



Tempo nel 1° video 2.15"

“Pencil”

Rollings starting from the prone position, supine to prone.

Coordinative abilities:

Orienting .



Tempo nel 1° video 2.30”

“ **The tip of the Pencil** ”

out in fours (knees resting) tumbles
prone, supine, prone, keeping the
hips lifted off the ground.

Coordinative abilities:

Orienting .



● [Tempo nel 1° video 2.36”](#)

“ **The Rocking** ”

Sitting, bust extension at 45 °, head flexed forward chin on the sternum, knees drawn up, hands on his knees, rocking back with translocation clockwise or counterclockwise.

Coordinative abilities :
balance and orienting.



Tempo nel 1° video 3.00”

“ **Spinning four supports** ”

Rollings on the right side and back resting on the buttocks.

Coordinative abilities :
orienting.



[Tempo nel 1° video 3.06”](#)

“ **Spinning by sitting** ”

Sitting with legs bent, soles of the feet touching, heels close to the buttocks, Tumbles circular supporting right side, back, left side, back to the sitting position and vice versa.

Coordinative abilities :
orienting.



[Tempo nel 1° video 3.25"](#)

“ **Swinging from standing position** ”

Sitting, bust extension at 45 °, head flexed forward chin on the sternum, knees drawn up, hands on knees, rocking back with translocation clockwise or counterclockwise, clock hand movement type.

Coordinative abilities :

combination of movement and orienting .



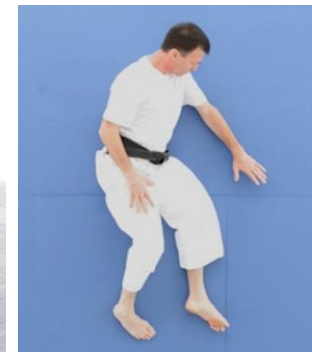
[Tempo nel 1° video 3.45”](#)

“ **Spinning with help** ”

Sitting with legs bent, soles of the feet touching, heels close to the buttocks, supporting circular tumblers right side, back, left side, back to the sitting position and viceversa. L'instructor accompanies the movement, helping the translocation circular.

Coordinative abilities :

Adaptation to the movement .



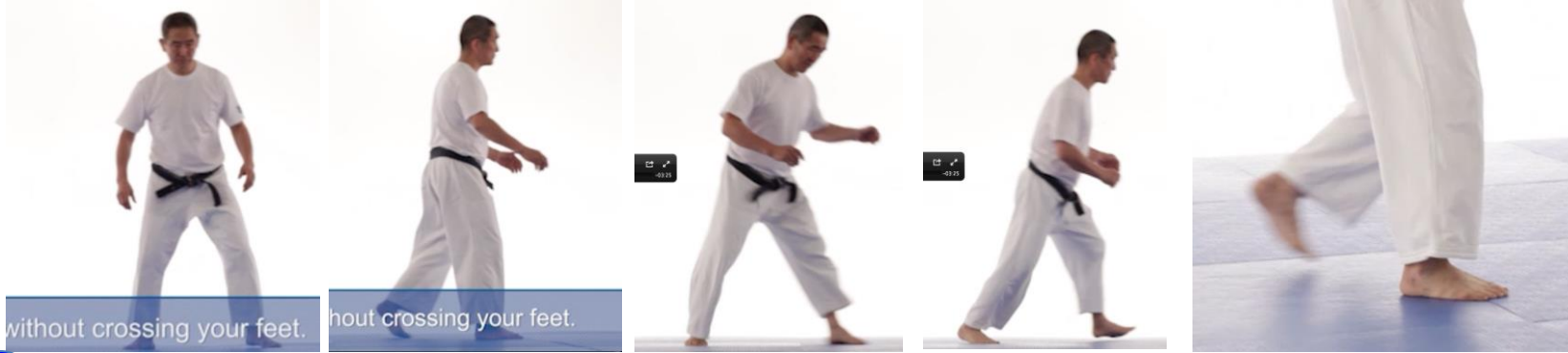
[Tempo nel 1° video 4.16”](#)

“ **The Beat Carpet** ”

Sitting on the side resting on the corresponding hand, go sideways on the back, controlling the movement and the arm adduct beat on the Carpet.

Coordinative abilities :

Rhythm and combination of movements.



[Tempo nel 1° video 4.45”](#)

“ The Dancing Bear ”

Translocations in the upright position in all directions without crossing your feet.

Coordinative abilities :

Balance and combination of movements.



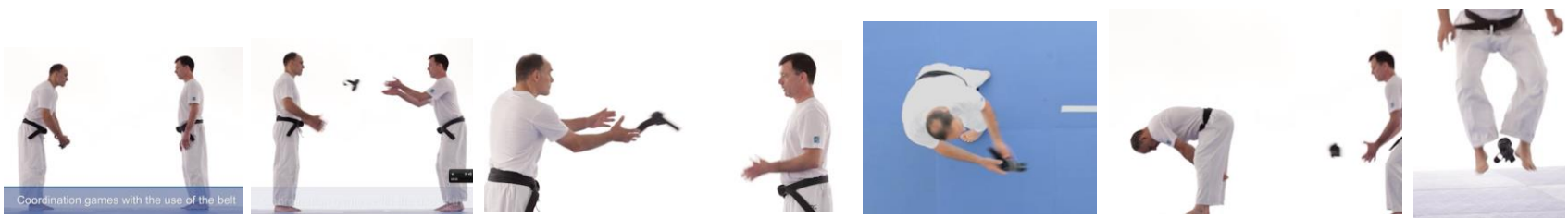
[Tempo nel 1° video 5.15”](#)

“ **The Dancing Bears** ”

Translocations in the upright position in all directions without crossing your feet.

Coordinative abilities :

Balance and co-operation.



Tempo nel 1° video 5.56”

“ The launches ”

A couple of two or three meters away, throwing alternating belt knotted at one or two hands, from various locations.

Coordinative abilities :

Differentiation of the strength and combination of movements.



circuito 1 " The Spider "

Coordinative abilities :

Orienting , rhythm and combination of movements.



Circuito 2 " The frog "

Coordinative abilities :

Orienting , rhythm and combination of movements.