

# Bilateral Coordination Activities

Bilateral motor coordination is the ability of both sides of the body to work well together.

1. Ball Games
  - Pass or toss the ball using two hands overhead forward and backward
  - Pass or toss the ball using two hands between the legs forward and backward
  - Pass or toss the ball using two hands to the right and to the left
  - Two hands bouncing
  - Sit in rows and pass the ball under the chairs using both feet forward and backward
2. Jumping Games
  - Hop Scotch
  - Jumping form one side to the other of a rope stretched out on the ground.
  - Jumping rope
  - Jumping with one or two feet in a series of rings or squares
3. Make various sized circles in front, or at the sides, of the body, in the air or on the chalkboard
4. Follow the leader clapping games
  - Rhythm sticks, tambourines, or other instruments requiring the use of both hands can also be used
5. Parachute: Any games requiring lifting or dropping the parachute with both hands together
6. Bean Bag Games
  - Toss one bean bag in each hand at the same time
  - Try to catch beanbags in a bucket or plastic gallon container with the top cut out
  - Try to jump with both feet while holding a bean bag between the knees, without dropping the bean bag.
7. Songs: Itsy Bitsy Spider, Wheels on the Bus, Hokey Pokey, Chicken Dance
8. The game Twister
9. Elephant, crab, and other animal walks requiring the use of both sides of the body together or reciprocally.
10. Jumping Jacks
11. Martial Arts
12. Swimming strokes

Therapist \_\_\_\_\_ Email \_\_\_\_\_