

# 46

**CATEGORY**

rhythmic

**AGE**

8+

**NUMBER  
OF PARTICIPANTS**

5-30

**DURATION**

approx. 10 min.

**WORKING METHOD**

- group work

**MUSICAL ABILITIES  
OF THE TRAINERS**

1 2 3 4 5 6

**EQUIPMENT  
AND INSTRUMENTS**

- optional: any type of instrument

**COMPETENCES**

- movement coordination
- attention
- cooperation
- concentration
- sense of rhythm

## Coordination Game

*A very simple, yet tricky movement coordination game in which keeping rhythm is important.*

**AIM**

The game develops movement coordination with a very simple tool, but at the same time it also focuses on keeping the rhythm, and also improving concentration.

**DESCRIPTION**

The participants stand up, alternately clapping and stamping during the game.

First we start with ten claps - then ten stamps (with alternating legs).

This is followed by 9 claps - 9 stamps..., etc. up to 1 clap - 1 stamp.

Here, however, the game does not end, but turns back!

Then one more clap-stamp up to 10 movements again.

