

# Coordination Suggestions

- ☐ Move in various ways, imitating animals such as ducks, bears, monkeys, rabbits, frogs, crabs, snakes.
- ☐ Using inflated balloons, encourage the children to keep them in the air by batting them with open hands.
- ☐ Keep a beach ball in the air by batting it with open hands.
- ☐ Hit a soft, lightweight ball with a badminton racket.
- ☐ Catch a bounced ball repetitively. Using both hands, then one hand then alternate hands.
- ☐ Do jumping jacks by moving arms only. Then do legs only. Then try arms and legs together.
- ☐ Clap out a pattern and have child repeat it. Progress by using feet or instruments.
- ☐ Wiggle a rope back and forth and then ask the children to jump over it without touching it.
- ☐ Jump rope: swing the rope over your head, let the rope hit your feet in front and jump over it, repeat. Progress to jumping over the rope without stopping.
- ☐ Kick ball at a target.
- ☐ Tap foot and finger at the same side synchronized, progress to opposite side.
- ☐ Tap foot and finger on the opposite sides synchronized.
- ☐ In sitting or standing, touch each elbow to opposite knee.
- ☐ Practice galloping leading with one leg, and then leading with the opposite leg. Progress to skipping.
- ☐ Practice doing snow angels on the floor.
- ☐ Scissor jumps: stand with one leg and the same side arm forwards, jump while switching leg/arm.
- ☐ Progress to using opposite arm and leg.
- ☐ Set up an obstacle course which involves student going over, under, around and through various obstacles.