

Introduction to SI Xtra

A Four week treatment group for student from Year 6 – 11, based on sensory integration principles. We incorporate a variety of movements from different sports and activities such as boxing and yoga and various types of calming relaxation strategies to improve sensory modulation, motor planning, coordination and sequencing. While also developing social skills, confidence and self-esteem through participation in activity. All skills learned within the group are transferable and be easily continued at home following safety advice or as part of extracurricular activity.

We use a graded approach to each activity with movements and sequences becoming more challenging week by week. The emphasis is always on body awareness, quality and control of movement and coordination not how hard one can punch.

Resource/Equipment list

- X3 agility Ladders
- X1 pair focus Pads (depending on size of group)
- X1 Pair Boxing Gloves (depending on size of group)
- Core stability Gym Ball
- Music – Active & relaxation
- Floor mats

Session 1 – Introduction to SI Extra

Warm Up	<ul style="list-style-type: none">• Torso Twist and reach x10• Swimming arms forward and backwards• Large arm circles 5 forward and 5 backwards• Light jog on the spot 20• Fast jog on the spot 10 seconds – Repeat x3
Stance	<p><u>Feet</u></p> <ul style="list-style-type: none">• Front foot (left or right)• Back foot slight angle (2o'clock)• Gap in between (no tightrope walking) <p><u>Guard</u></p> <ul style="list-style-type: none">• Raise both hands in the air and make a loose fist• Front foot hand(left or right) bring down to eye level about 5CM from the face (Jab hand)• Back foot hand bring down to protect chin (cross hand)
Footwork (OT)	<p><u>Forward</u></p> <ul style="list-style-type: none">• Step forward leading with front foot• Back foot follows• Keep gap between your legs and keep your guard up!! <p><u>Backward</u></p> <ul style="list-style-type: none">• Step backwards leading with back foot• Front foot follows• Keep gap between your legs and keep your guard up!! <p><u>Exercise</u></p> <p>When I shout number 1 take a step forward When I shout number 2 take a step backwards</p>

	(give the group time start with basics then increase difficulty as appropriate e.g 1,1,2,1,2,2,1,1,2,2,2,1,2,2)
Basic Punches (Jab & Cross)	<p><u>Jab(punch 1)</u></p> <ul style="list-style-type: none"> • Extend, twist and back <p><u>Cross (Punch 2)</u></p> <ul style="list-style-type: none"> • Extend, twist and back (back foot twists)
Footwork & Punches Combined Activity (OT)	<p><i>Start slow then speed up</i></p> <p><i>"1 - Jab",</i></p> <p><i>"1 jab 1"</i></p> <p><i>"1 2 jab"</i></p> <p><i>"1,1 Jab, cross 2"</i></p> <p><i>ETC</i></p>
Warm Down Stretch and Breath	<ul style="list-style-type: none"> • Stand feet hip width apart • 3 deep breaths in through nose and out through mouth • Series of stretches starting from head to toe (see attachment)

<u>Session 2</u>	Description	Time	Reasoning
Warm up (Tech)	<ul style="list-style-type: none"> • Feet hip width • Torso twist arms by flexed by waist (x5) • Torso twist and reach (x5) • 10 shoulder rolls forward • 10 shoulder rolls backwards • Standing still feet hip width arms stretching out to the sides palms facing the floor – Small circles forward (size of a tennis ball) (x5) • Arm circles forward size of basketball (X5) • Large arm circles forward (X5) • Repeat above going backwards • Gentle jog to other side of the room touching down then gentle jog back (X6) • Slow Jogging on the spot punching forward. on “GO” sprint on the spot punching as fast as you can for 10 seconds • Return to gentle jog and punches – repeat (X4) 	2-3 Mins	<p><u>Sensory</u> Activities providing Proprioception Vestibular input</p> <p><u>Motor</u> Sessions aims to work on coordination of movements, body awareness, core stability, Dynamic balance</p> <p><u>Cognition</u> Attention Perception listening Information processing Awareness of others Turn taking</p>
Recap last session (OT)	<ul style="list-style-type: none"> • Go through footwork (forward & Back) • Punches 1 & 2 • Quick run through session 1 combination activity 	2-3 Mins	
Footwork (2) (OT)	<p><u>Left</u></p> <ul style="list-style-type: none"> • Same principles as forward and back • Step front foot (usually left) 	5 Mins	

