



# 100

## PSYCHOMOTOR ACTIVITIES ALL WITH VIDEOS

**100 ACTIVITIES  
IN VIDEOS**



**PROMOTE CHILDREN'S  
MOTOR AND SOCIAL  
DEVELOPMENT WITH  
INTERACTIVE ACTIVITIES**





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This material was designed to help you have a better use and development in your classes, with activities ready and also amenable to adaptations according to the age group and objectives of the class.

All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, **we are not responsible** for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

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The TOP 100 Psychomotricity is a comprehensive guide that offers activities for various ages, focused on psychomotor development through different forms of sensory stimuli. In this guide, you'll find a variety of activities designed for all phases of teaching, including children's first year, as well as specific activities targeted at each sense.

To ensure the best possible experience, the guide has been carefully adapted and thought out to meet the needs of each age group and stage of development. It offers 100 practical activities, accompanied by demonstration videos, to assist in the understanding and correct execution of the activities.



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I hope this summary improves the understanding of the TOP 100 Psychomotricity guide and underscores its importance as a valuable resource for developing psychomotor skills in different age groups. If you have any additional questions, I'm available to help.



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## 1. Bladder in Air

Description: Participants are placed on a wheel and given a full bladder. The goal is to pass the bladder to the next participant using only the elbow or forearm, without letting the bladder fall to the ground. It is important for participants to work together and communicate to keep the bladder in the air. This activity is fun and cooperative, being ideal for children of various ages.

**Video:** [https://youtu.be/zryE\\_BiFCcY](https://youtu.be/zryE_BiFCcY)

## 2. Hula Hoop Jump

Description: In this activity, students form lines in front of several hula hoops arranged as a path. The goal is to jump inside the hula hoops, pass them through the body, take them over the head and put them in a chair at the end of the path. The activity is challenging and works the coordination, agility and balance of the students, besides being fun and dynamic.

**Video:** <https://youtu.be/Lo3Zmf5iupE>

## 3. Pyramid Race

Description: The activity consists of dividing the class into two columns and positioning cones and plates in a certain place. The first students of each column must run to the site, grab a plate and a cone, and stack them forming a pyramid as quickly as possible. Then they must disassemble the pyramid and put the objects back in place. The activity works on manipulation, agility, balance and healthy competition among students.





**Video:** <https://youtu.be/00viUzWvpbs>

#### **4. Hula hoop on broomstick**

Description: Students should form lines and pass the hula hoop over them, run the broomstick with the hula hoop and pass it to the little friend on the other side. This activity works on motor coordination, balance and cooperation among the participants. In addition, it is a fun activity that can be performed by children of various ages.

**Video:** [https://youtu.be/06\\_TvfZTNsl](https://youtu.be/06_TvfZTNsl)

#### **5. Sequence of Movements.**

Description: In this activity, students play "Master Mandou", where the teacher determines the sequence of movements that students should do, such as jumping on top of colors or making certain gestures. The goal is to work on the students' memory and reaction speed, as well as being a fun and cooperative activity.

**Video:** <https://youtu.be/Nw5WfvpoGZI>

#### **6. Jump with object**

Description: In this activity, students must jump over a hula hoop or cone while carrying an object (such as a ball or bag) between their feet. The goal is to keep the object between your feet throughout the course, without letting it fall to the ground. This activity is ideal for developing balance, coordination and concentration of students.



**Video:** <https://youtube.com/shorts/rKi21BJzpmE>

## **7.Rhythm in Motion**

Description: Playful and fun activity to work on the motor coordination and rhythm of the students. Participants form a circle and follow a sequence of rhythmic movements, which can be accompanied by a song or the teacher's voice commands. The activity helps to develop the laterality of the students and provides a playful and relaxed learning environment.

**Video:** <https://youtube.com/shorts/idYsnlve1DI>

## **8.Ball Challenge**

Description: In this activity, students need to develop coordination and balance to take the balls that are inside a floor ladder or drawn on the floor and take them out of the delimited space. The activity is a lot of fun and can be carried out individually or in teams.

**Video:** <https://youtube.com/shorts/9ceDw9HgKNc>

## **9.Pass Bambole Race**

Description: Students are divided into two teams and position themselves in opposite rows, side by side. The first student in each row holds a hula hoop and starts running, passing the hula hoop over his head to the next classmate in line. The hula hoop keeps moving from one student to another until it reaches the end of the line. When the hula hoop arrives at the last student, he runs to the front of the line and picks up the leftover hula hoop. The race continues until all



the students have passed the hula hoop. The activity can be repeated in different directions and orders, making it even more challenging and fun.

**Video:** <https://youtu.be/iE9Nkbx9pJg>

## **10. Core Sequence**

Description: In this activity, children should observe a sheet with a sequence of colors and then perform the same sequence. The game aims to work on broad motor coordination, attention, concentration, visual perception, memorization and colors. It starts with few colors on the card and, as the child develops, the amount of colors increases. It is a great activity to develop motor and cognitive skills in a playful and fun way.

**Video:** <https://youtu.be/luOJtS6ixqU>

## **11. Protective Machine**

Description: In this activity, students form a circle embracing and try to prevent the catcher from grabbing a ribbon placed on the back of one of the group members. For this, they move in a synchronized way, like a "washing machine". The activity is cooperative and aims to develop affectivity, cooperation, physical contact, agility and game strategies.

**Video:** <https://youtu.be/bSqvWm-la6k>

## **12. Path of Laterality**

Description: Activity that works the perception of laterality through sequences of movements. Participants follow the teacher's instructions, such as "one step



to the right" or "two steps to the left", seeking to correctly execute the sequence. The activity develops memory, attention and motor coordination, and can be performed competitively or cooperatively. Promotes body awareness, motor skills and fun among participants

**Video:** <https://youtu.be/0lffnMtSt7w>

### **13. Balanced Crossing**

Description: In the Balanced Crossing activity, the child will have to walk in a line, placing and taking objects on the side of this line to test their coordination, concentration and balance. The line can be represented by a piece of rope, a wooden board or even marked on the floor with duct tape. As the child crosses the line, he needs to place objects on the side and pick up others to continue the walk. The activity is fun and challenging, contributing to the motor and cognitive development of the child.

**Video:** <https://youtu.be/8EqdXMxdut4>

### **14. Hula hoop on the Way**

Description: In this activity, the hula hoops are arranged suspended in a line, forming a path that the students must travel, passing through each of them. The activity aims to develop the spatio-temporal notion, concentration and coordination of students. It is a great option for physical education classes, recreation and even for children's parties.

**Video:** <https://youtube.com/shorts/YEJK29WCdtU?feature=share>



## 15. Quiquebol

Description: Quiquebol is an activity that consists of two teams, one in column on the side of the court and the other dispersed throughout the court. Several arches (hula hoops) are scattered along the side lines of the court. The goal of the team in column is to kick the ball in any direction and run through all the arcs, while the opposing team seeks the ball and tries to hand it to a student who will be in the center of the court. If the runner is out of some arc when the ball reaches the center student, he will get out of the game. Runners can only run while the opponent is chasing the ball, and are protected when they stand still inside an arc. The team scores points when it completes all the arcs without being caught out, and the opposing team tries to eliminate the runners by passing the ball to the center student the moment he has his feet out of some arc. Column participants who pass the ball can return to the column and have another chance to score points. When there is no one else to kick, the game ends by eliminating everyone who was inside the arcs. Teams switch roles later.

Video: <https://youtu.be/1KhHr5obn9k>

## 16. Human Web

Description: The activity consists of forming a human web between the participants, where each person holds the hand of two other different people. The goal is to cooperate and balance to keep the web steady and stable while everyone moves together. In addition, the activity also helps to improve interpersonal relationships, exercise confidence through physical contact and unwind the group. To increase the level of challenge, one can add a ball and the



goal is to pass it through the web without dropping it. The activity can be carried out both in large spaces, with several groups participating at the same time, and in more limited spaces, with a smaller group.

**Video:** <https://youtu.be/FK2Bw-p90M>

## **17. Passing the Balls**

Description: Divide the class into pairs and provide 2 sticks for each pair. Position all pairs side by side and establish a finish point to carry a specific number of balls. The challenge is to pass each ball from one stick to the other without dropping it to the ground. The teacher can vary the size and quantity of balls to increase the difficulty. The activity aims to stimulate cooperation, social integration, communication and strategy among students, in addition to promoting relaxation and fun.

**Video:** <https://youtu.be/LAoeMMQSTkc>

## **18. Dance of the Arches**

Description: Heating activity performed in the form of a circle. Students are positioned within arches, with the exception of one student who sits in the center. At the teacher's signal, everyone starts running and switching arcs, ensuring that there is never a student without a bow. This dynamic promotes movement, agility and fun among the participants. One can vary the activity by gradually eliminating the arcs, but ensuring that all students fit into a single arc cooperatively until the last remaining arc. In addition, the initial distribution of the arches can be used to perform individual stretches before warming up.



Video: <https://youtu.be/VDaFm1ru7wA>

## 19. Building Castles

Description: In this activity, children are challenged to build castles using materials such as plastic plates and cups, rolls of paper with polka dots and other materials that can be stacked. The goal is for children to follow the instructions given and set up the castles within a certain time, thus developing their notion of space and time. In addition, the activity allows you to work with textures, colors and numbers, making it fun and educational at the same time.

