

Proprioception (Spatial Awareness)

A Summary view

- Proprioception is our 'position sense'; the sense of our body's position in space, whether muscles are stretching or contracting, and how joints are bending, straightening, pulling or being compressed.
- The proprioceptive sense allows us to move, run up stairs, skip, negotiate objects and obstacles, fasten our clothing, play sports - all without looking at what our body is doing.
- Proprioceptive input helps people to feel safe and secure, knowing where their body is 'at'; it decreases anxiety and increases alertness.

COMMON SIGNS

Poor Spatial Awareness
Actively and Accidentally Bumping into Things
Have to 'watch' what their hands are doing
Fidgeting
Disruptive Behaviour

Impact on learning

Difficulties with precise movements
Clumsy
Poor Attention and Concentration
Anxiety and Low Confidence
Poor Handwriting

Inside this Free School Download Pack

Game 1 Inner Spirals

A game direct from the programme for individual support or for a small intervention.

This game helps children build a clearer internal awareness of their body.

Game 2 Invisible Walls

A game direct from the programme is suitable for a PE lesson, or for enhanced provision.

When children bounce, push and change direction, their muscles and joints send strong signals to the brain about body position and movement.

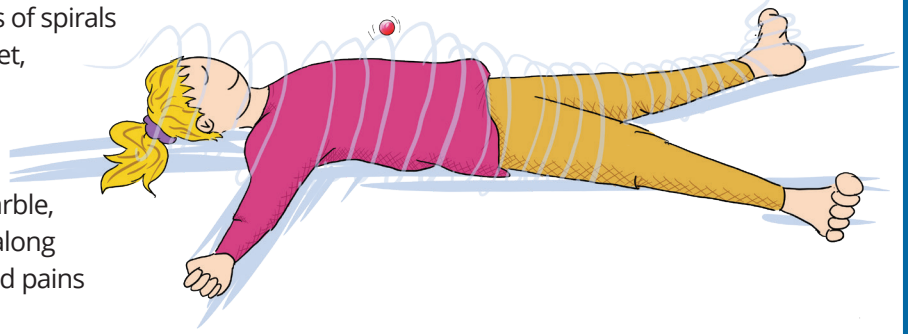
Exploration

How to play

1 The children find a space in the room and lie down on their backs, eyes closed. In this activity, you will guide them through the experience. Explain that they are to imagine that inside their entire body, just under the skin, are thousands of spirals running from their toes, up the feet, legs, hips, torso, arms, shoulder, neck and head.

2 Imagine that a lovely coloured marble, of perfect temperature, is rolling along the spirals, soothing any aches and pains and bad memories. The marble starts its journey from the toe of one foot and rolls its way through every spiral of every part of the body, finishing at the head.

3 The marble travels slowly around the spirals and when it gets to the crown of the head it evaporates and disappears into the air above you.



Progressions & Variations

Build the activity in stages. You can pause the session and discuss what they are feeling or seeing in their mind. Return and carry on.

They can change the speed of their imaginary marble, feeling it as it moves fast and slow.

Tell the children to imagine something else in place of the marble: perhaps an ice cube, or warm custard. As they become proficient, let them direct their own journey.

Make it a success

This relaxing activity is about improving the body-schema, the internal mental map of the body. As you guide the children, remind them to roll their marble around every part of the body, especially their extremities and areas at the back of the body.

Explain to the children that there are some areas of the body that might need more attention and that they should keep rolling the marble along the spirals there until it moves freely.

For those who need additional help with this activity, a partner can place their hands on the areas the marble is journeying on.

Primary Purpose

To improve the internal mental map of the body for increased calm and body schema.



Tactile
Proprioception



Self Esteem



Body Awareness
Introspection
Calm and Relaxation



**Wired
For
Movement**

Activation

How to play

- 1 Start with children jogging around the room in all directions. Tell the children that as they jog, invisible bouncy walls keep popping up. It's up to them where and when they appear.
- 2 Whenever an invisible wall appears, they bounce off it and are thrown in the opposite direction. Explain to the children that the walls appear at different times, and in any location and always when they get near to someone.
- 3 Encourage children to make a cartoon-like expression of themselves bouncing off it. The walls bounce them in all directions and spin them round at every interaction.



Progressions & Variations

When children bounce off, they change the speed of their walk, so slow walking becomes fast, quick steps become slow steps etc.

On your instruction, children imagine that lots of walls appear all around them and they bounce off in all directions from one to another, like a wrap-around bouncy castle. This should include the floor and imagined ceiling.

Change body position from upright to include rolling, moving sideways & backwards walking.

Make it a success

This game is designed to stimulate the inner ear and a whole body sensory feedback. To achieve this, encourage lots of rapid changes in direction.

Encourage children to vary the speed of their reaction. The invisible wall changes its quality so it sometimes absorbs them and then throws them out big, or like an electric shock that just a quickly throws them out.

There's clearly a risk of children bumping into each other so remind them of safety and that everyone is protected by invisible walls.

Primary Purpose

Increase spatial awareness and stimulate the vestibular system using dynamic movements and swift changes of direction.



Proprioception
Vestibular



Locomotion



Cardio Fitness



Games



**Wired
For
Movement**

Wired for Movement in School

Bespoke SEN support, Group Intervention and Inclusive PE - one programme for every child's needs.

At a time when more children need specialist help and access becomes harder, Wired for Movement gives schools a simple way to bring therapeutic approaches into daily routines.

We've turned specialist physical, sensory, neuro-developmental and peak performance techniques into enjoyable games any child can join in with, and every staff member can deliver.



Inclusive PE

Playful, purposeful lessons that build the foundations underlying movement skill, ability and confidence



Group Intervention

Targeted small group sessions for children needing extra support with stress or learning challenges



One-to-One Support

Personalised plans for children with specific or more challenging needs that can be shared with home

Want to find the hidden challenges?

This free 3 minute assessment looks for the hidden underlying stressors, sensory or motor issues affecting a child.

www.wiredformovement.com/chooser-chart

