



BALANCE & COORDINATION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

Lesson 4

EMOTIONAL COORDINATION: The ability to understand what another person is feeling and act in a way that's helpful and supportive.

Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.

Foot Fire: [\[YouTube\]](#)

We're jogging over a hot stove. When the temperature is low, we can jog in place slowly. When the temperature gets warmer, we'll jog in place faster. When the temperature is on Foot Fire, we'll sprint in place as fast as we can.

The leader will call out the temperature (cooler, warmer, foot fire). The class will follow the leader's instructions.

Purposeful Practice

Lesson 4

PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

Jumping jacks help us improve physical coordination because we have to move our legs and arms at the same time.

Balloon Bop Level 2: [\[YouTube\]](#)

The goal is to keep the balloon in the air. But this time, you can't use your hands. You can use your elbow, knee, head, and toes, but not your hands.

Count the number of bops you get, or you can have someone time you.

If the balloon hits the ground, pick it up and keep on practicing. Practice for at least 5 minutes every day for 5 days. Have fun!!!

Just for Fun (and health)

Lesson 4

IMPROVE: To become better.

Finn worked to improve his coordination so he could easily do perfect jumping jacks.

Fun Fruit BINGO: [\[YouTube\]](#)

Let's play Fun Fruit BINGO!

[\(Get BINGO Cards Here\)](#)

When the teacher picks a fruit card, mark that fruit on your BINGO card – if you can find it.

Before each card is drawn, we'll work on our coordination by doing 5 jumping jacks.

If you mark all of the fruit in one row (side-to-side), column (up-and-down), or diagonal, call out "BINGO!"