Video: <https://youtu.be/EK6ZHrXXjgs>

## 20. Ball on spoon

A great activity to develop motor coordination, which can be performed by people of all ages, is the game of spoon and ball. For this activity, you will need a plastic spoon and a small ball, along with a cup as the final target.

Here's how the activity works:

1. Place participants in a line or circle, depending on the number of people involved.
2. Give each participant a plastic spoon.
3. Place the ball at the beginning of the line or circle, on the spoon of the first participant.



4. The objective of the game is to pass the ball from spoon to spoon, without dropping it, until it reaches the cup that will serve as the final target.
5. The participant who receives the ball in his spoon must transfer it to the spoon of the next participant in the row, using only the spoon, without hands.
6. The game continues until the ball is successfully passed to the last participant, who must try to put it in the glass.
7. If the ball falls during the process, the participant responsible for dropping it must start again from the point where the ball fell.
8. The game can be timed to add an element of competition or simply played for fun and practice.

This activity is excellent for improving fine motor coordination, since participants need to balance the ball on the spoon and control their movements to transfer it to the next spoon. In addition, it also encourages concentration and teamwork, as participants must communicate and cooperate to achieve the ultimate goal.

Remember to adapt the difficulty of the game according to the age and abilities of the participants, using larger spoons or lighter balls if necessary.

**Video:** <https://youtu.be/qSXI2vWe-6s>

## **21.Circle - don't let the ball pass!**

Description: This activity is a fun game that can be practiced by people of all ages. To play, divide the participants into two teams and place them





interspersed on a wheel. The goal is not to let the ball pass between the legs, because whoever lets the ball pass marks a point for the opposing team. It is important for participants to be alert and move around to prevent the ball from passing under their legs. In addition to being a playful activity, Circulogol also helps to develop the motor coordination and agility of the players.

**Video:** <https://youtu.be/QMiMT2Kr1zs>

## **22.Jokenpô Race**

Description: The Jokenpo Race is a fun and competitive activity that can be performed in any space. The participants are divided into two teams and, at the teacher's signal, one student from each team advances through the "little houses" (arches) towards the opposing team. When two students meet, they play a round of Jokenpo (Rock, Paper, Scissors). The winner keeps advancing, while the loser returns to the back of their team's line. The goal is to get to the end of the path and score a point for the team. The Jokenpo Race is a simple, fun activity that helps to develop the motor coordination and agility of the participants.

**Video:** [https://youtu.be/mqaDQ8wwM\\_Y](https://youtu.be/mqaDQ8wwM_Y)

## **23.Sat down, got it!**

Description: Sat down, got it! It is a fun and challenging activity that can be applied to children of various ages. The goal is to pass the ball to another participant and then sit down quickly before the participant picks up the ball. This requires a lot of attention and concentration on the part of the participants,



who must always be ready to act fast. The game can be played in teams or individually, and each round, participants who fail to sit in time are eliminated. Sat down, got it! It is a dynamic and fun activity that helps to develop the motor coordination, agility and ability to concentrate of the participants.

**Video:** <https://youtu.be/g-2aFLbl1j8>

## **24.Olympic Tour**

Description: The Olympic Tour is a fun activity that can be performed in groups of two rows, facing each other. Each participant is numbered and, upon being called, must turn around all the other participants and sit in their seat as soon as possible. The first child to sit scores a point for their team. The game continues until all the children have had the opportunity to turn around and sit down. The team with the most points at the end is the winner. The Olympic Tour is an activity that helps to develop the motor coordination, agility and competitiveness of the participants.

**Video:** <https://youtu.be/A1MgTvnM0ss>

## **25.Hopscotch of the Equal Feet**

Description: The Hopscotch of the Equal Feet is a fun activity that helps to develop the motor coordination and balance of the participants. The teacher draws several feet in a row and the students must jump on them and place their own feet equal to those drawn. The challenge is to maintain balance while jumping and placing their feet correctly on the drawings. The Hopscotch of the Equal Feet can be done in a group or individually, and is an excellent activity for



the spatio-temporal organization, which helps to improve the perception of space and time by the participants.

**Video:** <https://youtu.be/pg1WAPOfygo>

## **26. Ball in the Bucket**

Description: Ball in the Bucket is a fun and challenging activity that helps to develop the fine and gross motor coordination of the participants. The activity consists of arranging several plastic cups with the mouth facing down, each containing a ball. The goal of the game is to throw the ball up, turn the glass and fit the ball into the mouth of the glass. Participants can play individually or as a team, and each round, the participant or team that manages to fit more balls into the cups earns points. Ball in the Hunt is a fun and challenging activity that helps to develop the manual skills and motor coordination of the participants.

**Video:** <https://youtube.com/shorts/E7xeTVpYtzE>

## **27. Knocking Over Objects with the Elephant's Trunk**

Description: Knocking over Objects with the Elephant's Trunk is a team activity that helps develop the concentration, general motor coordination and teamwork of the participants. The goal of the activity is to use the "elephant's trunk," which can be a hose or a cardboard tube, to knock down obstacles that can be cans, cups, or other objects. Participants can play individually or in teams, and variations of the game can be performed, such as relay or relay races. Knocking Down Objects with the Elephant's Trunk is a fun and challenging



activity that helps develop participants' aiming skills, motor coordination and teamwork.

**Video:** <https://youtu.be/mOfxpIdMjSQ>

## **28. Filling the sock**

Description: Filling the Sock is an activity that helps to develop the motor coordination and the notion of space of the participants. The purpose of the activity is to fill a sock with foam, felt or any other material that can be placed inside the sock. Participants can play individually or as a team, and variations of the game can be performed, such as timing the time or stipulating an amount of material that must be placed in the sock. Filling the Sock is a fun and challenging activity that helps develop the participants' manual skills, motor coordination and sense of space.

**Video:** <https://youtu.be/v4x9aDIT5jE>

## **29. Motor Circuit**

Description: The Motor Circuit is a fun and challenging activity that can be performed by people of various ages and grades. The objective of the activity is to go through a circuit, passing through different stations that offer varied challenges, such as jumping, developing spatial awareness and improving motor coordination. The circuit can be assembled using blocks, hula hoops, cones, balls, sticks and other available objects. The Motor Circuit helps to develop important physical skills, such as balance, agility and motor coordination, in

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addition to stimulating the creativity of the participants in the elaboration of the circuit.

**Video:** <https://youtube.com/shorts/A7Y7ddiJc6k>

### **30. Crab Game**

Description: The Crab Game is an activity that stimulates competition and balance of children. Participants must walk a crab-shaped path, walking sideways and balancing a ball or other object on their lap. The goal is to get from point A to point B without dropping the ball or losing its balance. The Crab Game is fun and challenging, helping to develop important skills such as balance, motor coordination and teamwork. It is a great activity for children of different ages and can be performed in various spaces, such as courts or ballrooms.

**Video:** <https://youtube.com/shorts/OSFVKOduhZY>

### **31. Magic Feet Challenge**

Description: In this activity, children will have to use their gross-motor coordination to take the balls out of the circle and put them in the bucket. They can do this competitively, in teams, or individually, and may also include other activities such as races or obstacles to increase the challenge. It is a fun and challenging activity that helps to develop motor skills and concentration.

**Video:** <https://youtu.be/ccqnkB-7QIQ>



### **32. Game of Colors**

Description: The activity consists of a competition between two teams, where each team must take colored balls balancing in the palm of the hand or on a roll of toilet paper and place them in cups that correspond to the color of the ball. The colors of the cups are determined by a paper with circles. The team that manages to put all its balls in the corresponding cup first wins the competition. This activity helps to develop children's motor coordination and color perception.

**Video:** [https://youtube.com/shorts/nSo\\_k0Xrg04](https://youtube.com/shorts/nSo_k0Xrg04)

### **33. Collective Hula Hoop**

Description: The participants form a line and pass the hula hoop over the head to the next without there being the "shutdown" of the hands. The goal is to pass the hula hoop all over the line in a cooperative manner. It can be done in the form of competition between two groups to see who does the hula hoop first. The activity stimulates motor coordination, concentration and cooperation among the participants.

**Video:** <https://youtu.be/LMjKm4-rSQo>

### **34. Magic Path**

Description: This activity consists of creating a path with dough in any desired format and placing a ping pong ball at the beginning of the path. The goal is to blow the ball along the way until it reaches the end of the course, without



dropping it or getting out of the way. It is a fun activity that stimulates oral motor coordination, in addition to working on the notion of space and concentration.

**Video:** <https://youtu.be/OsL3ueCxCGM>

### **35. Motor Circuit Challenge**

Description: Organize a motor circuit with various activities, such as going through the tunnel, jumping obstacles, walking in a straight line and others. Children should complete the circuit in the shortest possible time or cooperatively, helping each other complete all tasks. This activity is excellent for working various physical valences, such as motor coordination, balance, strength and endurance. In addition, it can stimulate healthy competition among participants and team cooperation.

