



Coordination (6-8) Resources and Activities



All **sports** require coordination. Practicing sports techniques – catching, throwing, dribbling, blocking, swinging, hitting, etc. - improves coordination.



Try a one-handed **ball toss** in various positions to challenge coordination.

For instance, toss and catch a small ball while standing, then do the same while kneeling, squatting, lying on your back, stomach, or side, or in a lunge position. Try doing all of this again with your non-dominant hand.



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Juggling requires good coordination. Practice juggling by using only two balls to start. Work up to three balls. Or, juggle two balls with one hand, then try juggling two balls with your other hand.



Jumping rope is an activity that requires good coordination. Practice jumping with a bounce in between jumps, then try jumping rope without the bounce. Try crossing your arms to cross the rope in front of you while jumping.