<p>Footwork Activity (OT)</p>	<ul style="list-style-type: none"> • Back foot follows KEEP THE GAP BETWEEN THE FEET Right • Step to the right back foot leads front foot follows <u>KEEPING THE GAP BETWEEN THE FEET</u> • Same as session 1 call out “Left/Right” combinations. • Start slow then speed up • Add in forward and backwards • Start Slow then speed up 		
<p>Punches (3,4,5,6) (OT)</p>	<p><u>Punch 3 – High hooks</u></p> <ul style="list-style-type: none"> • Hands in guard • Left hook first (3) • Bring the left arm around stopping just in front of the face • making sure the shoulder, elbow and wrist are all in alignment. • Practice in slow motion paying attention to the pattern of movement • Instructor and assistant to support with positioning as needed. <p><u>Punch 4 – High hook</u></p> <ul style="list-style-type: none"> • Repeat above for right hook <p>Punch 5 & 6 low hooks</p> <ul style="list-style-type: none"> • Stand in stance with guard up • Same as high hooks but to the body • Lower the body by bending front and back knee 	<p>5 Mins</p>	

	<ul style="list-style-type: none"> • Try to keep back straight 		
Footwork & Punches Combination activity (OT)	<ul style="list-style-type: none"> • Same outline at session 1 combination activity. • Start off with learning from today's session. • Combine session1 and 2 into the activity. • Increasing the level of difficulty <p><u>Cones</u></p> <ul style="list-style-type: none"> • Gloves on guard up • Move forward weaving in and out of cones • Therapist waiting at the end with pads • Throw punches 1,2,3,4,5,6 • Return to the back of the line • <u>Each person has 2 goes'</u> 	5 Mins	
Cool Down - yoga poses & relaxation (Tech)	<ul style="list-style-type: none"> • Feet Hip width • Deep breath in stretch arms above your head and hold • Breathing out relax your arms down by your side (repeat x4) • Chin to chest slowly start to roll down letting your arms fall heavy over head hanging like a ragdoll • Bending the knees reaching your hands to the floor start walking your hands out into an upside down V shape(x3 deep breaths) • Bring knees to the mat move back into child pose (3 breaths) • Coming back up to all fours leav hips forward and lower body down to the mat. 	2-3	

	<ul style="list-style-type: none">• Hand just below shoulders push up into cobra (3 breaths)• Roll onto your back, feet reaching to the corners of the mat, feet relaxing outward, arms relaxed by the side palms facing up• Relaxation – Mindfulness Breathing		
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<u>Session 3</u>	Description	Time	Reasoning
Warm up (Tech)	<ul style="list-style-type: none"> • Feet hip width • Torso twist arms by flexed by waist (x5) • Torso twist and reach (x5) • 10 shoulder rolls forward • 10 shoulder rolls backwards • Standing still feet hip width arms stretching out to the sides palms facing the floor – Small circles forward (size of a tennis ball) (x5) • Arm circles forward size of basketball (X5) • Large arm circles forward (X5) • Repeat above going backwards • Gentle jog to other side of the room touching down then gentle jog back (X6) • Slow Jogging on the spot punching forward. on “GO” sprint on the spot punching as fast as you can for 10 seconds • Return to gentle jog and punches – repeat (X4) 	2-3 Mins	<p><u>Sensory</u> Activities providing Proprioception Vestibular input</p> <p><u>Motor</u> Sessions aims to work on coordination of movements, body awareness, core stability, Dynamic balance</p> <p><u>Cognition</u> Attention Perception listening Information processing Awareness of others Turn taking</p>
Recap last session(OT)	<ul style="list-style-type: none"> • Go through footwork (forward & Back, Left & Right) • Punches 1, 2, 3, 4,5, 6 • Quick run through session 2 combination activity 	2-3 Mins	

Punches (7 & 8) (OT)	<p><u>Punch 7 – Upper Cut (without gloves)</u></p> <ul style="list-style-type: none"> • Stance & Hands in guard • Transfer bodyweight onto front foot with a bend in the knee • Twisting the torso over the left knee left elbow should be resting by the hip. Right hand still in guard. • Power up front the front knee, using the torso to guide the left arm up. • The left arm should be flexed at the elbow 90degrees just off centre of the face fist palm facing towards the face. • Bring it straight back to guard. <p><u>Punch 8 – Upper cut</u></p> <ul style="list-style-type: none"> • In Stance and guard • Engage the core and twist the torso over the right side so the weight is more on the right back foot. • The right elbow should be positioned close to the right hip. • Power up using the core to guide the Right arm up • Again the right arm should end up flexed at the elbow 90 degrees positioned just off centre of face. • Return to guard <p><u>Repeat instructions OT/Tech to support as necessary</u></p>	5 Mins	