**Video:** <https://youtu.be/byG8ivi0ju8>

### **36. Rope and ball challenge**

Description: In this activity, the child needs to jump rope and at the same time concentrate to catch the ball thrown by a colleague. To play, it is necessary to form a wheel and choose a child to start jumping the rope. As she jumps, another child throws a ball for her to try to catch. The child who is jumping needs to concentrate so as not to lose the rhythm of the rope and at the same time position himself to catch the ball. After a few minutes, the children can switch positions so that everyone can participate in the challenge. This activity helps to develop the motor coordination, balance and concentration of the participants.



**Video:** <https://youtube.com/shorts/Q5jpcypNmQ0>

### **37. Super Heels**

Description: The "Super Jumps" is a fun and challenging motor circuit composed of three stations: ladder, jump and zig zag. At the staircase station, children will climb steps at different paces and heights, developing motor coordination and balance. In the jumping station, they will have to jump on an obstacle, working on the muscular strength of the legs and the coordination of movements. At the zig zag station, children will walk a winding path, demanding agility and flexibility. The motor circuit "Super Jumps" is an activity that develops the coordination skills of children, stimulating balance, motor coordination and teamwork.

**Video:** <https://youtu.be/sJeD2XAwib0>

### **38. Colorful Reflections**

Description: The activity "Colored Reflections" is a fun mirror game that stimulates the observation and motor coordination of children. Initially, a hand is drawn on the paper and bracelets of various colors are placed in this drawn hand, following a specific order. The students' goal is to reproduce the color sequence in their own hands, according to the drawing. You can use other body parts besides the hands, such as the feet, the face or even the whole body, increasing the complexity of the activity. Play provides fun while developing skills such as observation, motor coordination, and visual perception of colors.

**Video:** <https://youtube.com/shorts/9dmik6wcmYs?feature=share>





### **39. Mobile Magic Path**

Description: The activity "Mobile Magic Path" is a fun way to develop laterality, motor coordination and spatio-temporal notion in children. Participants are tasked with creating their own path using a cardboard or a piece of cloth. They step only on this material and walk the path, while changing the position of the "carpet" as they advance. This activity stimulates creativity, balance and fine motor coordination, as well as helping children develop spatial perception and the notion of time. It is an interactive and fun experience that promotes movement and learning in a playful way.

**Video:** <https://youtu.be/qCVoL1wDbII>

### **40. Color Race**

Description: The "Color Race" is a fun relay activity that stimulates speed, agility and cooperation among students. The teacher chooses a color and gives the command to the students, who must run in the direction of a chest, bucket or box to find an object of the corresponding color. The goal is to find and pick up the object as quickly as possible, working on agility and speed of movement. In addition, the activity promotes cooperation among students, as they can help each other identify the correct color and achieve the goal as a team. The "Color Race" is a fun way to stimulate movement, healthy competition, and teamwork.

**Video:** <https://youtu.be/mRw06RMCTrw>



## **41. Agility Challenge with Balls**

Description: The Ball Agility Challenge is an activity that can be performed using an agility ladder or by drawing a ladder on the floor. The goal of the activity is to take the balls from a square or each step of the ladder and put them out of the ladder, using only the feet. Children should position the balls between their feet and, with quick and precise movements, remove them from the designated location. This activity stimulates the agility, motor coordination and balance of children, in addition to working on the control of foot movements. It's a fun way to develop motor skills while having fun with the challenge of taking the balls off the ladder.

**Video:** <https://youtu.be/vCl6A4Ghdt8>

## **42. Adventure of the Colored Sticks**

Description: The "Adventure of the Colored Sticks" is a giant version of the game of stick-sticks, adapted for Early Childhood Education. This activity works on fine motor coordination, color recognition, attention and counting of children. The game follows the dynamics of the conventional stick-stick, with all children participating one at a time. After the teacher releases the sticks, a child is chosen by means of a letter of the alphabet to establish the order of play. The selected child starts by picking up a stick, and can only stop picking it up when he moves some other one. Next, the child is encouraged to count how many sticks he has picked up and identify the colors of them. This activity stimulates manual dexterity, concentration, the ability to count and color recognition. It's a fun and



interactive way to work on different skills while kids have fun with the challenge of colored sticks.

**Video:** [https://youtu.be/B63\\_0tV004k](https://youtu.be/B63_0tV004k)

### **43. Race of the Balls in the Bag**

Description: The "Ball in the Bag Race" is a fun activity in which students have the challenge of placing as many colored balls as possible inside a bag. To carry out the activity, the colored balls are spread on the floor and each student receives a bag, which can be garbage or cloth. Students must enter the bag and, using only their hands, pick up the balls and place them inside the bag. The goal is to see who can get the most balls into the bag within a given time. This activity promotes motor coordination, balance and agility of students, as well as working healthy competition and group fun. The "Race of the Balls in the Bag" is an exciting game that encourages the active participation of students and provides moments of laughter and interaction.

**Video:** <https://youtu.be/T-0YVzOEEwg>

### **44. Balance Challenge: Passing the Water**

Description: Children are arranged in two rows, each holding a glass of water. With bows previously arranged by the teacher, they pass through them, jumping or walking (according to the established order), without spilling the water. The goal is to keep the water in the glass throughout the round trip. On the way back, the children pour the water into their classmate's glass. The



challenge is to avoid spilling the water when transferring it. Instead of water, a ball or other object can be used, if preferred.

**Video:** <https://youtube.com/shorts/sF71gtHfTXc?feature=share>

#### **45. Stick Race**

Description: Two students stand facing each other, holding a stick or broomstick. The goal is to drop the baton and run to get the baton from the colleague, without letting it fall to the ground. To make the activity more stimulating, the teacher can use a colored carpet on the floor, and encourage students to run toward a specific color of the carpet by picking up the colleague's baton. This dynamic promotes agility, motor coordination and teamwork among students.

**Video:** <https://youtube.com/shorts/mEHbejR5AgE?feature=share>

#### **46. Skills Challenge**

Description: The "Skills Challenge" is an activity that involves agility, movement and balance. The teacher will create a course with different obstacles for the students to overcome. The course consists of three jumping obstacles, six boards for agility, three cones for jumps with alternating feet, four pins for movement and a wooden ruler for balance.

Students will be challenged to perform different skills along the way. First, they must jump over the obstacles with their feet together. Then they will have to perform jumps with their feet alternating between the cones. Then, they will go through a zig-zag between the boards, demonstrating agility and coordination.



Finally, they will reach the wooden ruler, where they must walk and maintain balance along it.

This activity stimulates the development of agility, motor coordination, balance and concentration of students. In addition, it promotes teamwork and overcoming individual challenges. The "Skills Challenge" is a fun and dynamic way to work on different physical and motor aspects, providing students with a playful and challenging learning experience.

**Video:** <https://youtu.be/DpZWZr2UOH8>

#### **47. Race of the Arches**

Three arches are placed on the ground, and the students, positioned at point A, must move to point B, where a cone is. Students stand in line and follow a movement pre-established by the teacher. This movement consists of placing a ball in the first arc, running out of this arc and touching the cone at point B. Then they must return and place another ball in the next arc.

This activity promotes motor coordination, agility and teamwork. Students must perform the predetermined movement, running outside the arch, tapping the cone, and returning to complete the course. The challenge lies in maintaining the accuracy of the movement, ensuring that the ball is placed correctly in each arc.

The "Arch Race" stimulates students' movement, concentration and quick thinking. Plus, it's a fun activity that can be tailored to different ages and skill levels.



**VIDEO:** [https://youtube.com/shorts/8V\\_mhioNFfo?feature=share](https://youtube.com/shorts/8V_mhioNFfo?feature=share)

## **48.Union Tunnel**

Description: The activity "União Túnel" is a game that promotes the perception of space, teamwork and integration among students. The proposal is to create a human tunnel where children unite in a row, forming a corridor with their hands raised and joined.

In pairs, students will have the challenge of going through this tunnel, carrying a previously chosen object, such as a ball or a symbolic object. The idea is that the students, together, offer support and cooperation so that the duo can cross the tunnel safely and together.

During the activity, students need to communicate and coordinate their movements to ensure that the tunnel remains intact and that the pair are able to complete the course. Teamwork, unity and friendship are fundamental to the success of the activity

The "Tunnel Union" encourages cooperation, mutual respect and strengthens the bonds between students, creating an environment of support and trust. In addition, play develops spatial perception, motor coordination and promotes body awareness of the participants.

This activity can be adapted according to the age group and the space available. It is a fun and interactive way to strengthen the bonds between students, promoting a more united and welcoming school environment.



**Video:** <https://youtu.be/KG0gS9ywMuE>

## **49. Jumping on the Beats**

Description: In this activity, a student is placed on top of cardboard sheets, and as she jumps, the teacher or another colleague removes these sheets. The activity can be accompanied by the sound of a song, in which the student jumps on the beats of the music, or the classmates can clap to work rhythm, as well as balance and coordination.

This fun and dynamic activity provides an interesting challenge for the student. She needs to maintain balance and coordination while jumping on the cardboard sheets, which are gradually removed. The music or the clapping of the classmates help to create an engaging rhythm, encouraging the student to jump at the right time and keep the pace of the activity.

"Jumping on the Beats" works not only on balance and motor coordination, but also stimulates rhythm and social interaction between students. It's a great opportunity to develop musical skills, concentration, and teamwork, while the student has fun jumping and challenging herself.

