E.G do a hand, head or legs routine only.</p>	<p>1 - It's all about using your stomach muscles. Which body position are you best in to make those muscles work?</p> <p>2 - Reduce the routine to specificity mobilise one part of your body.</p>	<p>1 -Can be adapted to your own therapy routines, think about where these are practiced E.G laying down, sitting down or standing.</p>
Task	<p>1 - You know yourself best come up with your own routine which challenges you. This could be done to demonstrate what you have been working on with physio therapists, show them what you can do!</p>	<p>1 - It's your routine, think how you can move your body to recreate the sequence for you. This could be simple stretches, rolling from side to side or pushing yourself up with your hands.</p> <p>2 - Ensure you have a clear start and finish for your routine.</p>	<p>1 - Adapt the routine for you, this could be done in a chair or lying down. Remember to challenge yourself and your core strength but keep it safe!</p>	<p>1 -Isolate one part of the body and use that body part to complete your own routine E.G just your legs or arms.</p> <p>2 - Ensure your own routine has a clear start and finish, do each section individually if all at once is too much for you.</p>
Equipment	<p>1 - Consider what you need to be most successful, you could be in a chair, laying down or in any position which makes you feel the most comfortable.</p>	<p>1 - Use anything that helps you be in the right position.</p> <p>2 - Use mobility aids if needed.</p> <p>3 - Use family members to help you but make sure what you are doing is safe.</p>	<p>1 - Use any mobility aids you have to help you.</p> <p>2 - Use a family member as an aid or guide.</p> <p>3 - Use targets to hit and strike as you complete each part.</p>	<p>1 - Use a guide rail or wall to help you.</p> <p>2 - Use any mobility aids you have to help you.</p> <p>3 - Family members can help you and keep you safe.</p>
People	<p>1 - Ask for ideas!</p> <p>2 - Different family members complete the task together to make it fun but most importantly safe.</p> <p>3 - Adults can act as helper/director.</p>	<p>1 - Ask for ideas!</p> <p>2 - Different family members complete the task together to make it fun but most importantly safe.</p> <p>3 - Adults can act as helper/director.</p>	<p>1 - Ask for ideas!</p> <p>2 - Different family members complete the task together to make it fun but most importantly safe.</p> <p>3 - Adults can act as helper/director.</p>	<p>1 - Ask for ideas!</p> <p>2 - Different family members complete the task together to make it fun but most importantly safe.</p> <p>3 - Adults can act as helper/director.</p>

Remember use STEP anyway you want your score still counts even if STEP has been used.