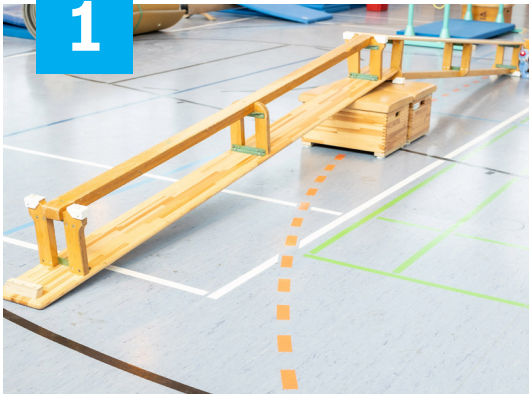




Do it right!

Six exercises suitable for children for more safety in road traffic

1



Balance bridge

Materials: Box, two long benches

Setup: Place the long benches upside down with one end on the box to form a seesaw.

Procedure: Children run up a bench and down the opposite bench, also possible backwards.

Goal: Balance training by walking on an uneven surface. This ability helps you to react spontaneously to different situations in road traffic.

2



Tightrope walking parallel bars

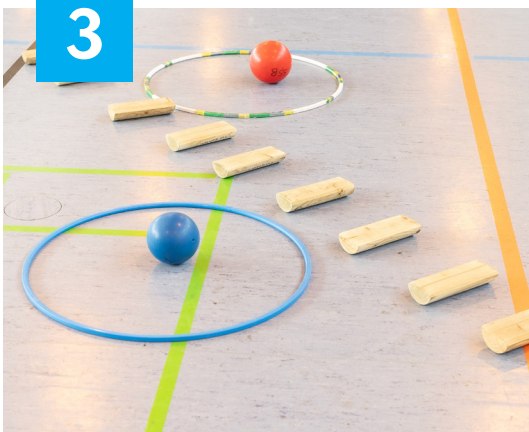
Materials: Bars, coloured ropes

Setup: Set up the bars, align the uprights parallel to each other, knot the ropes tightly to the left and right at a distance of 30 cm.

Procedure: Children balance on the sagging ropes from one end of the bar to the other.

Goal: Improve responsiveness and balance on varying surfaces, similar to conditions ranging from cobblestones to grass.

3



Wobbly path

Materials: Ten wobble sticks, two gymnastics tyres, a rubber ball

Setup: Lay out wobble sticks in a row, place gymnastics tyres next to them in a staggered pattern, place the ball at the start.

Procedure: Children run over wobble sticks, bounce the ball in the hoop and continue on their way.

Goal: Promoting the ability to couple by performing different tasks simultaneously: Keep your balance, bounce the ball and move around.



Do it right!

4



Reaction ring

Materials: Plastic bar, gymnastic hoop

Setup: Place the tyre on the floor and place the pole next to it.

Procedure: One child drops the stick and calls out the name of another child, who must catch the stick before it touches the ground.

Goal: Training of quick reactions and spatial orientation by children catching the falling stick before it hits the ground.

5



Quick step ladder

Materials: Coordination ladder

Setup: Lay out the coordination ladder on the floor.

Procedure: Children run through the ladder with different sequences of steps to train their coordination.

Goal: Improvement of fast footwork and coordination through various running and jumping sequences, essential for safe movements in traffic.

6



Slackline path

Materials: Slackline, slackrack or a simple strap on the floor

Setup: Set up a slackline or slackrack or lay a strap on the ground.

Procedure: Children are guided over the slackline or the belt, initially with support and later without support.

Goal: Strengthening the sense of balance and orientation, critical for safe cycling.

Scan this QR code to see the report on the MobileKids gymnastics afternoon and the accompanying video.



www.mobilekids.net/gym-exercises