**Video:** <https://www.youtube.com/shorts/oyPBNU4uMLM>

## **50. Rhythm in Motion**

Description: In this fun and stimulating activity, students will explore rhythm and coordination through a dance with glasses. The activity can be performed to the sound of songs with strong beats, such as "Slave of Job", or any other chosen by the teacher. Each student will have a glass and follow a synchronized



choreography, using rhythmic movements with the glasses, such as beats, spins and slides. The proposal is to create a harmony of movements together, where the rhythm of the music guides the sequence of actions. In addition to working the rhythm, this activity stimulates motor coordination, concentration and teamwork. Students will have fun while developing musical and motor skills.

**Video:** <https://www.youtube.com/shorts/I5YmXn-m4dQ>

### **51. Jumping and Aiming Circuit**

Description: In this challenging activity, participants will be challenged to demonstrate coordination, agility and precise aim. The goal is to jump with an object between your legs and hit the target, passing it from one hula hoop to the other. Students will have to overcome obstacles while improving their motor skills and concentration. Get ready for a fun challenge that will test your physical skills and your ability to hit the target accurately.

**Video:** <https://youtube.com/shorts/7nOxBpNjjDA>

### **52. Touchless Crossing**

Description: The activity "Crossing without Touch" challenges participants to go through a series of carefully arranged ropes, without touching them. With the aid of string, a bench and beam nets, Nursery students will develop essential skills such as body perception and spatial perception. In this fun game, they will have to move carefully, exploring and understanding their own body in space, while avoiding touching the strings. Get ready for an exciting challenge, full of fun and learning!





**Video:** <https://youtu.be/RFJzQDNFV0o>

### **53. Crazy Head**

Description: In this fun game, several glasses are spread out on a table. The participant places a bladder tied to the head and tries to gather as many cups as possible inside the other, directing them with his head. This activity works on motor coordination and concentration.

In the "Crazy Head" game, participants need to use precise motor skills to balance the glasses and direct them with their head. The bladder tied to the head adds a fun and challenging element, requiring concentration to control the movements.

This activity is ideal for developing fine motor coordination, as participants must perform precise movements to fit the cups into each other. In addition, play also encourages concentration, as participants need to focus on balance and the direction of the glasses.

"Crazy Head" is a creative and fun way to work on coordination and concentration, providing moments of fun and challenge for the participants.

**Video:** <https://www.youtube.com/shorts/X0IUS-R9Rtw>

### **54. Juggling Balls on Feet"**

Description: In this activity, students are organized into two rows of hula hoops on the floor, on their sides. Each hula hoop contains a ball that students must



attach to their foot. They perform specific movements using the hula hoop arc to trap the ball in the foot.

This activity stimulates the glass-pedal coordination, balance and motor coordination of the students. They must perform precise movements to trap the ball in the foot using the hula hoop arch, developing motor skills and balance while having fun.

In addition, the activity can have a competitive aspect if the teacher determines that whoever drops the ball is out of the game. This adds an element of challenge and makes the activity more exciting for students.

"Juggling Balls on the Feet" is a fun and stimulating activity that promotes the development of coordination, balance and glass-pedal coordination of students. It's a creative way to explore these motor skills in a playful and competitive way!

**Video:** <https://www.youtube.com/shorts/83s1OGJRtSg>

## **55. Challenge of the Equilibrist Rods**

Description: In the "Challenge of the Equilibrist Sticks", the students are positioned side by side, forming a line. The goal is to pass a glass from one end to the other using sticks, keeping it balanced throughout the course. Participants will have to work as a team, coordinating their movements and adjusting speed to ensure the glass is not knocked over. This activity challenges students' coordination, communication, and concentration as they have fun overcoming the challenge. Get ready for an exciting competition where balance and synchrony are key to team success!



**Video:** <https://youtu.be/AfFkF8FvRL0>

### **56. Minesweeper Mission**

Description: In the exciting activity "Minesweeper Mission", a blindfolded student is guided by his colleague through a path until he reaches the desired point, where he must place the ball on the cone. This activity challenges the cooperation between the participants, as well as the development of laterality, auditory acuity, rhythm and spatial notion. The guiding student must use accurate and reliable instruction, while the blindfolded student relies on his or her hearing and perception to follow the directions. Together, they overcome obstacles and achieve the goal in an exciting and fun teamwork. Get ready for an experience full of challenges and cooperative learning!

**Video:** <https://youtu.be/gftIEmAC9gQ>

### **57. Race the Discs**

Description: In this game, a path is arranged with arcs containing discs inside them, which extends from point A to point B. At point B, there is a cone. The dynamic of the game is to remove the discs from inside the arches and take them to the cone. Then the child must return and pick up the next disc. Whoever finishes first, wins the game.

The "Disc Race" is a fun and competitive activity that stimulates the speed, agility and motor coordination of children. They must travel the path of arcs, removing the discs and carrying them to the cone. The challenge lies in being



fast and efficient in the execution of the task, to complete the course before the other participants.

This play is a great opportunity to promote the spirit of healthy competition while developing motor skills and coordination. The kids will have fun while running, picking up the discs and trying to finish the course as quickly as possible.

**Video:** [https://youtube.com/shorts/kS3F\\_r15y90?feature=share](https://youtube.com/shorts/kS3F_r15y90?feature=share)

### **58. Jokenpo Challenge: Team Battle**

Description: In the exciting activity "Jokenpo Challenge: Team Battle", participants are introduced to opposition games through friendly confrontations. The activity consists of several mini battles of Jokenpo (rock, paper, scissors), where teams face each other to reach the enemy base. The winning team of each matchup advances towards the opposing base. This experience provides a fun and dynamic experience, stimulating the spirit of healthy competition, teamwork and quick decision making. Get ready for a series of strategic contests, where the ability to play Jokenpo and cooperation are key to the team's victory!

**Video:** <https://youtu.be/lw0PdgT992U>

### **59. Wind-Unwinding Race**

Description: In the fun activity "Race of the Wind-Unwinds", the children are divided into two teams. The goal is to perform a courier, where each member of the team must take the string from the chair and carefully roll it up to the next



chair. The team that completes the task first will be the winner. This activity stimulates motor coordination, teamwork and agility. Children will have to communicate and coordinate their movements to ensure that the string is wrapped properly and passed to the next participant. Get ready for an exciting competition, full of laughter and collaboration between the teams!

**Video:** <https://youtu.be/x3tQoLvo-cs>

### **60. Geometric Puzzle of Tampinhas**

Description: The activity "Geometric Puzzle of Covers" is a fun way to learn about geometric shapes. In this activity, children will have soda or water caps arranged on the table and a cardboard with holes corresponding to different geometric shapes. The challenge is to fit the caps into the correct holes, using your motor coordination and spatial perception skills. This activity stimulates children's logical reasoning, creativity and the development of fine motor skills, while they have fun and learn about geometric shapes in a practical and interactive way.

**Video:** <https://youtube.com/shorts/khmfsSXfmI0>

### **61. Geometric Magic Path**

Description: Get ready to embark on a fascinating adventure with the activity "Geometric Magic Path". In this activity, children will explore a special geometric rug while holding an object in their hands. The challenge is to trace the path corresponding to the object on the carpet, following the geometric shapes that are drawn on it. With each movement, children will improve their motor coordination and spatial perception, while learning about different



geometric shapes. This activity stimulates children's creativity, concentration and logical thinking, providing fun and learning in a single exciting package.

**Video:** <https://youtube.com/shorts/yoVLbtzYbss>

## **62. Colorful Circuit of Fun**

Description: Get ready for a fun-filled adventure with the "Colorful Circuit of Fun". Inspired by the classic hopscotch game, this adapted activity offers an exciting path for children to explore. The motor circuit is full of vibrant color stimuli and different positions for the feet, making the experience even more exciting. Children will be challenged to jump, balance, do special activities along the course and have the most fun. This circuit stimulates children's motor development, coordination, balance and body awareness as they immerse themselves in a world full of color and movement. Get ready for a day full of laughter and banter with the Colorful Fun Circuit!

**Video:** <https://youtube.com/shorts/dnBQPD8QJCw>

## **63. Star Table Bowling**

Description: Welcome to the exciting world of "Star Table Bowling"! In this fun activity, you will have the opportunity to play bowling on the table. Place a row of cups in the corner of the table, each with a ball inside. On the other side of the table, position a plate as a goal. The challenge is to knock down the cups with the balls and make the balls fall into the dish. Precision and control will be essential to achieving success. Enjoy the thrill of seeing the balls rolling and the glasses falling as you have fun with friends and family. The "Star Table Bowling"



is an activity that promotes motor coordination, teamwork and competitive fun. Get ready for many strikes and moments of pure joy in this exciting activity!

**Video:** <https://youtube.com/shorts/6yTeioaQLho>

### **64. Chaos of Cups**

Description: Get ready for the electrifying competition of "Chaos of Cups"! In this exciting activity, the goal is to knock over as many plastic cups as possible, in the shortest time. Place several plastic cups in the center of one side of the table and, with a plate, shake the cups to make them fall. Participants will have to show their agility and dexterity skills to knock down the cups before the opponents. Whoever manages to knock down all the cups first, will be crowned as the big winner! The "Chaos of Cups" is a competitive activity that promotes motor coordination, concentration and group fun. Get ready for moments of pure adrenaline and become the master of cup knocking!

