


# Whole-Body Coordination for Sports and Play

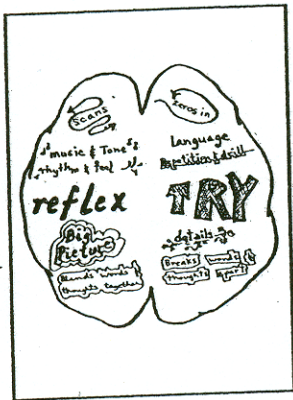
Basic brain-body reflexes are essential for decision-making while one is in motion

The learner develops a sense of the physical area of his personal space and defines his boundaries. This safe space has left/right, top/bottom, and back/front dimensions. Improved visual and kinesthetic figure-ground manifest on the playing field as ease of tracking and hand-eye coordination. The learner discovers greater autonomy while coordinating his brain and body through focused movement.



**Sports & Play Skills**

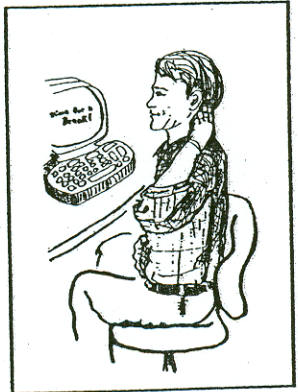
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Think of an X



Cross Crawl



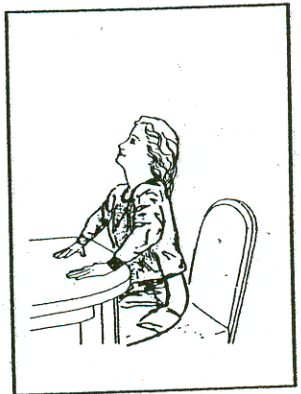
Balance Buttons



The Rocker



Space Buttons



The Energizer