

# PHYSICAL EXERCISE AND HEALTH

Tips to promote  
sport at home



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Federación Autismo Castilla y León



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## **Bibliografía y pictogramas**

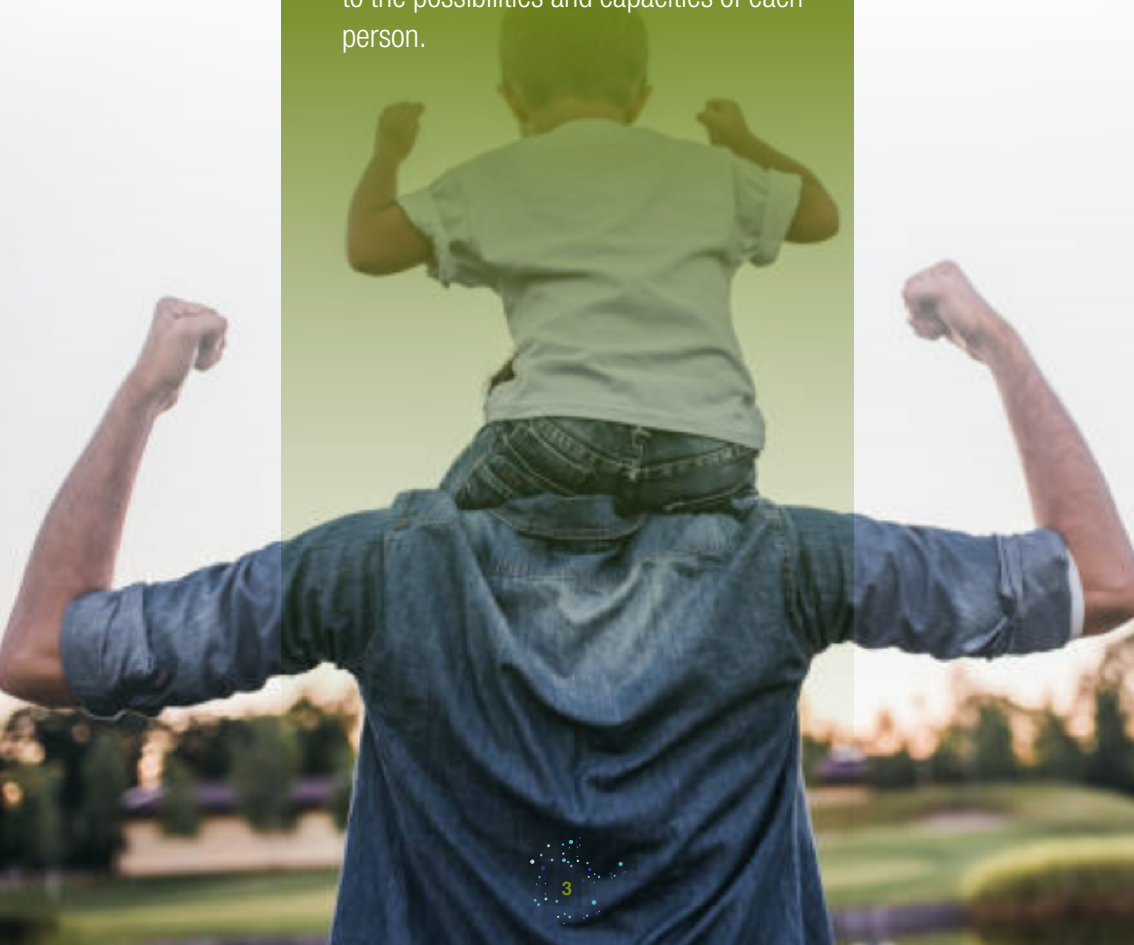
OMS:  
<https://www.who.int/es/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>

ARASAAC

# Physical activity

As a result of the pandemic, the possibilities of doing physical activity have been reduced. This has directly affected health due to the importance that exercise has for both physical and mental well-being.

For all this and following the indications of the WHO, it is recommended to carry out a certain physical activity conditioned to the possibilities and capacities of each person.



# Basic guidelines

- Regular exercise is beneficial for body and mind.
- Rest and floor routines are of great importance in health
- For long periods of time sitting it is necessary to rest the muscles during 4-5 minutes in movement to relax the muscles and activate blood circulation.
- Physical activity is a great way to get safe socialization



## Recommendations

- Up to 5 years the recommended daily time is about 180 minutes of physical activity, varying the intensity according to the capacities and personal circumstances.
- From 5 to 17 years old, at least one hour a day of physical activity is recommended. About 3 times a week part of that time should include activities that strengthen the muscles and skeletal system.
- For those over 18 years old, 180 weekly minutes of physical activity of moderate intensity is recommended, which may be slightly less if the intensity is increased.
- It is important to include those exercises that strengthen the main muscular systems and improve areas such as balance.





