

Activity 2;

Developing Spatial Awareness

Session Plan, Developing spatial awareness:
Organisation:

Pupils spread out evenly in a clearly defined area. (cones used to mark boundaries)
Ensure all pupils have sufficient personal space.
Coach/teacher positioned where all pupils are visible.
Use while or clear verbal cues to signal changes

Lesson Objectives:

By the end of the lesson, pupils will:

1. Understand what spatial awareness means.
2. Move safely and confidently in different directions.
3. Recognise and move into free space.
4. Adjust speed and direction in response to others.
5. Demonstrate control while avoiding collisions.

Learning Outcomes:

At the end of the lesson, most pupils will be able to;
Travel in multiple directions with control.
Keep heads up while moving.
Maintain safe distance from others.
Move into space during small sided games.

Key Vocabulary to teach.

Space.
Direction.
Awareness.
Positioning.
Control.
Anticipation.
Agility.

Instructions:

Pupils move continuously within the area using different travelling actions (jog forwards, side step, move backwards etc.

On command, pupils change direction or speed.
Pupils must keep their head up and avoid contact with others.
Emphasis on moving into free space and maintaining control at all times.