**Video:** [https://youtu.be/Q2Abp\\_G2P1g](https://youtu.be/Q2Abp_G2P1g)

### **65. Precise Rod Challenge**

Description: Welcome to the exciting "Precise Rods Challenge"! In this activity, you will use your skills of dexterity and precision for a fun challenge. The organization of the game involves a bamboo or stick, a bottle cap and circles made of paper. The goal is to take the lid with the sticks and place it inside the paper circle. It sounds easy, but it requires concentration and a gentle touch to succeed. As you hone your skills, you can increase the difficulty by varying the distance between the circle and the starting place of the sticks. The "Precise



Rod Challenge" is an activity that stimulates fine motor coordination, focus and patience. Have fun while honing your skills and conquer the challenge of masterfully putting the lid on the target!

**Video:** <https://youtube.com/shorts/U-9CdG4RgO0>

### **66.Crazy Race: Challenging the Relay**

Description: The activity "Crazy Running: Challenging the Relay" offers students a fun and engaging experience in the relay race mode. This playful activity allows students to experience the techniques and difficulties involved in relay running while having fun. Through an explanatory video, students are introduced to the concept of the relay race and are encouraged to actively participate. During the game, they will have the opportunity to work on endurance, speed, agility, hand-eye coordination and the ability to change direction. In addition, the activity promotes supportive and cooperative behaviors, since students need to collaborate and support each other to achieve the goal. Get ready for an exciting and challenging race!

**Video:** <https://youtu.be/1DjajYvGc8c>

### **67.Fast Hula Hoop: The Three Balls Challenge**

Description: The activity "Fast Hula Hoop: The Challenge of the Three Balls" was specially developed for the students of the 3rd year B. In this fun activity, students will use hula hoops and balls to work on competitiveness, speed, agility and reasoning, in a playful and exciting way. The goal is simple: each child should put three balls inside their hula hoop as soon as possible. Students will be





encouraged to run, move quickly and make quick decisions to achieve success. In addition to promoting a healthy competitive atmosphere, the activity also strengthens cognitive skills such as strategic reasoning. Get ready for an exciting and fun-filled experience as the kids engage in this electrifying Fast Hula Hoop challenge!

**Video:** <https://youtu.be/mo7-plLNZMA>

### **68. Water Adventure: Exploring the Swim Crawl and Breaststroke**

Description: The activity "Water Adventure: Exploring the Swim Crawl and Breaststroke" offers students an exciting water circuit. In this dynamic activity, students will have the opportunity to explore and hone their skills in the crawl and breaststroke swims in a fun way. The circuit consists of stations that include the use of "spaghetti - floats" and hula hoops, where students will work the immersion (diving), breathing, propulsion of the arms and legs and the sliding of the body in the water. In addition, the leg and stroke of the breaststroke, with frontal breathing, and the leg and stroke of the swim crawl, with lateral breathing, will be explored. This playful activity provides a stimulating challenge for the students, who loved participating. Get ready for a real water adventure where students will have fun while honing their swimming skills!

**Video:** <https://youtu.be/efloXXcNc0w>

### **69. Glued Cup: Water Challenge**

Description: The activity "Glass Glued: Water Challenge" is a fun and challenging game. In this activity, each participant "glues" a glass to their foot, and the goal



is to transport water from one place to another inside that cup. Participants must find creative ways to balance the glass on the foot as they move while keeping the water inside it. This activity promotes the development of motor coordination, balance and concentration skills. In addition, it encourages cooperation and healthy competition among participants. Get ready for a lot of fun as participants challenge themselves to take the water without spilling it, in this captivating game of "Glass Glued: Water Challenge"!

**Video:** <https://youtube.com/shorts/9P-2FUOI7F4>

### **70. Battle of the Ropes: Race for the Ball**

Description: The activity "Battle of the Ropes: Race for the Ball" is a cooperative and competitive activity that involves two rows of students. In this exciting competition, students must pull a ball using a rope. The goal is that when they manage to catch the ball, the student in front takes it to the marked place, and so on. The team that completes the task first will be crowned as the champion. This activity promotes teamwork, collaboration, and healthy competition among participants. Students will need to communicate and coordinate their efforts to achieve victory. Get ready for an exciting battle as teams strive to win the race for the ball in the "Battle of the Ropes: Race for the Ball"!

**Video:** <https://youtube.com/shorts/he-0joLqX-I>

### **71. Rag Race: Oculo-Pedal Coordination Challenge**

Description: The activity "Rag Run: Glass-Pedal Coordination Challenge" is a fun game that challenges participants to make cloths "run" through the legs using



only the movement of the legs, while sitting. This activity stimulates eye-pedal coordination, which is the ability to coordinate eye movements with foot movements. Each participant places several cloths on the leg and, through coordinated movements, tries to make the cloths slide and run through the legs. This activity promotes concentration, motor control and dexterity of the participants. Get ready for a lot of fun as participants challenge themselves to make the cloths "run" by their legs in the "Rag Race: Gocle-Pedal Coordination Challenge"!

**Video:** <https://youtube.com/shorts/Fg3NOzxI32s>

## **72.Jumps, Balance and Crawls**

Description: In this activity, students will face a fun and challenging course, developing skills such as attention, balance, coordination and movement. The route will consist of different stages:

1. Attention Hula Hoop: Students will be challenged to jump in and out of a hula hoop, alternating between feet together and apart. This will stimulate concentration and coordination of movements.
2. Bridge of Stability: Students will face a bridge formed by boards, where they will have to cross it without losing their balance. It will be a test of coordination and body control, encouraging them to focus on each step.
3. Movement Pins: In this step, students will come across a series of pins scattered along the course. They must perform fast and precise movements, dodging the pins and maintaining agility and coordination during the course.



4. Crossing like an Alligator: In this last stage of the course, students will be challenged to cross an area using benches and spaghetti, imitating the movements of an alligator. They will have to crawl, dragging themselves with their arms and legs, while maintaining balance and stability. This will work on muscle strength, motor coordination and balance.

This fun and challenging activity will provide students with the opportunity to develop essential skills in volleyball, such as attention, agility, balance and coordination. In addition, it will promote teamwork and overcoming challenges, making learning more dynamic and engaging.

**Video:** <https://youtu.be/3xXFCjola4U>

### **73. Jumping geometry**

Description: "Jumping Geometry" is a fun hopscotch game that combines physical exercise with cognitive stimuli. The floor is decorated with different geometric designs, each representing a specific movement that children must perform when jumping. For example, when they find a cross, they must jump on top of it. This activity promotes motor development, coordination and spatial perception, while stimulating the recognition and association of geometric shapes. It is a fun and educational option to keep children active and engaged in a playful environment.

**Video:** <https://youtu.be/DcDt49HO-7I>



## **74. Geometric Race of Numbers**

Description: "Geometric Race of Numbers" is a dynamic activity that stimulates attention, visual perception, speed and recognition of geometric figures. In this activity, the teacher commands the students by showing a number with their hand, and the students need to quickly identify the corresponding shape drawn on the floor. This activity promotes mental agility and the development of visual skills, while students have fun competing against each other. It is an interactive and engaging way to learn about geometric figures, as well as strengthening participants' ability to concentrate and make quick decisions.

**Video:** <https://youtu.be/EKNfXKg3BZE>

## **75. Surprise Cone Challenge**

Description: The "Surprise Cone Challenge" is an exciting activity that combines recreation and competition, promoting interaction between students around a common goal. In this activity, all participants must pay a gift based on the secret values printed on the cones knocked down by the opponents. The values are kept hidden on the opposite side of the cones, creating a dose of suspense and mystery. Students have no prior knowledge of the printed values, adding an element of surprise. However, it is important that they do not drop cones of different colors, as those who knock down cones of different colors will be responsible for the punishment. Participants have the freedom to use both their feet and any other part of the body to knock down the cones, as long as they respect the given mark and do not exceed it. This activity promotes fun, friendly



competition, teamwork and the development of students' motor coordination, strategy and decision-making ability.

**Video:** <https://youtu.be/L9aDBIFNFT4>

## **76. Hot and Cold Bowling**

Description: The "Hot and Cold Bowling" is a fun activity that stimulates the agility, concentration, speed and notions of space of the participants. In this crazy activity, students aim to knock over bottles using a bowling ball. However, there is an exciting element: the student who knocks over a bottle has the opportunity to catch the ball and try to burn any colleague. The other students, when they realize that the bottle has fallen, must run to avoid being "burned". This dynamic promotes a mix of strategy, quick reaction and movement, while participants have fun and engage in the game. It's a lively way to develop physical and social skills, as well as encouraging interaction and teamwork among students.

**Video:** <https://youtu.be/tq5ESjVV-vc>

## **77. African Hopscotch Rhythmic Routes**

Description: "Rhythmic Paths of African Hopscotch" is an activity inspired by African hopscotch, which can be conducted rhythmically and organized by the teacher. In this activity, the squares are arranged on the floor in an organized way, creating a path for the children to jump. The rhythm can be determined by the teacher, adding a musical and fun dimension to the activity. Children are challenged to jump from square to square, developing motor skills, balance and



coordination. In addition, this activity promotes culture and diversity, allowing children to experience a unique version of hopscotch and learn about African traditions in a playful and educational way. It's a captivating way to engage students in a physically and culturally enriching activity.

