

## 42 Juggling

### Quantitative criteria

|                     |                         |
|---------------------|-------------------------|
| Repetitions         | Until balls are dropped |
| Movement rhythm     | Continuous movement     |
| Sets                | 3 - 5                   |
| Rest between sets   | no rest                 |
| Total exercise time | 5 minutes               |
| Exercise units      | Daily if possible       |

### Coordination

### Starting position



Sit on a box. Feet on the floor.

### Description of movement



Juggling with several balls.

### Finishing position



Continuous movement.

## 43 Bouncing a ball

### Quantitative criteria

|                     |                          |
|---------------------|--------------------------|
| Repetitions         | 30 or until ball is lost |
| Movement rhythm     | Continuous movement      |
| Sets                | 3 - 5                    |
| Rest between sets   | no rest                  |
| Total exercise time | 5 minutes                |
| Exercise units      | Daily if possible        |

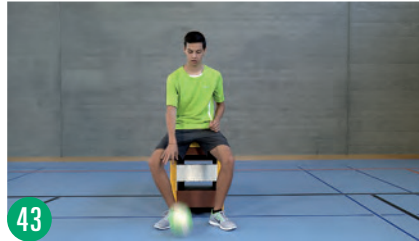
### Coordination

### Starting position



Sit on a box. Feet on the floor.

### Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

### Finishing position



Continuous movement.

# 44 Bouncing two similar balls

## Quantitative criteria

|                     |                          |
|---------------------|--------------------------|
| Repetitions         | 30 or until ball is lost |
| Movement rhythm     | Continuous movement      |
| Sets                | 3 - 5                    |
| Rest between sets   | no rest                  |
| Total exercise time | 5 minutes                |
| Exercise units      | Daily if possible        |

Coordination

## Starting position



Sit on a box. Feet on the floor.

## Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

## Finishing position



Continuous movement.

# 45 Bouncing two different balls

## Quantitative criteria

|                     |                          |
|---------------------|--------------------------|
| Repetitions         | 30 or until ball is lost |
| Movement rhythm     | Continuous movement      |
| Sets                | 3 - 5                    |
| Rest between sets   | no rest                  |
| Total exercise time | 5 minutes                |
| Exercise units      | Daily if possible        |

## Coordination

### Starting position



Sit on a box. Feet on the floor.

### Description of movement



Bounce one ball on the right side, the other on the left side.

### Finishing position



Continuous movement.

## 46 Balancing on one leg

### Quantitative criteria

|                     |  |
|---------------------|--|
| Repetitions         | Until balance is lost, maximum 30 seconds. |
| Movement rhythm     | Static                                     |
| Sets                | 3 - 5                                      |
| Rest between sets   | no rest                                    |
| Total exercise time | 5 minutes                                  |
| Exercise units      | Daily if possible                          |

### Coordination

### Starting position



Stand on one leg on the mat. Back straight, arms hanging down.

### Description of movement



Raise the other leg forward horizontally, slightly bent. Remain standing in a stable position as long as possible.

### Finishing position



Slowly return to the starting position. Change to the other side.

## 47 T- Balance

### Quantitative criteria

|                     |  |
|---------------------|--|
| Repetitions         | Until balance is lost, maximum 30 seconds. |
| Movement rhythm     | Static                                     |
| Sets                | 3 - 5                                      |
| Rest between sets   | no rest                                    |
| Total exercise time | 5 minutes                                  |
| Exercise units      | Daily if possible                          |

### Coordination

### Starting position



Stand on one leg on the floor. Arms hanging down, the other leg raised forward horizontally and slightly bent.

### Description of movement



Slowly swing the leg to the back and stretch it out. At the same time bend the trunk forward and stretch the arms sideways.

### Finishing position



Slowly return to the starting position. Change to the other side.

