

What Do I Need to Do to Reach My Goals?

(Task Analysis Worksheets)

What is my goal?

What assistance do I need?

When do I need assistance?
Who can assist me?
How do I communicate my need for assistance?

What special equipment and accommodations do I need?

What exercises and activities do I need to do?

What exercises do I need to do?

I need to exercise my:



Legs and Feet:



Body:



Arms and Hands:



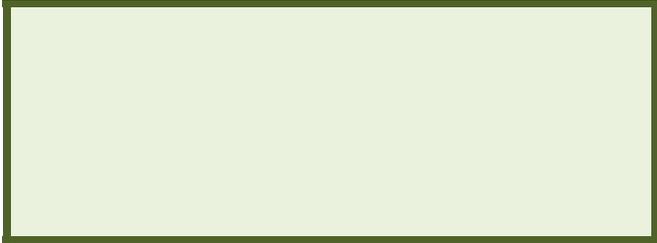
I need to stretch my:

How often should I exercise? _____

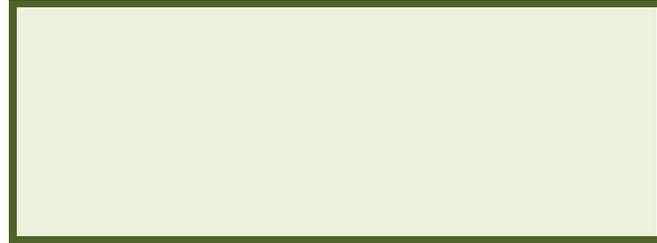
Where will I do my exercises? _____

What activities do I need to do?

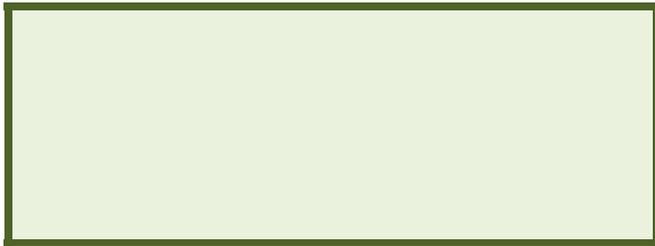
In PT:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities during Physical Education (PT).

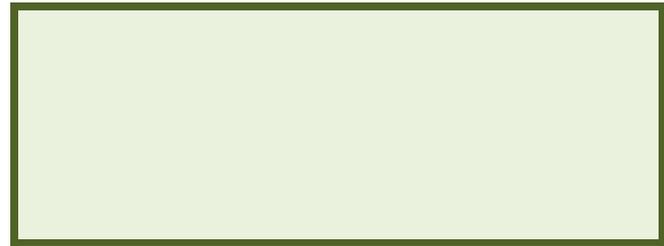
During recess:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities during recess.

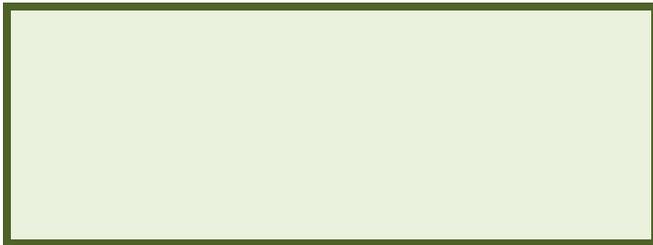
In the classroom:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities in the classroom.

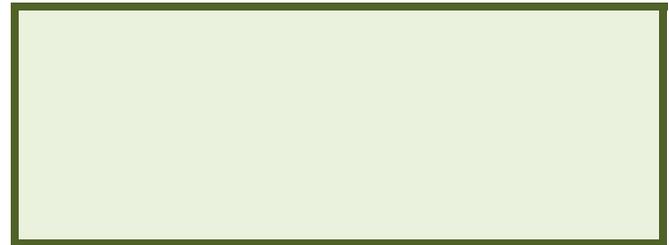
After-school:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities after school.

In gym:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities in the gym.

At home:

A large, empty rectangular box with a light green fill and a dark green border, intended for writing activities at home.

Activity Board

Walking

Running

Stairs

Jumping

Hopping

Balancing

Catching

Throwing

Kicking

Sit-ups

Push-ups

Squats

Therapy Ball

Balance Board

Floor Exercises

Karate

Swimming

Yoga

What special device or equipment do I need?



Walker

Crutches

Cane

Wheelchair



Stander

Gait Trainer

Leg Brace

Elevator



Ramp

Specialized Chair

Foot Stool

Grab Bars

Lift

What accommodations do I need?

More Time

Sit in front of class

Sit facing the teacher

Assistive Technology

Buddy System

Stand in front of line

Stand in back of line

Checklist

What assistance do I need?

When do I need assistance?	Who can assist me?	How do I communicate my need for assistance?