**Video:** <https://youtu.be/aedgdnbX7ho>

### **78.Crazy Rope**

Description: "Crazy Rope" is a fun game in which the goal is to make the ball go through a rope tied to a rod and finally hit the target, which is a basin. Participants hold the rope and make the ball run along it, using precise movements and adjustments to control speed and direction. When the ball approaches the basin, players open the rope strategically to allow it to reach the goal of the game. This activity develops motor skills, coordination, concentration and spatial perception, while participants have fun and challenge each other. It's an exciting option that stimulates teamwork, creativity and strategic thinking from players.

**Video:** <https://youtube.com/shorts/0i5Vd4bhkIM>

### **79.Crazy Color Race**

Description: "Crazy Race of Colors" is an exciting activity that divides the class into two teams. The students stand in line, facing each other, while the teacher holds a 'dice' with two distinct colors. Teams pre-match which color will represent each team. When throwing the dice, the color that stays on top



determines which team should try to catch the other before it reaches the wall or crosses the final line of the court.

The team's goal is to touch opponents before they reach the wall. However, a student who already has his or her hand on the wall is protected and cannot be caught. Each student caught by the opposing team counts as a point to the team that picked it up. After each round, students return to their seats and the 'dice' are rolled again to set the next color and team to be pursued.

In the end, the team that accumulates the most points is declared the winner. "Crazy Color Race" is an activity that promotes healthy competition, teamwork, agility, strategy and quick decision making. In addition, it encourages interaction and fun among students, making it an exciting option to develop physical and social skills.

**Video:** <https://youtu.be/sQwxgmfhBqM>

## **80.Challenging Aerial Ball**

Description: "Challenging Aerial Ball" is a fun activity that uses an air spray to drive a ball on a table, preventing it from hitting the surrounding objects. Participants will aim to control the direction and height of the ball using the air spray, keeping it in the air and expertly guiding it around obstacles.

In this activity, manual dexterity, fine motor coordination and concentration are put to the test. Participants can compete against each other to see who can keep the ball in the air the longest or set specific challenges, such as going through certain obstacles on the way.





"Challenging Air Ball" is a fun way to develop control skills, patience and quick decision making. In addition, it is an activity that promotes social interaction, teamwork and creativity, since participants can create their own paths and challenges. Get ready to challenge your skills while having fun with this exciting activity!

**Video:** <https://youtu.be/tqOF67Gg9ks>

### **81.Race Rock, Paper, Scissors**

Description: "Race Rock, Paper, Scissors" is a fun adaptation of the classic game "Rock, Paper, Scissors" in the context of short running athletics. Students are divided into two teams and position themselves on the back line of the court or in a certain space, as shown in the video.

At the teacher's signal, one student from each team starts running toward the meeting in the center of the course, following the side and bottom lines of the court. When students meet, they perform the "rock, paper, scissors" game to determine the winner. The winning student keeps running toward the opposing backline, while the student who lost goes back to the end of their team's line.

The next student in line for the losing team must rush out and find the opponent, repeating the process. The team scores a point each time one of its members successfully crosses the opposing backline.

"Race Rock, Paper, Scissors" is a fun activity that combines elements of competition, strategy and teamwork. It promotes speed, agility and quick



decision-making for participants, as well as encouraging social interaction and healthy fun. Get ready for an exciting race full of twists and turns!

**Video:** <https://youtu.be/Asmo1yhRhoc>

## **82.Rope Cup Challenge**

Description: "Rope Cups Challenge" is a fun activity in which a rope is tied at a fixed point, and the child holds the other end. The purpose of the game is for the child to join the cups that are positioned along the side of the course while he pulls the rope and approaches the point where the rope is tied.

The child will have to use his manual dexterity and motor coordination to pick up the glasses along the way, balancing and maintaining the rhythm while pulling the rope. As the child advances, the challenge increases, requiring concentration and skill to avoid knocking over the glasses

The "Rope Cups Challenge" is an activity that stimulates the child's motor coordination, balance and concentration, while providing fun and a playful challenge. In addition, it promotes teamwork, if the activity is carried out in a group, with other children cheering and encouraging. It is a great option to develop motor skills and provide moments of entertainment and learning.

**Video:** <https://youtu.be/8tgKglfQPr4>

## **83.Tangled Slippers Relay**

Description: The "Tangled Slippers Relay" is a dynamic activity that promotes the perception of organization and sequence, as well as the development of



cooperation and competitiveness among the participants. In addition, this activity also works the muscular and cardiorespiratory system of those involved.

The activity begins with the formation of two or more teams. Each team gets a bunch of tangled slippers, all mixed and shuffled. The goal is to untangle the slippers and place them in the correct sequence of sizes, from the smallest to the largest, as quickly as possible.

Each participant must pick up a tangled slipper and try to untangle it by passing it on to the next teammate. The team works together, communicating and organizing to achieve the goal of sequencing the slippers correctly.

Competition comes into play when teams try to finish the activity as quickly as possible. At the same time, cooperation is essential to ensure that all team members participate and contribute to collective success.

The "Tangled Slippers Relay" offers physical benefits such as the work of the muscular and cardiorespiratory system, while also developing cognitive, social and motor skills. It is a fun and challenging activity that encourages teamwork, quick decision-making and the ability to adapt to the situation.

**Video:** <https://youtu.be/SdonW5Zc03o>

## **84.Walking Rhythm**

Description: "Walking Rhythm" is a fun activity that aims to develop the notion of temporal space and motor coordination of children. In this activity, the student needs to walk according to the rhythm of the pull of the string.



During the "Walking Rhythm" activity, a rope is stretched on the ground, with one end held by a partner. The student holds the other end of the rope and begins his walk. The partner then begins to pull the string according to a specific rhythm.

The child should adjust his steps according to the rhythm of the pull of the rope. She needs to coordinate her movement and her speed to synchronize her steps with the movements of the rope. The goal is to walk in harmony with the rhythm established by the pull of the string.

By participating in the "Walking Rhythm", the child develops the notion of temporal space, as he learns to adjust his steps according to the rhythm determined by the pull of the rope. In addition, the activity also promotes motor coordination, since the child needs to control his balance and movement to adapt to the rhythm of the rope.

"Walking Rhythm" is a playful and interactive activity that provides fun while working motor skills and notion of time for children. It's an engaging way to promote physical and cognitive development, while participants have fun walking in tune with the rhythm of the string.

**Video:** <https://youtube.com/shorts/0iVo0XP8wCM>

### **85.Precision Target**

Description: "Precision Target" is an activity that aims to work on the motor coordination of students. In this activity, several cups or containers are organized in a certain area, and the goal is to hit a ball in the indicated place.



The activity begins with arranging the cups or containers in a specific formation, such as a row, circle, or other desired configuration. Each cup or container has a designated target, which can be a marker or a delimited area.

The student receives a ball and must try to hit the ball on the targets of the cups or containers. For this, he uses his motor coordination, adjusting the force and direction of the throw to reach the desired target.

The "Precision Target" provides a fun and challenging experience for students. They need to control their movements and improve their accuracy to hit the ball on the indicated targets. This activity also stimulates concentration and the development of fine motor skills.

By participating in the "Precision Target," students improve their motor coordination, hone their aiming ability, and develop concentration skills. In addition, the activity also promotes social interaction and the spirit of healthy competition, if it is carried out in a challenge format among the participants.

**Video:** <https://youtu.be/iRdz9ydhEeU>

## **86. Agile Foot**

Description: "Agile Foot" is an activity that aims to work on the coordination of the feet and the notion of temporal space. In this activity, the challenge is to collect objects using only the feet, placing them on top of the object.



The activity begins with the arrangement of various objects on the floor, such as cones, balls, toys or other suitable items. Participants should stand around the objects, ready to start the activity.

The goal is to collect the objects using only the feet, without the aid of the hands. Participants should focus on coordinating the movements of the feet to position themselves correctly and place the foot on top of the target object in order to "collect" it.

During the "Agile Foot" activity, participants develop foot coordination, improving precision and control of movements. They also work on the notion of temporal space, adjusting its pace and time of movement to reach each object at the appropriate time.

This activity promotes interaction between the participants, since everyone is involved in trying to collect the objects with their feet. In addition, it stimulates balance, concentration and the development of proprioception, which is the awareness of the body and its movements in space.

"Agile Foot" is a fun activity that challenges participants to use their feet in a coordinated and precise way. By practicing this activity, children develop motor skills, perfect their notion of temporal space, and have fun while improving their motor coordination.

**Video:** <https://youtu.be/pSKgwwMEZhl>



## **87. Rolling Towards the Basin**

Description: "Rolling Towards the Basin" is a fun activity in which the goal is to hit the ball inside a basin using two rolls of paper. This activity develops motor coordination, movement control and participants' precision.

The activity begins with placing the ball on top of a roll of paper. The participants hold another roll of paper and, using it as a kind of club, try to hit the ball to make it roll towards the basin.

