

COORDINATION 1

CHALLENGES

Can you do these exercises for 30 seconds without stopping? 60s? Longer?

PYTHON



Balance the ball on the palm of your hand. Can you walk and balance the ball?

PARROT



Throw the ball in the air and catch it. Can you do it 10 times in a row without dropping it?

TIGER



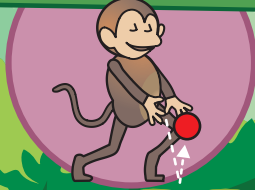
Can you do it with one hand? Can you do it with your weaker hand?

GORILLA



Throw, clap and catch the ball - how many can you do? Try it with clapping more than once.

RHINO



Bounce the ball on the ground and catch it.

GIRAFFE



Pass me the ball?

Catch the ball when it is thrown to you by someone else.