

These are fun exercises to develop Coordination

EXERCISE 1 EGG ROLL

ORGANISATION

- The player curls up in a ball and attempts to roll in a straight line

KEY POINTS

- Ensure safety mats are in place
- Roll sideways and not head over heel



EXERCISE 2 TURN THE CAP

ORGANISATION

- Place a number of markers around the playing area
- The players run around the playing area turning the markers
- The exercise can be run using two teams; one team attempts to turn all the markers up while the other attempts to turn all the markers down

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 3 SWING ROPE

ORGANISATION

- The player swings a rope in one hand by their side
- Every time the rope touches the ground the player must jump in time

KEY POINTS

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held with the arm by the side
- Stand upright
- Swing the rope from the wrist



EXERCISE 4 LADDER HOPSCOTCH

ORGANISATION

- The players hop in and out of every second space on the ladder
- Bring the feet together when hopping into the ladder and spread them to hop out of the ladder
- To vary the exercise, the player uses one foot when hopping in the space

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Move at a controlled pace



EXERCISE 5 STEP AND FOLLOW

**ORGANISATION**

- The players move through a ladder placing both feet in every space
- Lead with one foot and follow with the other
- Remember to practise leading with both the left and right foot

KEY POINTS

- Stand upright
- Synchronise arm and leg movement, i.e. swing the left arm forward with the right leg and vice versa

EXERCISE 6 BOUNCE ON A BENCH

**ORGANISATION**

- Use a bench for this exercise; place hoops or round markers on either side as targets
- The player walks along the bench bouncing a ball in each target as they pass
- The player jumps off at the end

KEY POINTS

- Ensure safety mats are in place
- Move at a steady, sure pace

EXERCISE 7 CRAZY BALL

**ORGANISATION**

- The 'crazy ball' is thrown up in the air by the player and allowed to bounce
- Attempt to catch the ball after a set number of bounces
- Initially practise with two hands before progressing to one hand

KEY POINTS

- Ensure the players have enough room to move around safely
- Move to catch the ball at the top of the bounce

EXERCISE 8 SKIPPING

**ORGANISATION**

- Use a variety of different techniques, such as a 2-footed jump, jogging through the rope, crossing hands and skipping backwards
- Encourage the children to make up single, pair and group skipping games

KEY POINTS

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held in both hands with the elbows slightly bent
- Stand upright
- Swing the rope from the wrist