# 48 Dreaming policeman (easy)

## Quantitative criteria

|                     |                     |
|---------------------|---------------------|
| Repetitions         | 30                  |
| Movement rhythm     | Continuous movement |
| Sets                | 3 - 5               |
| Rest between sets   | 30 seconds          |
| Total exercise time | 5 minutes           |
| Exercise units      | Daily if possible   |

### Starting position



Stand on the heels. Arms hanging down, back straight.

### Description of movement



Rock from the heels to the toes.

### Finishing position



Move back to the heels again and repeat continuously.

## 49 Dreaming policeman (medium)

### Quantitative criteria

|                     |                     |
|---------------------|---------------------|
| Repetitions         | 30                  |
| Movement rhythm     | Continuous movement |
| Sets                | 3 - 5               |
| Rest between sets   | 30 seconds          |
| Total exercise time | 5 minutes           |
| Exercise units      | Daily if possible   |

### Starting position



Stand on the heel of one foot and on the toes of the other.

### Description of movement



Rock from the heel to the toes of one foot. At the same time rock from the toes to the heel of the other foot.

### Finishing position



Continuous movement.



## 50 Dreaming policeman (difficult)

### Quantitative criteria

|                     |                     |
|---------------------|---------------------|
| Repetitions         | 30                  |
| Movement rhythm     | Continuous movement |
| Sets                | 3 - 5               |
| Rest between sets   | 30 seconds          |
| Total exercise time | 5 minutes           |
| Exercise units      | Daily if possible   |

Coordination

### Starting position



Walking position. Front leg on the heel, rear leg on the toes, arms in reverse to the legs.

### Description of movement



Make a 180° turn, at the same time one foot changes from the heel to the toes and the other from the toes to the heel. Arms change position as well.

### Finishing position



Continuous movement.

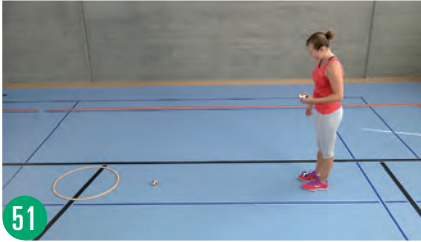
# 51 Target throw

## Quantitative criteria

|                     |                     |
|---------------------|---------------------|
| Repetitions         | 10 - 20             |
| Movement rhythm     | Continuous movement |
| Sets                | 3 - 5               |
| Rest between sets   | no rest             |
| Total exercise time | 5 minutes           |
| Exercise units      | Daily if possible   |

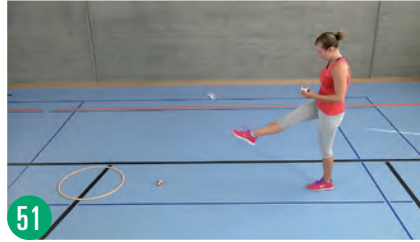
## Coordination

### Starting position



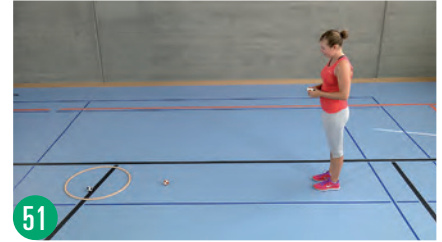
Stand on the floor.

### Description of movement



Place Hacky Sack on one foot and try to flip it into the hoop.

### Finishing position



Several repetitions. Change to other side.

## 59 Hula-Hoop

Coordination

### Quantitative criteria

Repetitions

Until hoop falls down,  
no longer than 30 seconds.

Movement rhythm

Continuous movement

Sets

3 - 5

Rest between sets

10 seconds

Total exercise time

5 minutes

Exercise units

Daily possible

### Starting position



Place your feet on the floor approximately hip-width apart. Set the hoop in motion by moving your arms back and forth. Release the hoop and keep it swinging with pelvic movements. Choose your arm position freely.

### Description of movement



Circling the pelvis.

### Finishing position



Continuous movement.