



Games to Improve Your Co-Ordination Skills

Exercise Booklet



Co-ordination Skills

- This booklet has lots of games to help you improve your co-ordination, strength and balance
- It is good to try and practice 3 of the games every day
- Try to build up to doing the exercises for at least 30mins a day
- Some of the games and exercises can be done in the garden or outdoors. **Remember, If you are outdoors stay 2 metres away from other people**
- Get your family at home to join in and make it more fun !!!



Core Stability and Strengthening

Bridging: Lie on the floor with your knees bent. Lift your bottom off the floor and hold for __ seconds. Make this exercise more difficult by lifting one leg

Superman pose: Lie on your tummy and stretch your arms and legs out straight. Then try to lift them off the ground. Hold for __ seconds

Kneeling on all four's. Imagine that your back is a table. Try to lift your right arm and left leg whilst keeping the table steady. Repeat with your left arm and right leg.

Crab walks Walk like a crab forwards/backwards, keeping your bottom high in the air



Crab Football: In the crab position, play football with someone or try and score goals on your own!

Knee Walks: Walk forwards and backwards on your knees. Keep up tall and don't twist

Knee Throw & Catch: Throw and catch a ball with someone while kneeling on one knee

Kneeling Taps: Kneel tall and place two coloured cards in front of you. Touch one card with your right foot. Return to kneeling tall. And then repeat with your left foot.



Shoulder Strengthening

Wheelbarrows: Lie on your tummy and ask an adult to lift your legs so you can walk like a wheelbarrow

Snake travel: Crawl along the floor on your belly using your arms

Press-ups: Do Press-ups with your knees on the floor

Artist: Write/Draw on a board at shoulder height

Balloon Handball: Practice keeping a balloon up in the air by hitting it upwards

Arm Circles: Standing up with your arms raised out to the side, draw small circles with your hands

Sliders: Sit on the floor with your legs straight out in front of you, Push yourself forwards/backwards using only your arms



Balance



Stand on one leg and count how long you can stay steady.

Stand on a pillow, with rolled up socks beside you. Squat down to lift the socks and try to throw them into a bowl.

Stand on one leg on a pillow or cushion. Make it harder by throwing/catching a ball

Walk forwards and backwards on a line like you are on a tightrope

Stand in one spot with one foot in front of the other (like a tightrope) and throw/catch a ball with someone. After every 5 throws change the foot in front.

Practice walking around obstacles/stepping over objects on the floor

Walk on different terrains e.g. carpet/grass/sand



Leg Co-ordination



Kick a football into a goal or in and out through cones

Place blocks/plastic cups in a row, try to knock them down by kicking a ball at them

Play keepie-uppies

Star jumps (feet together and arms in at your side then feet apart and arms overhead)

Stride jumps (start with your right arm and left leg in front then change which arm and leg is forward with each jump)

Play Hopscotch

Skipping rope

Go up and down your stairs – one foot at a time

Ride your bike or scooter outdoors but remember to stay 2 metres away from others.



Arm Co-ordination

Throw and catch a ball with someone

Bounce and catch a ball

Throw beanbags or a tennis ball into boxes of different sizes

Play ball and bat games (tennis/ hurling)

Dribble a ball in your right/left hand. Make it harder by dribbling a tennis ball

Play Basketball

Egg and Spoon races – use a rolled up sock/ small ball instead of an egg!!!