<p>Defence Bob and Weave(OT)</p>	<p><u>Bob</u></p> <ul style="list-style-type: none"> • Start in your stance with guard up • Keeping your head up and guard up • Activate the core to duck down and up towards the right side (like the letter “U” <p><u>Weave</u></p> <p>Repeat the same only ducking to the opposite side</p>	<p>5 Mins</p>	
<p>Defence & Punches activity (OT)</p>	<ul style="list-style-type: none"> • Gloves on people! • Two people hold each end of a rope. • Walk along the rope using forward footwork technique while bobbing and weaving making sure your head stays up eyes forward • Complete punches 1-8 • Swap over and repeat 	<p>5 Mins</p>	
<p>Cool Down (Tech)</p>	<ul style="list-style-type: none"> • Feet Hip width • Deep breath in stretch arms above your head and hold • Breathing out relax your arms down by your side (repeat x4) • Chin to chest slowly start to roll down letting your arms fall heavy over head hanging like a ragdoll • Bending the knees reaching your hands to the floor start walking your hands out into an upside down V shape(x3 deep breaths) • Bring knees to the mat move back into child pose (3 breaths) 	<p>5 mins</p>	

	<ul style="list-style-type: none">• Coming back up to all fours leave hips forward and lower body down to the mat.• Hand just below shoulders push up into cobra (3 breaths)• Roll onto your back, feet reaching to the corners of the mat, feet relaxing outward, arms relaxed by the side palms facing up• Relaxation – Progressive Muscle		
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<u>Session 4</u>	Description	Time	Reasoning
Warm up (Tech)	<ul style="list-style-type: none"> • Feet hip width • Torso twist arms by flexed by waist (x5) • Torso twist and reach (x5) • 10 shoulder rolls forward • 10 shoulder rolls backwards • Standing still feet hip width arms stretching out to the sides palms facing the floor – Small circles forward (size of a tennis ball) (x5) • Arm circles forward size of basketball (X5) • Large arm circles forward (X5) • Repeat above going backwards • Gentle jog to other side of the room touching down then gentle jog back (X6) • Slow Jogging on the spot punching forward. on “GO” sprint on the spot punching as fast as you can for 10 seconds • Return to gentle jog and punches – repeat (X4) 	2-3 Mins	<p><u>Sensory</u> Activities providing Proprioception Vestibular input</p> <p><u>Motor</u> Sessions aims to work on planning, & coordination of movements, midline crossing, sequencing, body awareness, core stability, Dynamic balance</p> <p><u>Cognition</u> Attention Perception Information processing Awareness of others Turn taking</p>
Recap last session(OT)	<ul style="list-style-type: none"> • Go through footwork (forward & Back, Left & Right) • Punches 1, 2, 3, 4,5, 6, 7 &8 Quick run through session • 3 combination activity 	2-3 Mins	
Circuit	<u>Station 1 - Cones</u>	5 Mins	

- Move in and out of cones using stance footwork.
- Keep Guard up
- NO RUSH!
- 10 Punches (7&8) at the end
- Side skip back to the start
- Repeat for time

Station 2 - Agility ladder

- In your stance moving forward & Back along the ladder (front foot only in each square)
- Hop two feet in two feet out
- GUARD UP AT ALL TIMES
- repeat for time

Station 3 standing pyramid round

- In your stance
- 2, 4, 6, 8, 10 (punches 1&2)
- 10, 8, 6, 4, 2 (Punches 1&2)

Station 4 sit up hooks

- Lying down on your back on the mat feet flat with knees up
- Use the core to come up to sitting
- Punches 3&4
- Use the core to twist
- Return to lying down
- Repeat for time

Cool Down (Tech)	<ul style="list-style-type: none"> • Deep breath in stretch arms above your head and hold • Breathing out relax your arms down by your side (repeat x4) • Chin to chest slowly start to roll down letting your arms fall heavy over head hanging like a ragdoll • Bending the knees reaching your hands to the floor start walking your hands out into an upside down V shape(x3 deep breaths) • Bring knees to the mat move back into child pose (3 breaths) • Coming back up to all fours leav hips forward and lower body down to the mat. • Hand just below shoulders push up into cobra (3 breaths) • Roll onto your back, feet reaching to the corners of the mat, feet relaxing outward, arms relaxed by the side palms facing up • Relaxation – Body Scan 	5 mins	
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