

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

CONTACT US

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If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.
আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔
Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫
Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.
Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Oxford Health
NHS Foundation Trust



Children's Community
Physiotherapy Service

Body Awareness Level 2

Lie on your stomach on an inclined bench or slide and pull yourself up it using your hands. Don't use your feet.



Bunny jumps over a straight line keeping your hands on the floor.



Lie on your back and have your partner roll a large ball along your body.



Bounce on a trampette. Jump off keeping your feet together.



Statues: In kneeling or half-kneeling, don't let your partner move you.



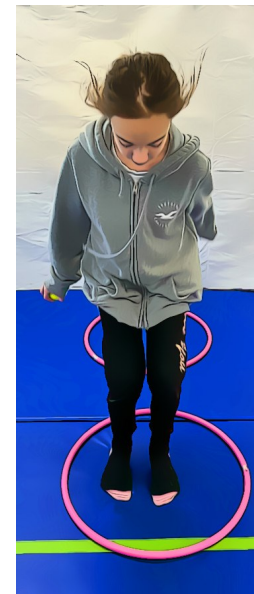
Foot wars: Sit on the floor with your knees bent and feet against your partner's, try to push against each other's feet alternating legs.



Lie on your stomach and lift your arms above your head holding a ball. Throw the ball at some skittles 2 meters away to knock them over.



Keeping both feet together, jump into hoops placed around on the floor.



Simon-Says in standing: copy your partner's actions

Star jumps.



Sausage roll: lie down on the end of a blanket. Hold onto it and roll yourself up in it. Then unroll yourself.