Participants must coordinate their movements and adjust the force and direction of the blow with the roll of paper to direct the ball precisely. The challenge is to hit the ball properly so that it rolls down the given path and reaches the target, which is the basin.

During the "Rolling Towards the Basin" activity, participants develop their fine motor coordination by handling the roll of paper and adjusting the intensity of the blows. They also enhance the notion of direction, strength, and control of movements.

This activity can be performed individually, in pairs or in groups, promoting social interaction and collaboration among participants. In addition, it stimulates concentration, patience and persistence, as participants need to adjust their strokes until they can hit the ball in the desired direction.

"Rolling Towards the Basin" is a playful and challenging activity that provides fun and development of motor skills. It is a creative and engaging way to practice motor coordination and work on the precision of the movements while



the participants have fun trying to get the ball to the basin using the rolls of paper.

**Video:** <https://youtu.be/8kRbJ WMSi8>

## **88. Colorful hula hoop**

Description: "Colorful Hula Hoop" is a fun activity that aims to collect color-specific hula hoops as they are placed to rotate in space. This game stimulates the spatial and temporal coordination, attention and agility of the participants.

The activity begins with the arrangement of several colorful hula hoops throughout the space. Each hula hoop has a specific color, previously defined by the teacher. Participants should be attentive and focused, ready to collect the hula hoops corresponding to the colors that are indicated.

At the teacher's signal, the hula hoops begin to be placed to rotate simultaneously. Participants must move in an agile and coordinated way, identifying and collecting only the hula hoops of the correct color.

During the activity "Colored Hula Hoop", the participants develop the spatial temporal coordination, because they need to move in space, identify the colors of the hula hoops and perform the movements of gathering in a synchronized way with the rotation of the hula hoops.

This activity promotes interaction between the participants, since everyone is involved in the search for the right hula hoops. In addition, it stimulates visual perception, quick thinking and physical agility.





"Colorful Hula Hoop" is a dynamic and engaging activity that challenges participants to use their coordination and attention skills to collect the right hula hoops while on the move. It is a fun and effective way to work the spatial temporal coordination and provide moments of fun and learning.

**Video:** [https://youtu.be/HI5\\_xFGbrg](https://youtu.be/HI5_xFGbrg)

### **89. Knock Down and Tidy Up**

Description: "Drop and Tidy Up" is an exciting activity in which the goal is to knock a ball into a warehouse located in the center between two rows, followed by performing a pre-defined storage on the table. This game works the motor coordination, organization and agility of the participants.

The activity begins with the formation of two rows of participants on opposite sides of the table. In the center of the table, there is a deposit where the ball must be dropped. The goal is for each participant in the queue to try to hit the ball in the deposit with a coordinated movement.

When the ball is successfully dropped in the warehouse, participants have a limited time to perform a pre-defined arrangement in advance. It can be the organization of objects, puzzle pieces, cards, or anything else previously determined.

During the "Drop and Tidy up" activity, participants develop motor coordination by trying to hit the ball in the tank accurately. They also hone their organization skills and agility by performing tidying up within the stipulated time.



This activity promotes interaction between the participants, as it works as a team to hit the ball in the warehouse and perform the storage together. In addition, it stimulates concentration, teamwork and the ability to adapt to situations.

"Knock Down and Tidy Up" is a fun and challenging activity that combines motor and organizational skills. It is a creative and dynamic way to work on motor coordination, organization and agility while participants have fun trying to hit the ball in the warehouse and perform the pre-defined storage.

**Video:** <https://youtu.be/28VQjYkz6IY>

## **90.Numeric Path**

Description: "Number Path" is an interactive activity in which the student walks a path with numbers in order and then places the numbered cups on a "carpet" positioned on the table. This game promotes the learning of numbers, motor coordination and sequential reasoning.

The activity begins with the preparation of a path on the floor or on a carpet, where numbers are arranged in ascending order. Students must walk the path, stepping on each number in the correct sequence. This helps in learning the numbers and developing the motor coordination of the participants.

After walking the path, students are tasked with positioning the numbered cups on the "carpet" that is on the table. Each cup has a number corresponding to the order in which the numbers were stepped on the path. Participants must use their sequential reasoning skills to correctly position the numbered cups.



During the "Number Path" activity, participants exercise number recognition, motor coordination, and sequential reasoning. They also develop concentration, attention to detail, and the ability to follow a logical sequence.

This activity stimulates interaction between the participants, who can perform the activity in a group, helping each other in the placement of the numbered cups. In addition, it promotes learning in a playful and fun way, making the process of learning numbers more engaging.

"Number Path" is an educational and stimulating activity that combines numerical learning, motor coordination and sequential reasoning.

**Video:** [https://youtu.be/dP6wuZw\\_wqo](https://youtu.be/dP6wuZw_wqo)

## **91.Race of the Arches**

Description: "Arch Run" is a dynamic activity in which students must run to the center of the court, take one arch at a time and take it to their corner of the court. The goal is to capture as many arcs as possible to become the winner. This game stimulates speed, agility, jumping and other goals that the teacher can add.

The activity begins with students positioned in their corners of the court. At the teacher's signal, they run toward the center, where several arches are arranged. Each student can take only one bow at a time and must quickly return to their corner of the court, depositing the bow at the designated location.



The goal is to capture as many arcs as possible within a given time. Students must demonstrate speed, agility and jumping ability to reach the arches and quickly return to their corner of the court.

In addition to the objectives mentioned, the teacher can add other specific objectives to the activity, such as teamwork, motor coordination, physical endurance, among others. In this way, the "Arch Race" can be adapted according to the needs and pedagogical goals.

This activity promotes healthy competition among students by encouraging them to strive to capture as many bows as possible. It also develops physical skills such as speed, agility and jumping, while working on social aspects such as cooperation and teamwork.

"Arch Race" is a fun and challenging activity that stimulates the physical and social development of students. It provides an energetic and motivating experience as they have fun running, jumping and competing to capture the bows.

**Video:** <https://youtu.be/8QQvmvPojSk>

## **92. Psychomotor Challenge**

Description: "Psychomotor Challenge" is a dynamic circuit that provides students with a complete experience of psychomotor development. The circuit includes a variety of activities such as jumping, jumping, rolling and broad motor coordination, among other challenges. This circuit-like approach keeps a greater



number of students engaged simultaneously, minimizing downtime and encouraging the active participation of all participants.

The circuit consists of a sequence of obstacles and activities arranged along a course. Students are challenged to overcome each obstacle creatively and efficiently, utilizing their jumping, jumping, rolling, and broad motor coordination skills.

Each obstacle in the circuit offers a new opportunity for challenge, encouraging students to feel motivated and engaged at each stage. They face different situations and are encouraged to overcome their limits, gaining confidence in their motor skills.

The "Psychomotor Challenge" is an excellent activity to promote the active participation and motivation of students. Everyone is encouraged to push themselves and surpass their own personal records, in a playful and fun environment.

In addition to the physical benefits, such as the development of motor coordination, strength and balance, the circuit also promotes socialization and interaction between students. They can support each other by sharing tips and encouraging each other along the way.

"Psychomotor Challenge" is an activity that awakens the desire for execution not only in the students, but also in the teachers and other adults present. The diversity of obstacles and the challenging nature of the circuit make the experience stimulating and motivating for all involved.



**Video:** <https://youtu.be/qQLwVVnFYEs>

### **93.Rolling Ball**

Description: "Rolling Ball" is a fun activity in which students take on the challenge of making the ball inside a hula hoop spin using only the power of the blow. The goal is to control the movement of the ball and make it go through the hula hoop, which is positioned on the ground.

Each student will have the opportunity to blow the ball and experiment with different techniques to direct their movement. They will need to develop respiratory control and coordination skills to blow with the proper intensity and direction in order to keep the ball inside the hula hoop in constant motion.

The activity promotes concentration, precision and teamwork, as students can take turns and collaborate to keep the ball rolling inside the hula hoop. In addition, it stimulates the development of the respiratory muscles and the motor coordination of the students, since they need to synchronize the breathing with the movement of the ball.

"Bola Rodante" is a playful and challenging way to work on students' respiratory control and motor coordination. It is an activity that can be adapted to different ages and skill levels, providing a fun and stimulating experience for all participants.

**Video:** <https://youtu.be/fvedvNOpirE>



## 94. Filling the Bucket as a Team

Description: "Filling the Bucket as a Team" is an exciting cooperative activity that challenges participants to work together to fill a bucket as they go through a circuit. The goal is to pass the water from one glass to the other, from player to player, until you reach the last of the column. When receiving the water, the last player must go through the circuit carefully so as not to spill it and, in the end, pour it into the empty bucket of the team.

The activity encourages cooperation, communication and team coordination. Each player plays a key role as they need to pass the water through the body of their teammates without spilling. It is necessary to work together to keep the water stable and ensure that it reaches the last player successfully.

The challenge increases as the bucket fills up and participants must go through the circuit more carefully to avoid spills. Strategy is essential, as the team that manages to finish first and leave the bucket fuller will be the winner. Pouring water along the way will result in less water in the bucket, encouraging players to be cautious and collaborative.

