

## Practical Session

### TASK 1 Activities to help children develop an understanding of space

#### The Space Bubble

Space is about understanding **where the body moves** and is vital to children's (and adults') effective involvement in physical activity. Using space ranges from picking up a piece of paper in the street to finding space to receive a pass in a game of basketball or football. Unfortunately, many people do not fully understand space and, as a result, are **unable to make the best use of it** in their PE, sport and exercise. Primarily, this **happens because we don't give it enough time** in our PE programmes.

As a starting point, children need to understand the difference between **self space** and **general space**.

#### Self space

All points your body can reach without moving away from a starting point. This is your own personal 'bubble'.



#### General space

All the space in an area shared by the group/class. Within our self and general space (i.e. everywhere we go) our body can move

- in different directions
- in different pathways
- using different extensions
- at different levels.

Adding spatial concepts at an appropriate time offers children a whole range of different ways to **modify their travelling, object control, balance and specialised movements**. The following activities are presented in a progressive manner in order to highlight how space can, and should, be **taught to children from an early age**.

## **Explore general space using different movement concepts**

Change the size of the general space.

Move in different directions.

Move at different speeds.

Make a shape in your self space on 'stop'.

Move through the general space with a partner, e.g. side by side, follow leader, etc.

## **Explore general space using different Basic Movements**

Use different travelling movements, e.g. walk, run, jump, skip, gallop.

### **Activity 4 Find the Space Bubbles**

This activity extends children's understanding of space, by 'closing down space', i.e. the opposite of being in a space.

*Take your bubble for a walk, but, this time, without touching anyone, move in and out of other people's bubbles. Keep moving in and out of other people's bubbles.*

This activity may be quite difficult in the early stages, but once the children all understand they will all congregate in a close-knit pack.

Use different travelling movements, e.g. walk, run, jump, skip, gallop.

### **Activity 5 The Space Bubble Game**

This activity applies the children's understanding of self and general space. It is a precursor to understanding the difference between attacking (find space) and defending (close space/mark).

Split the class into two teams.

One team wears an identifying feature, e.g. bib or braid.

Team A – aim to move in and out of Team B's bubbles without touching.

Team B – aim to keep away from Team A.

Players in Team A could count how many bubbles they go into.

Reverse team roles after an appropriate amount of time.

Highlight safety to the children.