

Drill Appendix

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1. **Concentration Drill #1:** Yardstick Counting

18/18, 17/19, 16/20, 5/21, 14/22, 13/23, 12/24, 11/25, 10/26, 9/27, 8/28, 7/29, 6/30, 5/31, 4/32, 3/33, 2/34, 1/35, 0/36

2. **Concentration Drill #3:** Yardstick Tap Drill

Sample call list: R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, L12, R24, R30, L12, R6, L6, R12, R18, L30, R12, L30, R6, L24, L18, L30, R6, L6, R12, R18, L30, R12, L30, L12, R24, R30, L12

3. **Standing Exercise #2:** Reverse Number Counting

Right Leg: Count backwards by 2's starting from 51

51,49,47,45,43,41,39,37,35,33,31,29,27,25,23,21,19,17,15,13,11,9,7,5,3,1

Left Leg: Count Backwards by 3's starting from 74

74,71,68,65,62,59,56,53,50,47,44,41,38,35,32,29,26,23,20,17,14,11,8,5,2

4. **Standing Exercise #3:** Number Skipping by 3's

Right Leg: Count from 1-50 skipping every third number.

1,2,__,4,5,__,7,8,__,10,11,__,13,14,__,16,17,__,19,20,__,22,23,__,25,26,__,28,29,__,31,32,__,34,35,__,37,38,__,40,41,__,43,44,__,46,47,__,49,50

Left Leg: Count backwards from 50-1 skipping every third number.

50,49,__,47,46,__,44,43,__,41,40,__,38,37,__,35,34,__,32,31,__,29,28,__,

26,25,__,23,22,__,20,19,__,17,16,__,14,13,__,11,10,__,8,7,__,5,4,__,2,1

5. Standing Exercise #4: Number Recall

Right Leg: Forward number recall (3 or 4 numbers) as appropriate

3,4,6,7

5,3,9,1

8,2,1,5

1,4,3,8

6,7,4,9

2,3,9,5

4,1,8,3

7,5,3,6

9,1,4,1

6,5,2,3

Left Leg: Reverse number recall (3 or 4 numbers) as appropriate.

8,3,4,7

6,2,9,4

7,4,5,6

5,8,3,2

3,7,1,9

3,4,7,5

5,6,8,9

4,1,0,5

2,8,1,3

7,4,2,9

6. Standing Exercise #6: Math Equations

Right Leg equations:

$$35 \div 7 = 5$$

$$4 \times 7 = 28$$

$$22 - 13 = 9$$

$$7 + 18 = 25$$

$$6 \times 8 = 48$$

$$49 \div 7 = 7$$

$$80 - 12 = 68$$

$$4/16 + 4/16 = 1/2$$

$$18 \div 6 = 3$$

$$3 \times 14 = 42$$

$$5 + 8 + 7 = 20$$

$$41 - 11 - 9 = 21$$

$60 \div 4 = 15$
 $9 \times 6 = 54$
 $18 + 3 + 4 = 25$

Left Leg equations:

$42 \div 2 = 21$
 $3 \times 12 = 36$
 $39 - 13 = 26$
 $17 + 18 = 35$
 $4 \times 11 = 44$
 $51 \div 17 = 3$
 $60 - 14 = 46$
 $3/4 + 3/4 = 1 \frac{1}{2}$
 $28 \div 4 = 7$
 $5 \times 14 = 70$
 $6 + 9 + 4 = 19$
 $31 - 5 - 8 = 18$
 $30 \div 6 = 5$
 $7 \times 6 = 42$
 $108 + 12 + 4 = 124$

7. Standing Exercise #7: Number Skipping by 4's

Right Leg: Count from 1-51 skipping every fourth number.

1, 2, 3, __, 5, 6, 7, __, 9, 10, 11, __, 13, 14, 15, __, 17, 18, 19, __, 21, 22, 23, __, 25, 26, 27, __,
 29, 30, 31, __, 33, 34, 35, __, 37, 38, 39, __, 41, 42, 43, __, 45, 46, 47, __, 49, 50, 51

Left Leg: Count backwards from 51-1 skipping every fourth number.

