

Supplementary A

Selected Motor Exercises

Exercise No.	Exercise Goal	Exercise Procedure	Exercise Time
1	Balance improvement and general body accommodation, eye-hand coordination, empowering trunk and abdominal muscles.	Child lies flatwise on Swiss ball (small size with diameter of 55 cm, in the beginning sessions the ball is more flat) and hold the ball with the stomach. Putting the hands in front of the ball and legs behind the ball when touching the ground. The child is asked to take 10 small plastic balls from the ground and throw them in a basket beside. Exercise is done with each of the hands.	Differs depending on the child ability. When children progress, the exercise would be in sets.
2	Balance improvement, aiming and catching	The child sits on Swiss ball, catching and throwing the ball to the trainer from a meter distance (depending on the child level), ten times repeat with each hand and ten times with both hands.	Is depended to the child level
3	Dynamic balance development	Walking on toes on a balance beam (2 m × 5 cm)	Is depended to the child level
4	Dynamic balance development	Walking on a balance beam (2 m × 5 cm) by putting each foot before the other foot and returning to the starting point.	Is depended to the child level
5	Strengthening legs' power and keeping balance	Hopping with one leg into 5 color hula hoops which are placed in a zigzag pattern with distance (depending on the child ability). After some sessions and with child progress, distances are increased or child hops inside hula hoops placed 10 cm above the ground. Child goes the way round and also jumps with both legs simultaneously.	Is depended to the child level