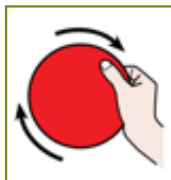
# Basic exercises to perform at home or indoor:

- 1- Joint mobility
- 2- Moving exercise chart
- 3- Exercise table in static position
- 4- Maintenance exercises
- 5 -Games and circuits
- 6- Links to web pages and videos of dances and exercises



## 1. Joint mobility

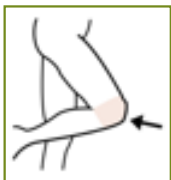
Perform movement (twists, flexion-extension, rotation, etc.) of the body's joints for about 10-15 seconds, starting from the lower limbs to the upper parts of the body (it can be supported verbally, visually with pictograms, body and / or physics modeling movement).



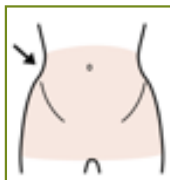
TWIST



1 ANKLE



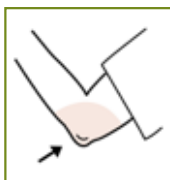
2 KNEE



3 HIP



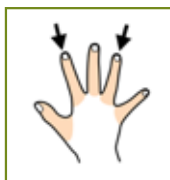
4 SHOULDERS



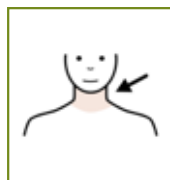
5 ELBOW



6 WRIST

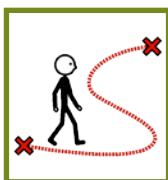


7 FINGERS



8- NECK

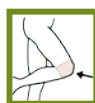
## 2. Moving exercise chart



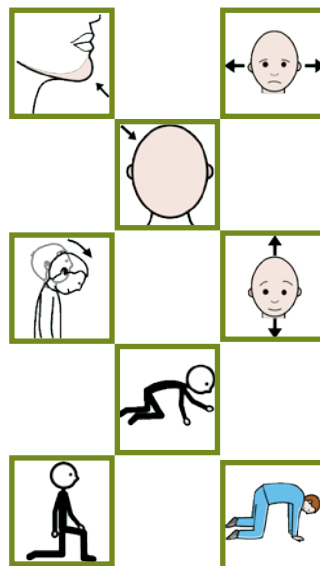
Find a distance of about 10 meters or as close as possible and perform each exercise back and forth (it can be supported verbally, visually, with picts or body gestures, and physically, modeling the movement). Adapt the exercises to the level or possibilities of each person, if an exercise

cannot be done, move on to the next.

- Raise knees one at a time and alternately.
- Raise your heels one at a time and alternately.
- Walk on tiptoe.
- Walk supporting only the heels.
- Lateral movement, opening and closing the legs.
- Big strides.
- Very small steps, almost no progress.
- Shift to limp (one foot raised and making small jumps with the other)
- Jump with feet together.
- Walk backwards.
- Squat movement.
- Movement while walking and rotating the shoulders forward.
- Movement while walking and rotating the shoulders backwards.



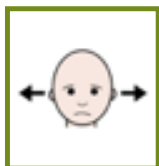
- Movement by walking and moving the arms up and down laterally (touch outer thighs and pat on top of head)
- Movement by walking and making frontal movements of the arms up and down (touch the thighs in the front and then raise them extended over the head)
- Movement by walking and doing arm movements from front to back. (slapping with arms outstretched at head height and then behind back, this cannot be done with arms outstretched)
- Movement by walking and doing neck movement up and down (as if to say yes). Do these movements with neck movement slowly to avoid dizziness.
- Displacement by walking and performing neck movement, bringing the chin from the right shoulder to the left shoulder (as if to say no). Do these movements with neck movement slowly to avoid dizziness.
- Quadruped movement supporting the knees.
- Quadruped movement without supporting the knees.
- Inverted quadruped movement supporting the buttocks.
- Inverted quadruped movement without supporting the buttocks.



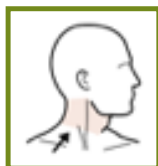
# 3- Table of exercises in static position



MOVEMOS DESPACIO  
LA CABEZA  
HACIENDO "SÍ"



MOVEMOS DESPACIO  
LA CABEZA  
HACIENDO "NO"



ROTAMOS MUY  
DESPACIO LA  
CABEZA HACIA CADA  
LADO



MOVEMOS LOS  
HOMBROS A LA VEZ  
COMO DICRIENDO  
"NO SÉ"



ROTAMOS LOS  
HOMBROS HACIA  
DELANTE Y LUEGO  
HACIA DETRÁS



MOVEMOS LOS  
BRAZOS COMO SI  
FUÉRAMOS A Nadar,  
HACIA DELANTE Y  
DETRÁS



FLEXIONAMOS Y  
EXTENDEMOS LOS  
CODOS



ABRIMOS Y  
CERRAMOS FUERTE  
LAS MANOS



GIRAMOS LAS  
MUÑECAS



ROTAMOS LA  
CINTURA A UN LADO  
Y A OTRO HACIENDO  
GIROS



FLEXIONAMOS LA  
CADERA A UN LADO Y  
A OTRO (IZQUIERDA Y  
DERECHA)



SIN DOBLAR LAS  
RODILLAS INTENTAMOS  
TOCARNOS LOS PIES



NOS AGACHAMOS Y  
LEVANTAMOS, HACIENDO  
SENTADILLAS



LEVANTAMOS EL PIE  
HACIA ARRIBA Y ABAJO



LEVANTAMOS LOS  
TALONES CON  
LOS PIES A LA VEZ  
MANTIENiendo EL  
EQUILIBRIO



SALTAMOS EN EL SITIO



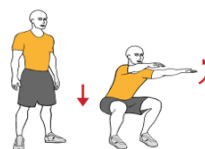
SUJETAMOS EL PIE  
Y ESTIRAMOS HACIA  
ARRIBA PRIMERO UNO  
Y LUEGO OTRO



## 4. Maintenance exercises

Perform 10 repetitions of each exercise at a moderate pace.

