

Category	BodyParts	ExerciseName	Purposes	SPID	Instructions	Progression	Precautions	DrawingMaterial
Coordination	Whole Body	Skip forward	1. To improve coordination 2. To strengthen the leg muscles 3. To improve dynamic balance	9	1. Student skips forward (alternative step-hop) over a fixed distance	1. Gradually increase the distance	1. Helper must be ready to catch the student if he/she loses balance	
Coordination	Whole Body	Jump in place - 2. Opposite directions	1. To improve bilateral coordination 2. To improve agility 3. To improve dynamic balance	9	1. Student stands with the left arm and right leg forward, and the right arm and left leg on the back 2. Student jumps up, swapping sides of all 4 arms and legs 3. Student continues to jump without extended pauses, reversing the arm and leg positions	1. Gradually increase the number of jumps	1. Helper must be ready to catch the student if he/she loses balance	

Coordination	Whole Body	Jump in place - 1. Same directions	1. To improve bilateral coordination 2. To improve agility 3. To improve dynamic balance	9	<p>1. Student stands with the left arm and left leg forward, and the right arm and right leg on the back</p> <p>2. Student jumps up, swapping sides of all 4 arms and legs</p> <p>3. Student continues to jump without extended pauses, reversing the arm and leg positions</p>	1. Gradually increase the number of jumps	1. Helper must be ready to catch the student if he/she loses balance
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Coordination	Whole Body	Jumping jack	1. To improve coordination 2. To improve agility 3. To improve dynamic balance	9	1. Student stands with feet together and arms at sides 2. Student performs jumping jacks, first jumping up, spreading feet apart, and moving the arms up 3. Then student jumps again, bring feet back together, and moving arms back down to	1. Gradually increase the number of jumps	1. Helper must be ready to catch the student if he/she loses balance
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Coordination	Lower Limbs	Kick ball with knee	1. To improve eye leg coordination 2. To improve dynamic balance	9	1. Student releases a ball from his/her hands and then kicks it up with the knee 2. Student catches the ball again after kicking it with his/her knee	1. Gradually increase the number of kicks on each side	1. Stay clear of dangers such as stairs or walls 2. Helper must be ready to catch the student if he/she loses balance
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Coordination	Whole Body	Step sideways across a line	1. To improve coordination 2. To improve agility 3. To improve dynamic balance	9	1. Student stands on one side of a straight line with hands on hips 2. Student steps over the line, one foot at a time and crosses onto the other side of the line 3. Student steps back to the original side of the line, again with one foot at a time	1. Gradually increase the numbers of crossing the line in each session	1. Helper must be ready to catch the student if he/she loses balance
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Coordination	Lower Limbs	Kick ball with alternate knees	1. To improve eye leg coordination 2. To improve dynamic balance	9	1. Student releases a ball from his/her hands and then kicks it up with the knee and then catches the ball 2. Student continues to kick the ball with alternate knees	1. Gradually increase the number of kicks	1. Stay clear of dangers such as stairs or walls 2. Helper must be ready to catch the student if he/she loses balance
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