

Coordination

Coordination is the ability to execute controlled motor responses and the movement is characterized by appropriate speed, distance, direction, timing and muscular tension. This is important while performing everyday tasks such as getting dressed, eating, running, and participating in sports.

Bilateral coordination is the ability to use the right and left sides of the body together at the same time or with alternating movements, and is required to do things like walk, climb stairs, and crawl through a tunnel. Children can complete bilateral coordination exercises on the same side of the body (symmetrical) such as marching in place or on different sides of the body at the same time (asymmetrical) such as a cross crawl.

Hand-eye coordination is the process by which our visual system coordinates the information received through our eyes and sends messages to our hands to fulfill tasks such as throwing and catching a ball.

Strategies – implement/look for activities that incorporate one or all of the following to challenge and improve your child's coordination:

- Body awareness
- Unstable surfaces
- Moving games - switching movement patterns frequently and rapidly
- Jumping
- Postural correction and balance

Coordination Activities/Games

**Please note this list of activities is in no particular order in relation to age and development and do not need to be completed in any specific order.*

- Marching (add music and attempt clapping hands at the same time or draw circles in the air with both hands)
- Walking over unstable surfaces (eg. Pillows, bean bags or blankets on the floor)
- Unstable swings (including suspended climbing ladders)
- Jungle gyms/playgrounds (climbing, monkey bars).
- Animal walks that use both sides of the body (eg. crab walk, bear walk and crawling)
- Crawl on all fours: forward, backward, sideways or change direction on command
- Obstacle course – crawl, walk, run through
- Cross crawls - touch your right hand to your left knee and then the left hand to your right knee. Repeat touching the opposite feet.
- Wheelbarrow walking
- Game of Twister
- Game of tag
- Head and shoulders, knees and toes
- Simon says/Follow the leader (hopping on one foot, then the other, then 2 to 3 times on each foot, alternate repetitions and feet; add arm motions to increase the challenge)



- Hokey Pokey
- Dodge Ball
- Bowling
- Kneeling – with no hands touching the floor try to tap a balloon back to another person
- Balloon - volleyball, tennis, juggling, and batting
- Balloon hit and keep up off the ground
- Standing balance with ball tosses
- Throw and catch a ball with both hands together
- Toss a ball against the wall and catch it.
- Toss a ball into the air and catch, if your child tends to throw haphazardly have your child stand in a hula hoop or mark a circle to stand in (will help kids throw more carefully)
- Skipping
- Hopscotch
- Jump rope
- Jump up and clap hands, jump up and touch your heels from behind you
- Jumping activities through a floor (agility) ladder or through hula hoops
- Jumping jacks
- Alternating switch jumps
- Riding a tricycle, bicycle and/or scooter
- Swimming

