

# Motor skills and Coordination



# Mobility



# Balance Circuit

**A** – Walk with legs apart

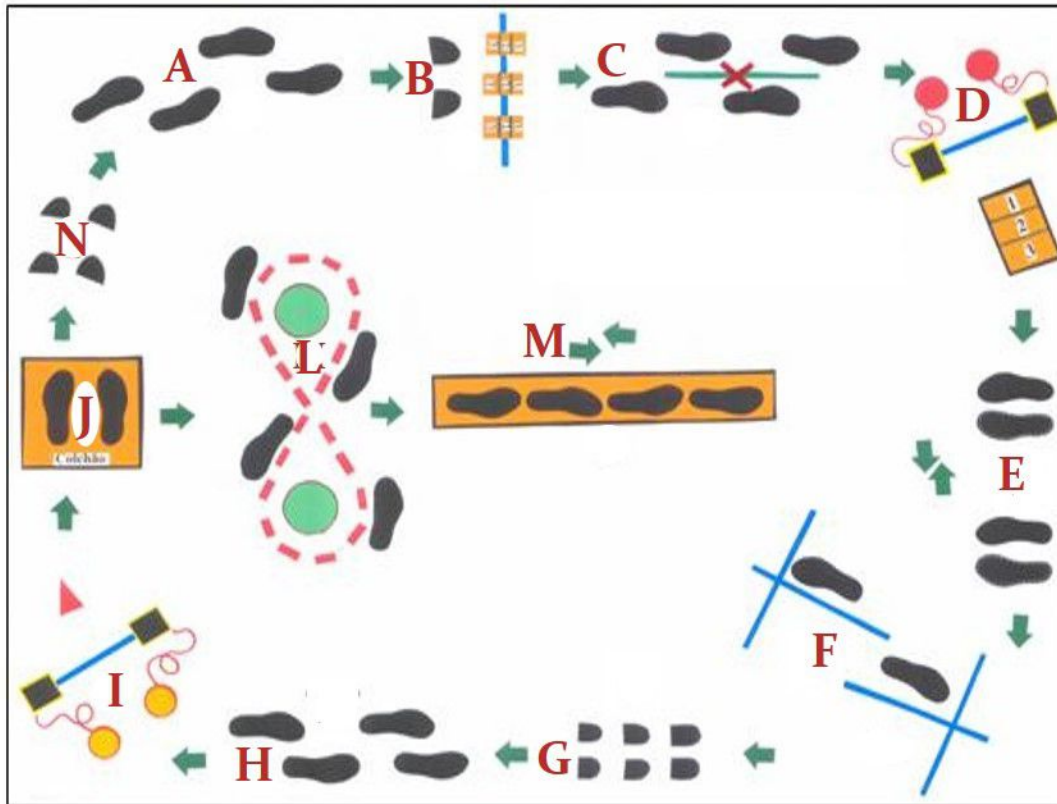
**B** – Reach object at diferente heights.

**C** – Walk with crossed feet.

**D** – Basket object.

**E** – Side steps.

**F** – One leg support.



**I** – Knock down object.

**H** – Walk back.

**G** – Walk with heels.

**N** – Tiptoe walking.

**M** – Walk on a line.

**L** – Get around object.

**J** – Walk on unstable surffasse.