



Exercise 3a

Which **SPORTS** help you to increase flexibility and improve your coordination?

| Flexibility | Coordination | Both |
|--------------------|--------------|------------------|
| Swimming | Tennis | Gymnastics |
| Yoga | Football | Volleyball |
| Judo | Squash | Circuit training |
| Jumping & hurdling | Basketball | Handball |

Exercise 3b

Which **EVERYDAY** activities help you to increase flexibility and improve your coordination?

| Flexibility | Coordination | Both |
|--|---------------------|---|
| Tying shoe laces | Cooking a meal | Skateboarding |
| Playing on a climbing frame | Swinging on a swing | Hop scotch |
| Reaching a high shelf for a book or to open a top draw | Skipping | Throwing and catching a ball with a friend |
| Making your bed | Cycling | Throwing and catching a frisbee with a friend |

