---ECE Activity Inventory Checklist---

AFIRM

Autism Focused Intervention
Resources & Modules

Learner's Name: _____   Date/Time: _____

Observer(s): _____

Target Behavior: _____

_____

Exercise Location:

Answer the following questions to guide selection of exercise activities.

Will the student be inside, outside, or both?	☐ Yes	☐ No
If outside, are there alternative options when there is poor weather?	☐ Yes	☐ No
Will the student be going to a gym?	☐ Yes	☐ No
Will the student go to a nearby location, such as the hallway or another room?	☐ Yes	☐ No
Will the student stay in the classroom?	☐ Yes	☐ No

Exercise Activity Inventory Checklist:

Review the list of potential activities and options for how those activities might be implemented. Indicate whether or not you may be able to use each activity by checking ''Yes" or "No." Notes about specific options/considerations/etc. can also be included here.

Exercise Activity	Options Description/	Yes	No	Notes
Running	Run a specified distance, for a specified time, or a specific number of laps; run a relay-style race; sprints, shuttle-run (sprints while collecting and depositing an item/items from one end to the other)	☐	☐	
Jogging	Same as running but less strenuous	☐	☐	
Wall pushups	Standing "pushups" – pressing on wall and pushing off	☐	☐	
Riding a scooter	Riding a specified distance, for a specified time, or a specific number of laps	☐	☐	

Exercise Activity	Description/Options	Yes	No	Notes
Jumping Rope	Jump turning own rope or jumping a rope others are turning; Basic jumping or jumping with tricks/kicks/etc.; jump ropes can also be used to create structure for other movement activities, such as laying rope on the ground and jumping back and forth over the rope(s)	☐	☐	
Riding a bike	Riding a specified distance, for a specified time, or a specific number of laps	☐	☐	
Jumping Jacks	Jumping a specific number of times or for a specific duration of time	☐	☐	
Trampoline	Jumping a specific number of times or for a specific duration of time; simple jumping or jumping with tricks/kicks/etc.	☐	☐	
Pushups	A specific number of times or for a specific duration of time; full pushups or pushups on knees	☐	☐	
Sit-ups	A specific number of times or for a specific duration of time	☐	☐	
Crab Walking	Moving a specified distance, for a specified time, or a specific number of laps	☐	☐	
Lunges	A specific number of times or for a specific duration of time	☐	☐	
Stairs	Moving up and down a step or set of stairs	☐	☐	
Chair raises	Raise self by the arms while seated in a chair	☐	☐	
Swimming	Swimming laps, other swimming activities (swimming aerobics)	☐	☐	

Exercise Activity	Description/Options	Yes	No	Notes
Toe Raises	A specific number of times or for a specific duration of time	☐	☐	
Leg Scissors	A specific number of times or for a specific duration of time	☐	☐	
Leg kicks	A specific number of times or for a specific duration of time	☐	☐	
Arm Curls w/weights or resistance bands	A specific number of times or for a specific duration of time	☐	☐	
Yoga poses	Hold static poses or complete a series of poses moving fluidly throughout; may be part of warm-up or cool-down aspect of routine	☐	☐	
Hula Hoop	Can hula-hoop for a specific number of times or for a specific duration of time; can also use hula hoops on the ground to create structure for other movement, such as jumping in and out of a hoop(s)	☐	☐	
Sports-related activities: tennis, ping pong, volleyball, kickball, basketball, etc.	Consider the level of exertion involved – keeping a fairly high level of exertion is best, so a sport where the learner sits/waits/is static for a while would not be ideal for an exercise routine. Instead, modified versions/aspects of a sport activity could be considered, such as shooting baskets alone, passing or kicking a ball back and forth, running while dribbling a ball with hands or feet, volleying/hitting a ball back and forth outside of the context of a game, etc.	☐	☐	

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