Catagori	Pady Parts	vorcicoNarra	Durnasas	CDID	Instructions	Progressies	Drocaution	rawing A-
Category	водучантя	xerciseNam	Purposes	SPID	instructions	rogression	Precautions	rawingivia
			1. To					
			improve					
			coordinati					
			on					
			2. To		1. Student		1. Helper	
			strength		skips		must be	
			the leg		forward		ready to	
			muscles		(alternativ	1.	catch the	
			3. To		e step-	Gradually	student if	
			improve		hop) over	increase	he/she	
Coordinati	Whole	Skip	dynamic		a fixed	the	loses	
on	Body	forward	balance	9	distance	distance	balance	
					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			
			1 To		4 arms			
			1. To		and legs			
			improve bilateral		3. Student			
			coordinati		continues			
					to jump without		1 Holpor	
			on 2. To		extended		1. Helper must be	
						1		
			improve		pauses,	1.	ready to catch the	
		lumn in	agility		reversing	Gradually		
		Jump in	3. To		the arm	increase	student if	
Coordinati	Whole	place - 2.	improve		and leg	the number of	he/she	
		Opposite	dynamic	_	positions			
on	Body	directions	balance	9	wit	jumps	balance	

					1. Student		
					stands		
					with the		
					left arm		
					and left		
					leg		
					forward,		
					and the		
					right arm		
					and right		
					leg on the		
					back		
					2. Student		
					jumps up,		
					swapping sides of all		
					4 arms		
			1. To		and legs		
			improve		3. Student		
			bilateral		continues		
			coordinati		to jump		
			on		without		1. Helper
			2. To		extended		must be
			improve		pauses,	1.	ready to
			agility		reversing	Gradually	catch the
		Jump in	3. To		the arm	increase	student if
		place - 1.	improve		and leg	the	he/she
Coordinati	Whole	Same	dynamic		positions	number of	loses
on	Body	directions	balance	9	wit	jumps	balance

					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		
			1. To		3. Then		
			improve		student		
			coordinati		jumps		
			on		again,		1. Helper
			2. To		bring feet		must be
			improve		back	1.	ready to
			agility		together,	Gradually	catch the
			3. To		and	increase	student if
			improve		moving	the	he/she
Coordinati	Whole	Jumping	dynamic		_	number of	
on	Body	jack	balance	۵	down to	jumps	balance
OII	Douy	Juck	Dalatice	9	down to	Julips	Dalatice

					1. Student releases a ball from		
					his/her		1. Stay
					hands and		clear of
					then kicks		dangers
					it up with		such as
					the knee		stairs or
			1. To		2. Student		walls
			improve		catches		2. Helper
			eye leg		the ball	1.	must be
			coordinati		again	Gradually	ready to
			on		after	increase	catch the
			2. To		kicking it	the	student if
			improve		with	number of	he/she
Coordinati	Lower	Kick ball	dynamic		his/her	kicks on	loses
on	Limbs	with knee	balance	9	knee	each side	balance

					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		
			1. To		other side		
			improve		of the line	1.	
			coordinati		3. Student	Gradually	
			on		steps back	increase	1. Helper
			2. To		to the	the	must be
			improve		original	numbers	ready to
			agility		side of the	of	catch the
		Step	3. To		line, again	crossing	student if
		sideway	improve		with one	the line in	he/she
Coordinati	Whole	across a	dynamic		foot at a	each	loses
on	Body	line	balance	9	time	session	balance

					1. Student releases a		
					ball from		
					his/her		1. Stay
					hands and		clear of
					then kicks		dangers
					it up with		such as
					the knee		stairs or
			1. To		and then		walls
			improve		catches		2. Helper
			eye leg		the ball		must be
			coordinati		2. Student	1.	ready to
			on		continues	Gradually	catch the
		Kick ball	2. To		to kick the	increase	student if
		with	improve		ball with	the	he/she
Coordinati	Lower	alternate	dynamic		alternate	number of	loses
on	Limbs	knees	balance	9	knees	kicks	balance

awingFemale