



BALANCE & COORDINATION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

Lesson 6

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.

Mirror, Mirror: [\[YouTube\]](#)

Teacher starts as the leader. Students mirror teacher's movements. Next, students face a partner (6'+ apart). One partner leads and the other mirrors. The leader makes safe movements. The mirror follows along.

NOTE: If playing via video meet, the teacher starts as the leader, the students mirror. Freeze the game and assign a student as the leader.

Purposeful Practice

Lesson 6

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 3: [\[YouTube\]](#)

Keep the balloon in the air! This time, you can't use your hands, elbows, or any other body parts. You can only use a plastic spatula or wooden spoon. (Or any other safe paddle-type object.)

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 practicing. Practice for at least 5 minutes every day for 5 days. Have fun!!!

Just for Fun (and health)

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MOTIVATION: A reason to do something. The desire to reach a goal.

Olaf's motivation for staying activity with his family was the enjoyment he received from the fun they had together.

Student / Teacher Choice: [\[YouTube\]](#)

Choose any activity from this module. Focus on fun! This activity is your reward for working to complete all of the challenges over the past 6 weeks!