"Filling the Bucket as a Team" is a fun and engaging activity that promotes teamwork, motor coordination and strategy. Participants will learn the importance of cooperation and effective communication to achieve a common goal. In addition, the activity is a great way to strengthen the bonds between team members and create an environment of fun and collaboration.

Video: [https://youtu.be/S3ckY\\_DfXM](https://youtu.be/S3ckY_DfXM)



## 95. Human Table Football

Description: "Human Table Football" is a fun activity that combines elements of foosball and futsal, providing a unique experience of teamwork. In this activity, it is not necessary to have specific technical knowledge about foosball or futsal, but the cultural knowledge brought by the participants, especially in relation to football, is valued. The goal of the game is to score as many goals as possible.

The rules of "Human Table Football" are similar to those of futsal, with some adaptations. The main difference is that the game is played in a delimited area, allowing players to move only on top of a line, from one side to the other. This constraint adds an additional challenge and stimulates team strategy.

Participants must work together, using skills such as passing, dribbling and kicking to score goals. Coordination, communication and teamwork are key to overcoming opponents and achieving victory. Players need to position themselves properly and make quick decisions to take advantage of scoring opportunities.

At the end of the game, the team that scores the most goals will be declared the winner. "Human Table Football" promotes fun, teamwork, sportsmanship and the development of the motor skills of the participants. It is an engaging activity that unites the passion for football with social interaction, providing moments of fun and healthy competition.

Video: <https://youtu.be/G4BSd03Yo8Q>





## 96.Zig Zag of Bottles

Description: "Zig Zag of Bottles" is a fun activity that challenges participants to walk a zig zag path between a series of bottles lined up. The goal is to reach the end of the course, following the zig zag movement around the bottles.

The game begins with the organization of the bottles in a row, forming an obstacle through which the participants will have to pass. The course is designed in such a way as to create curves and changes of direction, providing an interesting challenge.

Participants must walk the path, making zig zag movements between the bottles. They must move from side to side, deftly dodging the bottles along the way. Motor coordination, balance and agility are key to successfully overcoming the challenge.

"Zig Zag of the Bottles" can be practiced individually or in a competition format between the participants. The goal is to reach the end of the route in the shortest possible time, without touching the bottles. Participants can time the time of each attempt and seek to improve their skills with each new attempt.

This activity promotes the development of motor coordination, balance and concentration of the participants. In addition, it is a fun way to overcome challenges and stimulate the ability to adapt to different trajectories. "Zig Zag of the Bottles" is a captivating activity that provides fun and development of motor skills in a playful and challenging way.

**Video:** <https://youtu.be/IBEkjBJ1T68>



## 97. Water Soap

Description: "Water Soap" is a fun and refreshing activity, which adapts the game of handball by replacing the ball with soap. In this unique version, participants will have the mission to hit the buckets with water of the goalkeepers using the soap as a "ball".

The game begins with the formation of two teams, which will compete with each other to hit the buckets of water of the opposing goalkeepers. Goalkeepers will be positioned in their respective areas, holding buckets of water, ready to defend their targets.

The goal of the game is to hit the buckets of water with the soap, launching it with precision and strategy. Players must use throwing skills and motor coordination to hit targets, while goalkeepers will do their best to defend their buckets, preventing them from being hit by the soap.

In addition to the excitement of the competition, "Water Soap" brings a refreshing element, since the participants will be in contact with the water during the activity. This makes play even more fun and stimulating, especially on hot days.

It is important to emphasize that safety is fundamental in this activity. Make sure that participants play in a safe area, with adequate floor and free of obstacles that can cause accidents. In addition, it is recommended to use buckets that are resistant and do not cause risks of injury.



"Water Soap" is an activity that promotes fun, teamwork, motor skills and strategy. Participants engage in a lively competition while enjoying moments of refreshment. This game adapted from handball with the use of soap guarantees laughs, jokes and unforgettable moments.

**Video:** <https://youtu.be/wZTd7ro8AY4>

### **98. Game of Balls on the Plate**

Description: The "Game of Balls on the Plate" is a fun activity that challenges the motor coordination of the participants. The goal is to place the balls that are on top of a toilet paper cake inside a plate that is positioned below.

To play, each participant will receive a toilet paper cake with balls balanced on top. The challenge is to carefully remove one ball at a time, using only one hand, and let it fall into the plate that is placed below.

Fine motor coordination is essential in this activity, as participants need to have control and precision to remove the balls from the cake without dropping them before reaching the plate. Balance and delicate hand movement are essential to ensure success in the task.

The activity can be performed individually or in a competition format, with participants timing the time it takes to put all the balls on the plate. One can also establish a number of attempts to add a challenging element to the game.



The "Game of Balls on the Plate" is a great way to develop and improve fine motor coordination, concentration and control of movements. In addition, it is a playful and interactive activity that provides fun for all ages.

It is important to remember to use light balls suitable for the activity, avoiding objects that may cause damage or injury to the participants. Also ensure a safe space for the play, free of obstacles that may interfere with the challenge.

Challenge yourself in the "Game of Balls on the Plate" and have fun while improving your motor coordination!

**Video:** <https://youtu.be/hYVq5Guj4Rc>

## **Rhythm of the Circles**

Description: The activity "Rhythm of the Circles" is a fun game that develops the rhythm and stimulates the sound senses of the participants. The goal is to obey the rhythm of the music and place the pieces in the circles according to the time and the beat of the melody.

To carry out the activity, it will be necessary to prepare circles on the floor, which can be drawn or delimited with objects. Participants will stand around the circles with a variety of pieces available.

A guardian or one of the participants will be responsible for controlling the music, which can be played by means of a sound device. As the music begins to play, participants must follow the rhythm and place the pieces in the circles in a synchronized way with the beat.



The challenge is to keep up with the rhythm of the music, observe the pauses, and speed up or slow down the movements as the rhythm changes. Participants should focus on the sound and timing of the music, adjusting its movement to fit the pieces into the circles at the right time.

The activity can be adapted according to the age group and the desired level of difficulty. You can increase the speed of the music, add obstacles, or even make variations in the movements, such as turning, jumping, or moving in different directions.

The "Rhythm of the Circles" is a fun way to develop musical skills, rhythm, motor coordination and concentration. In addition, it provides a unique sensory experience by connecting the participants' movements with the sound stimuli of the music.

Be sure to choose songs suitable for the participating audience, with catchy rhythms and suitable for the activity. Also ensure a safe environment and free of objects that can cause accidents during play.

Challenge yourself and let yourself be carried away by the rhythm in the "Rhythm of the Circles"! Have fun while developing your musical skills and motor coordination.

**Video:** <https://youtu.be/aHHDgTb6xxc>



## 100.Cooperative Step by Step

Description: The activity "Passo a Passo Cooperativo" is a game that encourages cooperation and teamwork. The goal is to get an object from point A to point B using a hula hoop, where all participants must collaborate to reach the destination as quickly as possible.

To carry out the activity, it will be necessary to choose a light and easy-to-handle object, such as a rubber ball or a small cone. Mark a starting point (point A) and an arrival point (point B) at a given distance.

Participants should form a circle around the hula hoop, holding it with their hands or positioning it in contact with some part of the body, such as the feet. The object to be transported will be placed inside the hula hoop.

From the start signal, participants must coordinate their movements and move together, keeping the hula hoop in the proper position and preventing the object from falling. They must work as a team, communicating and collaborating to ensure that the object remains inside the hula hoop throughout the journey.

The challenge lies in synchronizing the steps and movements, finding a suitable rhythm to move forward quickly and safely. Participants should pay attention to each other, adapting to the movements and balancing the hula hoop as they advance toward point B.

The "Cooperative Step by Step" activity promotes cooperation, communication, teamwork and the development of motor coordination. It is an opportunity for

participants to learn to trust each other, hone their leadership skills, and strengthen interpersonal bonds.

Variations of the activity can be made, such as increasing the distance between points A and B, adding obstacles on the course or even using two or more hula hoops simultaneously. These variations add to the challenge and further stimulate cooperation among participants.

**Video:** <https://youtu.be/go0aCv43sw4>

## 101. Imitate the movement

Description: The teacher will have several small papers with drawings of different body movements. Each role represents a specific movement, such as jumping, raising the arm, lowering or lifting the left leg and right arm.

Students will be organized into groups in front of the teacher, eagerly waiting to participate. The teacher, holding the papers, will show one paper at a time to all the students.



The challenge is that students need to look closely at the movement drawing presented by the teacher and then reproduce it with their own bodies. They should mimic the movement represented on paper in the best possible way, whether it's jumping, raising their arm, lowering or combining different actions.

Instagram: [@edfvida](https://www.instagram.com/edfvida)



The activity continues with the teacher showing each paper to the groups of students, and each group performs the movement corresponding to the drawing presented. Each round, students will have the chance to be creative and express themselves through the suggested body movements.

"Pamper the Movement" promotes motor coordination, body expression, observation and interaction among students. In addition, it is a great opportunity to develop teamwork, as groups can help each other and share ideas on how to best perform the proposed movements.

This playful activity stimulates the active involvement of students, making learning more dynamic and fun.

**VIDEO ACTIVITY:**

<https://youtube.com/shorts/pR2dtp7BSZM?feature=share>