

Superman or Boat Extension



The Superman exercise builds strength, flexibility, motor planning and coordination. Below is the proper exercise. Further down are the games. If you are having trouble with undesired movements, reach out for ideas to correct the exercise.

Start Position:

- Lie face down, arms outstretched ahead of you in a “v”, legs extended behind you.
- Your nose should be to the ground to keep a neutral spine. Roll up a small towel and place it under your forehead for comfort if desired.

Movement:

- Brace your abdominals. Lift your arms and legs a few inches off the ground.
- Avoid: twisting, arching back, holding breath, bending knees or elbows (this is a common error), looking forward rather than down. If you do any of these, modify the exercise. See below for modifications.'
- Start with 1-5 second holds. Progress to three 30 second holds.

End Position:

- Return to start position with control.

Modifications:

- Lift ONE arm or leg at a time. Switch to the other.
- Progress to lifting BOTH arms or BOTH legs.
- When you can do the above, work on raising arms and legs together.
- Coordination challenge: Lift one arm and the OPPOSITE leg. Switch sides.

Make it fun!

- Be a superhero. Add in fine motor and speech and language by developing a superhero story.
 - Put on a cape. Make up a story. If desired, draw a scene. Use figurines or small snacks (save the cheerios/raisins/cheeze-its).

- Raise up to fly. Talk about the rescue. Have the scene in front of you and fly to the rescue.
- Play human hungry hungry hippos or animal control- no rolling scooter needed.
 - Grab a light box or basket. Get in superman position. Hold the basket in front with outstretched hands. Parent will roll balls, balloons or move small animals around in front of student. Snatch them up!
 - <https://video.link/w/NqE4b>
- Other ideas to do when your child raises up:
 - Write a positive word or comment on paper. Scroll it under him/her when he/she raises up.
 - Tell a joke each lift (there are many sites with kid friendly jokes)
 - Have your child use two hands to raise up a bean bag/stuffed animal and place in a low bucket.
 - Pop bubbles- catch a bubble on a wand. Hold it in the center in front of your student. Encourage popping with BOTH hands to limit twisting.
 - Match game- Set down a match card. Hold up two others- one being the match. Have your child raise up and touch the one he/she thinks is the match.

In PE: When assisting students, meet students where they are. Watch the student attempt the exercise. If the student is unable to perform the exercise with proper form, modify as noted above. Quality is key.