

Level 1 Coordination

Reciprocal crawling on the floor.



Repeatedly high five your partner crossing midline.



In sitting tap your knee with the opposite hand with both hands.



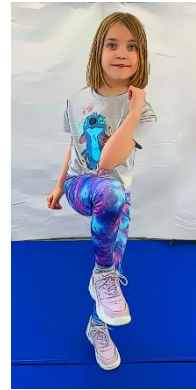
Snow angels on the floor.



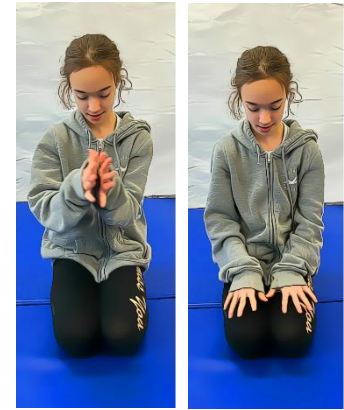
Cross midline to step over a line, bringing each foot across to the other side of the line.



In standing, bring your opposite elbow to the opposite knee.



Make up different sequences by clapping your hands together and on your knees



Heads, shoulders, knees and toes.

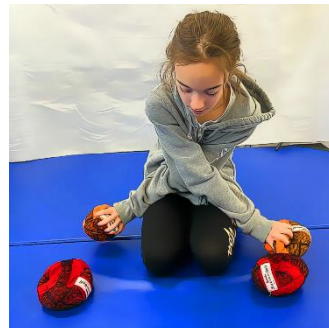
Step out to the side and lift your arm



Use different colours or objects. Have your partner instruct you which one to tap with your foot.



In sitting, swap objects from side to side using both hands at the same time.



Walk by stepping forwards with one leg and lift your opposite arm.



Level 2 Coordination

Sitting in a chair, straighten one leg in front of you and lift the opposite arm to the side. Repeat both sides.



In 4-point kneeling bring your elbow to the opposite knee. Repeat both sides.



Draw circles with one hand and vertical lines with the other in the air. Swap hands.



Pat your head and rub your tummy at the same time. Swap hands.



Lie on your back, and pedal your legs. Clap your hands, bringing them out to the sides between each clap.



Star jumps.



Reverse snow angels: Bring your arms down when you move your legs out, and arms up when you bring your legs in.



A sailor went to sea-sea-sea with a partner.



In standing, alternate lifting one arm up and one down at the same time.



In sitting, swap balls from each side using both hands at the same time.

Hopscotch.

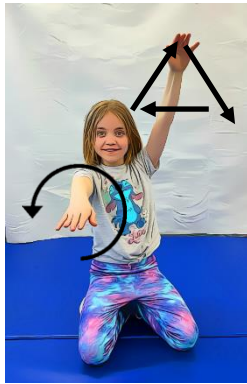


Unilateral spotty dogs: Jump to alternate placing your left arm and leg out in front of you, and your right arm and leg.



Level 3 Coordination

Draw a circle with one hand and a triangle with the other hand in the air.



Spotty dogs: jump to alternate between stretching your left arm and right leg out in front, to your right arm and left leg.



Criss cross jumping: jump between crossing your legs over each other and to hip width apart, alternating which leg is in front.

Bird dog pose: in 4-point kneeling reach out your left arm and right leg. Change arm and leg.



Draw a square with one hand and a circle with the other hand in the air.



Sit on a gym ball, close your eyes and bring your opposite knee to opposite hand. Repeat with your other leg and hand.



Fast high-knees tapping your opposite hand to opposite knee

Grapevine:



Skipping with a rope.



Fast high-knees Alternating between reaching to each side with both arms.



Skaters: Jump to your right landing with your right foot out in front and your left leg supporting behind, with your left arm forwards. Repeat, but jumping to the left. Alternate jumping to each side as fast as you can.



Mountain climbers: In high plank, quickly bring opposite knee to opposite elbow.

