

**Objectives-** Exploring the different body segments, ranges of motion, and planes of movement; identifying weight distribution across supports; install upperlimb and lower limb coordination, controlling breathing patterns in aerobic and strength exercises.

[illegible]

[illegible]

Week 5-8 (2 <sup>nd</sup> month) Develop Strength, Balance / Coordination, Flexibility											
Objectives—Emphasize unilateral strength work and symmetry between sides; strengthen the muscles of the upper and lower limbs; improve breathing control in moderate-intensity exercises.											
					Duration	Interval	Speed	Intensity	Repetition	Series	Volume
<b>Warm up</b>											
	Trampoline jumping				5 minutes						
<b>Endurance</b>											
	Running (Bean bag Scramble)				5 minutes		Run	60–70% HR Max			
	Sit up				5 minutes						
	Star jump				5 minutes						
	<b>Coordination</b>	<b>Upper Limb Strength</b>	<b>Lower Limb Strength</b>	<b>Balance</b>							
1 <sup>st</sup> circuit	Catch beanbag from orhers	Medicine ball slams	Jumping on “x” marker hopping and single leg	Walk on balance beam	20 minutes				15 repetition		
2 <sup>nd</sup> circuit	jump alternately	Biceps curl using dumbbell	Frog jump. Full Squatting	Kick ball into target	20 minutes				15 repetition		
3 <sup>rd</sup> circuit	Throwing beanbag to target at floor	Sh extension using theraband	Supine ly knee extension	Crab soccer	20 minutes				15 repetition		

			using gymball								
Cool down											
	Breathing										
	Quads stretch Toe touch										

Week 9-12 (3 <sup>rd</sup> month) Build Strength, Endurance, Balance / Coordination, Flexibility											
Objectives—Progressively increase range of motion; increase cardiorespiratory capacity and muscular endurance; monitor and adjust breathing patterns in high intensity exercise											
					Duration	Interval	Speed	Intensity	Repetition	Series	Volume
Warm up											
	Trampoline jumping				5 min						
Endurance training											
	Running + hurdle jumping							70–80% HR Max			
	Coordination	Upper Limb Strength	Lower Limb Strength	Balance							
1 <sup>st</sup> circuit	Crawling in tunnel	Dribbling a ball	Bridging	Pick up object and along the way	15 min				10 repetition		
2 <sup>nd</sup> circuit	Throw and Catch ball from other individuals	Throw medicine ball 1kg to a target	Jumping on 4 direction	Standing on one leg while the other is in front (a), lateral (b), and behind	15 min				10 repetition		