- 1. Squats:** It is an exercise to work the legs. With the feet about 25 cm apart, we bend the knees until we reach 90 degrees, the trunk does not have to lean forward and the arms are extended at the height of the shoulders.



- 2. Trunk rotations:** We are going to work the muscles of the trunk and the mobility of the back. With your feet about 25cm apart and keeping your torso upright, roll your shoulders from side to side. The elbows always with the intention of opening as much as possible. The look must accompany the turn. Ten repetitions on each side.



- 3. Front stride:** In this exercise we will work both the legs and the hips. Starting from a standing position, we advance one leg in a long stride and lower the knee that we have left behind until almost touching the ground, the forward knee should not exceed 90 degrees. Then we return to the starting position and do the exercise with the other leg. Ten repetitions with each leg.



- 4. Lateral lunge:** In this exercise we will work both the legs and the hips. Starting from a standing position, we move one leg laterally, separating the feet and lower the trunk on the displaced leg. Then we return to the starting position and do the exercise with the other leg. Ten repetitions with each leg.



- 5. Chair leg raises:** We will work the abdomen and back. Keeping your back resting on the backrest and your hands, you have to lift one foot completely off the ground and hold it for a couple of breaths, when you support it again, you should try the other. If you have managed to complete this exercise, you can try lifting both legs at the same time. Again, we want range of motion at a low speed.



## 5. Games and circuits

- **Search for objects.** We hide an object and then we give directions to find it. The variations and adaptations can be very varied, you can vary the room, the object, the number of objects to look for, the level of difficulty to find them, the movement to the objects, etc. The indications in this type of game can be given by means of pictograms, verbally or with physical clues by modeling some movement.



- **Hopscotch / Thong.** The game begins by throwing a small object (shuffleboard) in square number 1. The hopscotch begins to go through, supporting one foot per square until reaching number 10 or sky and we return to the starting line. Then we launch the rest of the numbers successively.



- **Activities and ball games.**

Ball activities have a ball and a ball as a driving force, they serve

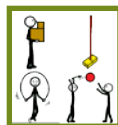
to work on aspects such as different throws and receptions and also as a means to carry out interactions, having to focus on other people and sharing objects and interests.



- **Blind man's buff.** One player covers his eyes and then another turns it twice. Once this is done, the player with his eyes covered has to look for the rest of the participants. Participants who are "hidden" can be static or moving as previously agreed.



- **Motor circuit.** A motor circuit is composed of several linked exercises, the number of them and the difficulty we determine according to what we want to work on. We can focus on a single aspect to work, such as jumping, balancing or sliding, or we can mix and alternate one and the other. Some of the capacities that can be worked on and included within these circuits are the following:
  - Balance
  - Jumps
  - Carrying or carrying objects
  - Obstacles or directed areas
  - Moving across different surfaces
  - Rope activities
  - Throws.



## 6. Links to web pages and dance and exercise videos

- **Psychomotricity and physical exercises.**

Page with a multitude of physical exercises, explained and with videos of all kinds and levels. [www.entrenamientos.com](http://www.entrenamientos.com)

On this website of resources of all kinds you can find very varied and entertaining psychomotor activities and children's games. Upon entering the page at the top a search area appears with a magnifying glass, we put psychomotor skills and the exercises will appear. <https://www.pinterest.es>

Video with exercises in which we can see how the exercise is done and then do it on our own and according to our conditions. <https://www.youtube.com/watch?v=QCTEK9nYeHw>

Compilation of games and psychomotor activities for various levels.

<https://www.youtube.com/watch?v=9lyWs4UalnA>

- **Dances and choreography**

On YouTube there are a wide variety of videos with Zumba sessions for children or adolescents. In the search engine we write Zumba for children.

The square dance, simple and lively choreography already known to many. <https://www.youtube.com/watch?v=ZxUVaSDNC2U>

Channel with simple zumba choreographies. [https://www.youtube.com/channel/UCHFGpSfeyl1T6CP\\_1hyqBVA](https://www.youtube.com/channel/UCHFGpSfeyl1T6CP_1hyqBVA)

Youtube channel with dance videos created by some teachers for breaks. <https://www.youtube.com/channel/UCUzsP5QgyEf-bvE6rk6PY4Q>

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sport at home

*Material elaborado por Jairo Santos, en colaboración con el equipo del CCEE El Alba - Autismo Burgos*

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