

Coordination skills



Physiotherapy Advice

Coordination is the ability to organise both sides of the body together & independently of each other. These skills help the development of comprehension, writing, fine and gross motor skills.

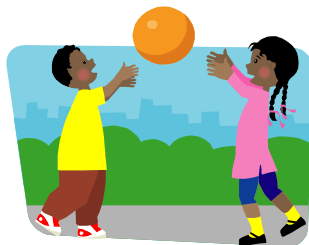
If a child is uncoordinated they may appear clumsy and have difficulty learning new motor tasks.

Between 2-10% of the population have coordination difficulties i.e. approximately 1 child in every class.



Coordination can be divided into:

- **Symmetrical coordination** – is the ability to organise both sides of the body to do the *same action at the same time*
- **Bilateral coordination** – is the ability to organise both sides of the body to do *different actions at the same time*



Activities to improve symmetrical coordination:

- Jumping games e.g. feet together on spots, stones or hoops; over lines, obstacles etc.
- Star jumps with legs only then arms and legs
- Hopscotch (start with jumps then hop/jumps)
- Throw/catch or bounce/catch a ball, start with larger ball then decrease ball size
- Trampoline, tug of war, space hopper games
- Pulling along a bench on tummy using both hands
- Primary movement or brain gym school activities



Activities to improve bilateral coordination:

- Walking on balance stilts Walking/running/crawling; in/under/over and around obstacles
- Walking on small stilts
- Walking sideways, hopping, skipping games
- Playground – climbing frames, bike, scooter, obstacle course
- Beating a drum 1 hand after the other



- Ball games e.g. batting, dribbling
- Animal walks e.g. bear, crab walks
- Fine motor activities – cutting, writing, painting
- Hand clapping games
- Swimming
- Dance DVD's

