

PUNGGOL COVE PRIMARY SCHOOL
PE & AESTHETICS DEPARTMENT
HOME-BASED LEARNING ACTIVITY

Fun Hand-Eye Coordination Exercises to Improve Your Movement

Coordination lets you perform complex movements faster, smoother, and with more confidence. It makes challenging things feel easier so you can explore new possibilities in your favourite activities.

Here are some exercises you could try out:

#1 Balloon Tossing



This fun exercise has you catching and bumping the balloon back and forth using your hands, heads, and other body parts. Change the angles and speeds to keep it unpredictable, and try starting out facing different directions. You will see, this exercise can be a lot more challenging than it looks.

#2 Small Ball Tossing



This time with a small ball, this exercise allows for faster speeds than with balloons. Change up the speeds, angles and throwing patterns for endless variations. This requires a quick orientation of direction that you do not get from simply watching the ball as you catch it.

#3 Juggling



Juggling is a great way to develop rhythm and timing. Start with slow circles with just two small balls, finding your pacing and coordination between both hands, then add the third ball. It is amazing how the addition of that extra ball can make you speed up too much and lose your rhythm. The benefit of this exercise is in the repetition and the awareness of how off-beat you can be when you are flustered.

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#4 Ball Toss from Different Positions

Back to the ball toss, you can vary your orientation and positioning to add even more variety to the activity. Try on both knees, moving in a squat, lying on your back or stomach or side, lunge positions-whatever feels most challenging and fun. This is a great chance to incorporate some mobility work into your coordination drills.

#5 Balloon Hockey



Using a balloon slows down the rate of fall, making this an easier exercise, though the balloon's lightness can be a bit more unpredictable when you hit it strongly. Work on finessing your movements to keep the balloon up in the air and play with the positioning of your foot and body. Again, different positioning changes the exercise entirely, so work from standing, squatting, kneeling, and on your back.

#6 Dribbling



Dribbling a small ball as you would a larger ball is more unpredictable with the size of the ball necessitating changes in how hard you hit. The distinct speed you need to maintain the right angles requires a good amount of practice and perseverance. Practice dribbling with one hand and switching back and forth between both hands. Play with different speeds, and dribbling closer to the ground or further away from it.

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#7 Wall Ball Bounce



All you need is a solid surface in front of you and a bouncy ball. When you switch up how you toss the ball, and the angles from which you aim for the wall, there is little predictability in the way the ball returns to you. Work on throwing the ball from different distances and aiming for different points on the wall, or aim for the floor so that the ball bounces off the wall.

#8 Jumping Rope



Jumping rope also works on hand/foot/implement coordination when you progress beyond two foot hopping. Running in place, one foot multiple hops, and crisscrossing are all options you can play with. Keep the rope moving at a steady pace while you focus your footwork. Jumping rope can be an incredible coordination exercise that teaches you how to maintain rhythm and control.