

Exercise, Health and Wellbeing Resources

LimbPower Resources for children with an amputation or limb impairment

2020



Category	Media	Resource Title	Link to Resource <i>(click to open)</i>	Video Links	Notes
Limb Centre	Factsheet	Children's Top Tips – For visiting the Limb Centre Page 1	https://tinyurl.com/yxhnqcnj		Infographic
	Factsheet	Children's Top Tips – For visiting the Limb Centre Page 2	https://tinyurl.com/yxhnqcnj		Infographic
	Factsheet	Children's Top Tips – Limb Care and Hygiene	https://tinyurl.com/y3hcjngu		Infographic
Virtual Games	Factsheet	Pot the ball	https://tinyurl.com/y3oaykzc	https://youtu.be/jEo0EAWYaYs	Video also available
	Factsheet	Get it in the box	https://tinyurl.com/y2ey2sre	https://youtube.com/0IcPtcPEfyA	Video also available
	Factsheet	Ball Recovery	https://tinyurl.com/y4vka62f	https://youtube.com/Giv9TRBGWUW	Video also available
	Factsheet	Sitting Down grab	https://tinyurl.com/y2pdex8q	https://youtu.be/UfDhOhrGYdA	Video also available
	Factsheet	Clockwork Fun	https://tinyurl.com/y2tlqyds	https://youtube.com/PZZWZpVIB3g	Video also available
Exercise	Video	Adaptive Fitness Fun Session 1		https://youtu.be/0jNTxX_FK5c	Exercises for children
	Video	Adaptive Fitness Fun Session 2		https://youtu.be/j0WplLFH0w0	Exercises for children
	Video	Adaptive Fitness Fun Session 3		https://youtu.be/qgaDxgnYNt4	Exercises for children
	Video	Adaptive Fitness Fun Session 4		https://youtu.be/8JCHeodNf3w	Exercises for children
	Video	Adaptive Fitness Fun Session 5		https://youtu.be/iZGb20Ag8wA	Exercises for children
	Video	Adaptive Fitness Fun Session 6		https://youtu.be/Km2OKZYe1WE	Exercises for children
	Video	Adaptive Fitness Fun Session 7		https://youtu.be/xjllaalqTlo	Exercises for children
	Video	Adaptive Fitness Fun Session 8		https://youtu.be/gaOBkNs_-e4	Exercises for children
	Video	Adaptive Fitness Fun Session 9		https://youtu.be/OXto4CyR-Ac	Exercises for children
	Video	Adaptive Fitness Fun Session 10		https://youtu.be/4loJZoLfbnQ	Exercises for children
	Video	Adaptive Fitness Fun Session 11		https://youtu.be/1nQuOZtCUlo	Exercises for children
	Video	Adaptive Fitness Fun Session 12		https://youtu.be/GwhVpj1prj4	Exercises for children
	Video	Adaptive Fitness Fun Session 13		https://youtu.be/fIJ0QCS_VQY	Exercises for children
	Video	Adaptive Fitness Fun Session 14		https://youtu.be/CNW_0ttaikl	Exercises for children
	Video	Adaptive Fitness Fun Session 15		https://youtu.be/swGNV8hDFt4	Exercises for children

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Exercise <i>(continued)</i>	Video	Adaptive Fitness Fun Session 16		https://youtu.be/GliphKv-Hsk	Exercises for children
	Video	Adaptive Fitness Fun Session 17		https://youtu.be/Q33g8Ts1MVC	Exercises for children
	Video	Adaptive Fitness Fun Session 18		https://youtu.be/09vntB4fsuc	Exercises for children
	Video	Adaptive Fitness Fun Session 19		https://youtu.be/gkevZ_INi6g	Exercises for children
	Video	Adaptive Fitness Fun Session 20		https://youtu.be/zMG5EPYMCAQ	Exercises for children
	Video	Adaptive Fitness Fun Session 21		https://youtu.be/z4X-e-oxr6A	Exercises for childre
	Video	Adaptive Fitness Fun Session 22		https://youtu.be/so-QW-i6S_M	Exercises for childre
	Video	Adaptive Fitness Fun Session 23		https://youtu.be/i5fEJvkcsXs	Exercises for children
	Video	Adaptive Fitness Fun Session 24		https://youtu.be/YT77aOdzJA8	Exercises for children
	Video	Adaptive Fitness Fun Session 25		https://youtu.be/-lNi9UjmmgY	Exercises for children
	Video	Adaptive Fitness Fun Session 26		https://youtu.be/18naaGkCNC4	Exercises for children

Education	Factsheet	Top Tip Inclusion Cards – Pupils with Amputations	https://tinyurl.com/y4n3bryj	Factsheet
	Factsheet	Supporting Young People With An Amputation or impairment in School P.E. and Sport	https://tinyurl.com/yxk4nbvv	Factsheet
	Factsheet	Children's Top Tips – Schools	https://tinyurl.com/y4medrjl	Infographic

General Information	Factsheet	Children's Top Tips – Holiday Page 2	https://tinyurl.com/y29fnp3b	Infographic
	Factsheet	Children's Top Tips – Holiday Page 2	https://tinyurl.com/y4aeojuj	Infographic
	Factsheet	Children's Top Tips – At Home	https://tinyurl.com/y5myu8ly	Infographic
	Factsheet	Children's Top Tips – Siblings	https://tinyurl.com/yxpox66r	Infographic
	Factsheet	Children's Top Tips Friends Page 1	https://tinyurl.com/y28pvdva	Infographic
	Factsheet	Children's Top Tips Friends Page 2	https://tinyurl.com/yxhqoy8c	Infographic
	Case Study	Children's Activity Prosthetic Fund Case Study 1	https://tinyurl.com/y3h7bfdm	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 2	https://tinyurl.com/y44ovtbh	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 3	https://tinyurl.com/yxesqczm	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 4	https://tinyurl.com/y4bqv5x	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 5	https://tinyurl.com/y3mclu3t	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 6	https://tinyurl.com/y6daty9k	Information sheet
	Case Study	Children's Activity Prosthetic Fund Case Study 7	https://tinyurl.com/yyy8o2os	Information sheet