

Coordination Activities



- Jumping Jacks – Arms & legs up/apart (looks like an “x”) then arms & legs down/together (straight line).
- Crabwalk - Sit on bottom with hands and feet on floor, lifting bottom off floor & shifting weight to move hands and feet forwards or backwards.
- Bear crawl - stand on hands and feet (head down and bottom up) walk forwards on hands and feet.
- Wheelbarrow - Walk on hands while feet are held by another person or on an object such as an exercise ball.
- Yoga – Up/down dog, cat/cow, and happy baby.
- Superman – Lay on the floor (on your stomach), arms stretched straight in front of you (lifted off floor) & legs straight (lifted off floor).
- Hopscotch – Draw board with chalk, alternating 1 foot & 2 feet patterns.
- Kicking a rolled ball – Kick rolled ball back towards target.

