



Opracowanie w ramach projektu Erasmus+ Learning by moving

## **P-MAP Journey through 10 Lands of Movement - set of games**

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2025

This set of movement games is an integral part of the **P-MAP - Psychomotor Mapping Tool**, used to screen children's psychomotor functioning. Each of the ten areas of the P-MAP is framed as a 'land' in which three movement activities are proposed that can be implemented in pairs, small groups or teams.

The games designed:

- are based on elements of team play that promote both psychomotor development and group cooperation,
- can be carried out in the classroom, on the playing field or outdoors,
- require minimal preparation and simple materials, often available in the child's environment,
- are described in such a way that they can be easily modified according to the age, abilities and needs of the participants.

The indicated activities can be used as a supplement to the initial diagnosis, as part of activities to support psychomotor development or as a form of introducing a physical warm-up. Free adaptation of games, combining them into longer sequences and introducing story elements that increase children's involvement are encouraged.

*Have fun!*

*Authors*

## P-MAP - A Journey through 10 Movement Lands

<b>P-MAP Land / Area</b>	<b>Name of the game</b>	<b>Description of the storyline and rules</b>	<b>Materials</b>	<b>Variants / Modifications</b>
<b>Land of Mirror Movements</b> <i>(Orientation in body scheme)</i>	Mirrors in teams	Children in pairs or teams face each other. One is the "mirror" and reproduces the leader's movements by touching the indicated body parts. Roles change.	No	Adding music, changing the pace of the movements.
	Body parts island	On the floor lie "islands" (cards or hoops) marked with drawings of body parts. On signal, everyone stands on an island and touches the corresponding body part.	Picture cards or hoops	Difficulty: touch left ear with right hand, etc.
	Captain's command	Teams pretend to be the crew of a ship. The captain gives commands related to body parts (e.g. "hands on deck" - hands on hips). The aim is for the whole team to react quickly and correctly.	No	Introduction of false commands for difficulty.
<b>Land of Bridges and Tunnels</b> <i>(Crossing the centre line)</i>	Pirate treasure	Teams have a 'treasure' on the opposite side of their body. Each carries it with the hand opposite to the side on which it lies.	Bags, baskets	Carrying treasure to the rhythm of the music.
	Rope bridge	Participants walk over a "bridge" (rope/tape) and reach for objects on the opposite side of their body.	Rope/tape, small objects	The bridge can be winding or with obstacles.
	Hand tunnel	In pairs - one person stands apart and creates a 'tunnel' from hand to foot. The other person walks under it, crossing the centre line.	No	A 'tunnel chain' of several people can be formed.

<b>Land of Narrow Paths</b> ( <i>Static and dynamic balance</i> )	Bridge over a river	Teams walk along a designated narrow path, trying to keep their balance.	Tape, string	Addition of carrying an object on the head.
	Stones in the river	Jumping from 'stone' to 'stone' (cushions, mats) without touching the 'water'.	Pillows, mats	Increasing the distance between stones.
	Snake in the meadow	Children walk along a winding line (string), keeping their balance and not deviating from the route.	String	Marching backwards or sideways.
<b>Land of alternating steps</b> ( <i>alternating movement</i> )	Obstacle train	Teams form a train and walk the route using alternate movements (e.g. touching the opposite knee).	No	Adding dance elements.
	Crossing bridges	Bridges (hoops) are placed along the route where you have to alternate arm/leg.	Hula-hop	Bridges of different sizes.
	Change of direction	On signal, children change direction to walk with alternating movements (crossed arms and legs).	No	Music and stops can be introduced.
<b>Land of Two Hands</b> ( <i>Bilateral coordination</i> )	Traveller's backpack	Teams pack a 'rucksack' held with one hand, with the other hand they put items in.	Bag, objects	The backpack can go through a tunnel of chairs.
	Joint cutting	In pairs - one child holds a piece of paper, the other cuts out, then swap roles.	Scissors, paper	Cutting along lines of different shapes.
	Bead trip	Stringing beads on a string held with the other hand.	String, beads	Threading a long "team necklace" together.
<b>Land of the Eyes</b> ( <i>eye-hand coordination</i> ).	Planetary mission	Throwing balls to 'planets' (baskets) at different distances.	Balls, baskets	Planets can 'move' - held by other children.
	Treasure hunters	Throwing bags into a treasure chest set up at different locations.	Bags, crate	Changing the distance of the chest.
	Target shooting	Aiming bags at a target on the floor.	Bags, target	Adding a moving target.

<b>Land of Clever Plans</b> ( <i>Movement planning - praxis</i> ).	Mystery mission	Teams complete three tasks in a set order.	Different obstacles	Changing the order of tasks during the game.
	Bridge builders	Collaboratively build a path of blocks/objects for the team to walk over.	Blocks, mats	Adding time to complete a task.
	Explorers maze	Walking through the maze according to a set plan - each team member completes a different section.	Tape, chairs	Changing the route during the game.
<b>Land of the Patient Dancers</b> ( <i>Attention and perseverance in a movement task</i> ).	Paused dance	Teams dance to music, stopping for a pause.	Music player	Change of dance styles.
	Memory steps	The team learns a sequence of steps and must repeat them without mistake.	No	Adding elements of hands.
	Pattern repetition	Teacher shows the sequence of moves, team repeats.	None	Extending the sequence during the game.
<b>Land of Kings Posture</b> ( <i>Body posture and muscle tension</i> )	King's crown	Walking a route with a bag on your head.	Sack	Marching along a line.
	Statues	At a signal, everyone stops in the 'statue' position and holds it for a few seconds.	No	Introduce music and change positions.
	Walk on the wall	Walking on an elevated platform (bench) while maintaining an upright posture.	Gym bench	Addition of carrying a light object.
<b>Hand master's land</b> ( <i>Lateralisation and side dominance</i> ).	Master hand tournament	Performing tasks with the dominant hand only (e.g. carrying balls).	Balls, baskets	Changing objects to be more difficult to grasp.
	Team painting	Each participant draws a part of a picture with their dominant hand - the result is a joint team picture.	Paper, crayons	Painting on a large sheet on the floor.
	Carrying race	Carrying objects with the dominant hand between points.	Small objects	Changing to a winding route.