



Opracowanie w ramach projektu Erasmus+ Learning by moving

## **P-MAP - Set of exercises to support development in diagnosed areas**

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The following set of exercises is an integral part of the **P-MAP - Psychomotor Mapping Tool** and was developed to support the development of the psychomotor functions diagnosed in the ten areas of the tool. The exercises can be used both in individual work with a child and in a small group, in pre-school, school or therapeutic settings.

The proposed activities include simple motor and manipulative tasks, adapted to the abilities of pre-school and early school-age children, while allowing for a gradation of difficulty according to the child's developmental level. Each area contains several suggestions for exercises that can be carried out in any order or repeated many times to consolidate a particular skill.

The exercises can be modified, expanded and adapted to the individual needs of the child, his or her psychophysical capabilities, the pace of work and the organisational conditions. The teacher or therapist can also introduce his or her own ideas that correspond to the diagnostic and developmental goals within a given P-MAP area.

The aim of using this set is not only to consolidate the skills observed during the diagnosis, but also to develop them further, to integrate psychomotor functions and to promote the harmonious development of the child

### **AREA 1: BODY SENSE OF DIRECTION**

#### **Exercise 1 - "Touch and name".**

**Description:** the teacher gives instructions for the child to touch different parts of the body (e.g. "Touch the right foot", "Show the left ear"). Once done, the child names that body part.

**Teaching aids:** No special aids.

#### **Exercise 2 - "Mirror".**

**Description:** The child stands in front of the teacher or a colleague and imitates movements in the mirror image (e.g. raising the hand, touching the knee).

**Teaching aids:** Mirror (optional).

#### **Exercise 3 - "Coloured commands".**

**Description:** Coloured discs or cards are spread on the floor. The teacher says: "Put your right hand on the red one" or "Put your left foot on the yellow one".

**Teaching resources:** Coloured gymnastic discs or A4 sheets of paper in different colours.

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### AREA 2: CROSSING THE CENTRE LINE OF THE BODY

#### Exercise 1 - "Cross claps".

**Description:** The child touches his left knee with his right hand and vice versa, in a rhythm given by the teacher.

**Teaching aids:** No special aids.

#### Exercise 2 - "Collecting treasures".

**Description:** blocks are placed on the child's left and right sides. The child reaches for the blocks on the left with his/her right hand and puts them back in the container on the right (and vice versa).

**Teaching resources:** Blocks, two containers.

#### Exercise 3 - "Drawing eights".

**Description:** The child draws large horizontal figure eights in the air or on a piece of paper with one hand, crossing the centre line.

**Teaching resources:** A3 card and crayon or air only.

### AREA 3: STATIC AND DYNAMIC BALANCE

#### Exercise 1 - "Flamingo".

**Description:** the child stands on one leg and tries to balance for 5-10 seconds. It can be made more difficult by asking them to close their eyes.

**Teaching aids:** Mat or carpet.

#### Exercise 2 - "Balance path".

**Description:** The child walks along a narrow tape, string or bench, trying not to fall to the floor.

**Teaching/learning materials:** painter's tape, rope, bench.

#### Exercise 3 - "Jumps in the hoop".

**Description:** The child jumps in and out of the hoop (or a drawn circle) in various ways: with both feet, on one foot, sideways.

**Teaching aids:** Hula-hoop or chalk.

### AREA 4: MOVEMENT ALTERNATION

#### Exercise 1 - "Soldier's march".

**Description:** The child marches in place, lifting the knees high and moving the opposite hand at the same time.

**Teaching aids:** No special aids.

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### **Exercise 2 - "Bike in the air".**

**Description:** Lying on the back, the child makes alternating leg movements as if pedalling.

**Teaching aids:** Mat or carpet.

### **Exercise 3 - "Clap-udo".**

**Description:** the child performs the sequence: clap hands - slap hands on thighs - clap.  
Repeats in rhythm.

**Teaching aids:** No special aids.

## **AREA 5: BILATERAL COORDINATION**

### **Exercise 1 - "Cutting and turning".**

**Description:** The child cuts out shapes with scissors, turning the sheet of paper with the other hand.

**Teaching materials:** Scissors, A4 paper.

### **Exercise 2 - "Threading beads".**

**Description:** One hand holds the string, the other threads the beads.

**Teaching/learning materials:** string, beads.

### **Exercise 3 - "Folding a sheet of paper".**

**Description:** The child folds a piece of paper in half, making sure that the edges meet.

**Teaching resources:** A4 sheets of paper.

## **AREA 6: EYE-HAND COORDINATION**

### **Exercise 1 - "Throwing to the target".**

**Description:** The child throws a ball into a hoop or box from a certain distance.

**Teaching aids:** ball, hoop or box.

### **Exercise 2 - "Imitate the pattern".**

**Description:** The child arranges the blocks according to the model shown.

**Teaching resources:** Blocks, pattern card.

### **Exercise 3 - "Drawing on the trace".**

**Description:** The child draws straight or wavy lines on the trace.

**Teaching resources:** Worksheets, crayons.

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### AREA 7: MOVEMENT PLANNING (PRAXIS)

#### Exercise 1 - "Sequence of 3 steps".

**Description:** The teacher gives a command consisting of three movements, e.g. "Jump up, turn around, kneel down".

**Teaching aids:** No special aids.

#### Exercise 2 - "Build according to instructions".

**Description:** The child builds a simple construction with blocks according to a verbal description.

**Teaching resources:** Blocks.

#### Exercise 3 - "Moving map".

**Description:** The teacher describes the route the child has to take (e.g. "Go to the table, pick up the ball and put it on the chair").

**Teaching aids:** Objects in the room.

### AREA 8: ATTENTION AND PERSISTENCE IN A MOVEMENT TASK

#### Exercise 1 - "Rhythm to the end".

**Description:** The child repeats a movement sequence (e.g. 3-5 elements) for a set period of time.

**Teaching aids:** No special aids.

#### Exercise 2 - "Fast-slow".

**Description:** The child moves according to a tempo given by the teacher.

**Teaching aids:** Music or the teacher's voice.

#### Exercise 3 - "Timed task".

**Description:** The child performs a specific movement task for 30-60 seconds without a break (e.g. jumping on a skipping rope).

**Teaching aids:** skipping rope, ball, hula-hoop.

### AREA 9: POSTURE AND MUSCLE TONE

#### Exercise 1 - "Cat's back".

**Description:** The child, in supported kneeling, bends the back up and down, maintaining a stable position.

**Teaching aids:** Mat.



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### **Exercise 2 - "Walking with a bag".**

**Description:** The child walks with a bag on his/her head, trying not to drop it.

**Teaching aids:** A bag with peas.

### **Exercise 3 - "Plank".**

**Description:** Child lies forward, resting on forearms and feet, keeping body in a straight line.

**Teaching aids:** Mat.

## **AREA 10: LATERALISATION AND SIDE DOMINANCE**

### **Exercise 1 - "The hand of the master".**

**Description:** The child performs a series of tasks with only one (dominant) hand, e.g. drawing, stacking blocks.

**Teaching resources:** Crayons, blocks.

### **Exercise 2 - "Catching across".**

**Description:** The teacher throws the ball slightly to the side so that the child has to cross the centre line, catching it with the dominant hand.

**Teaching aids:** Ball.

### **Exercise 3 - "Transferring across the centre".**

**Description:** The child translates objects from one side of the body to the other across the centre line, using the same hand.

**Teaching aids:** Small objects (e.g. blocks, balls), baskets.