

Examples of Hand & Eye Coordination

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Hand and eye coordination involves using both the eyes and the hands to perform a task. It is one of the first cognitive development skills that is measured. The University of Maryland Medical Center's website states that babies are expected to display initial hand and eye coordination by the age of 4 months. **Good hand and eye coordination is necessary to pick objects up, play certain sports and musical instruments successfully and to write or draw.** You can improve hand and eye coordination with exercises such as games that involve visual skills and using balls to throw, catch or hit.

Early Development

Young babies will reach for objects with both hands initially, and as hand and eye coordination begins to develop your baby will be able to grasp and hold objects. Next your baby begins to transfer objects from one hand to another. There are toys such as blocks, snap together beads and activity toys where a shape is fit into a matching slot that help develop hand and eye coordination. Children like to play with and stack kitchen pots, pans, bowls and cups that also improve hand and eye coordination.

Writing and Drawing

A good example of hand and eye coordination is the ability to use a pen, pencil or crayon to write or draw. A child will learn to draw and write at least simple strokes at a young age. This is often the time when problems with hand and eye coordination are first noticed and should be addressed to ensure the child is able to perform this lifelong activity.

Games

Puzzles and video games both require good hand and eye coordination. It is essential to use your eyes and your hands to organize the pieces of a jigsaw puzzle to fit together. The ability to use your controller to operate a video game is a great example of your eyes and hands working together to accomplish a task.

Sports

Being successful at all sports requires good hand and eye coordination. Catching balls, throwing balls and hitting balls all require adequate motor skills and visual perception. When you are able to respond well to another person's action in the sport you display good hand and eye coordination.

Music

Playing a musical instrument involves the hands and eyes, and certain instruments will require good hand and eye coordination. Reading music while your hands are playing the piano is a good example of hand and eye coordination. Instruments such as the violin, guitar or drums require hand and eye coordination skills.

Read more: <http://www.livestrong.com/article/178198-examples-of-hand-eye-coordination/#ixzz2cpJp9Ce>