51, 50, 49, __, 47, 46, 45, __, 43, 42, 41, __, 39, 38, 37, __, 35, 34, 33, __, 31, 30, 29, __, 27, 26, 25,
 __, 23, 22, 21, __, 19, 18, 17, __, 15, 14, 13, __, 11, 10, 9, __, 7, 6, 5, __, 3, 2, 1

8. Standing Exercise #13: Four Squares with Numbers

Right Toe	Left Toe	Reverse Right Toe	Reverse Left Toe
1, 2, 3 = 6	1, 2, 3, 1 = 7	3, 4, 2 = 9	1, 3, 1, 4 = 9
2, 3, 2 = 7	4, 1, 2, 1 = 8	4, 2, 1 = 7	3, 1, 4, 2 = 10
2, 1, 1 = 4	1, 2, 1, 2 = 6	2, 1, 3 = 6	1, 4, 1, 2 = 8
2, 4, 2 = 8	3, 1, 2, 4 = 10	1, 3, 1 = 5	2, 3, 2, 1 = 8
4, 4, 1 = 9	1, 3, 1, 2 = 7	3, 4, 1 = 8	4, 1, 2, 3 = 10

9. Standing Exercise #14: Four Square with Colors

1. Touch the color squares with Right foot "after" they are called out by the facilitator.

Red, Green
Red, Green, Yellow
Red, Green, Yellow, Red
Red, Green, Yellow, Red, Green
Red, Green, Yellow, Red, Green, Blue
Red, Green, Yellow, Red, Green, Blue, Yellow

2. Display the second Four Square with Colors PPT slide.
3. Shift weight to Right leg keeping knee "soft" by not locking the knee.
4. Touch the color squares with Left foot "after" they are called out by the facilitator.

Red, Yellow
Red, Yellow, Blue
Red, Yellow, Blue, Green
Red, Yellow, Blue, Green, Red
Red, Yellow, Blue, Green, Red, Blue
Red, Yellow, Blue, Green, Red, Blue, Yellow

5. Shift weight to Left leg keeping knee "soft" by not locking the knee.
6. Touch the color squares with Right foot in reverse order "after" they are called out by the facilitator.

Blue, Yellow, Green
Yellow, Green, Red
Green, Blue, Yellow
Red, Blue, Yellow
Blue, Red, Green, Yellow
Red, Green, Yellow, Blue
Green, Yellow, Blue, Red
Yellow, Blue, Red, Green

7. Shift weight to Right leg keeping knee "soft" by not locking the knee.
8. Touch the color squares with Left foot in reverse order "after" they are called out by the facilitator.

Yellow, Green, Blue
Green, Red, Yellow
Yellow, Green, Red
Red, Blue, Yellow
Green, Blue, Red, Yellow
Blue, Green, Yellow, Blue
Red, Yellow, Blue, Green
Green, Yellow, Blue, Red

10. Standing Exercise #19: Three Cup Toe Tap

1. Call out the designated foot and the series of three or four colors.

Right- Blue/Red/Green/Red

Left- Green/Blue/Red/Blue

Right Red/Green/Blue/Red

Left- Blue/Red/Green/Red

Left- Green/Blue/Red/Green

Right- Red/Green/Blue/Red

Left- Blue/Red/Green/Red

Right- Red/Green/Blue/Green

Right- Blue/Red/Green/Red

Left- Green/Blue/Red/Green

2. Progression: With the designated foot, tap the colored cups in the “opposite” order after they are called out by the facilitator.
3. Progression: With the designated foot, tap the colored cups in the “progressive” order after they are called out by the facilitator.

Right-

B, G

B, G, R

B, G, R, G

B, G, R, G, B

B, G, R, G, B, R

Left-

R, G

R, G, R

R, G, R, G

R, G, R, G, B

R, G, R, G, B, R