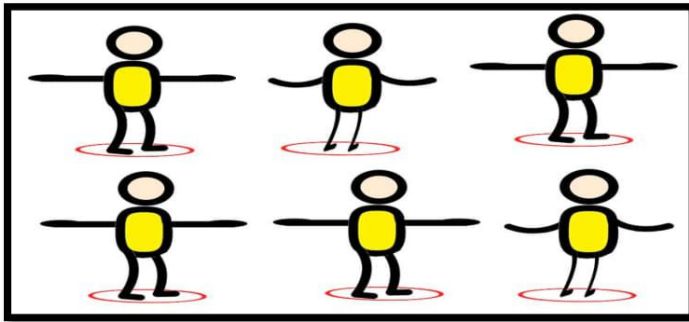
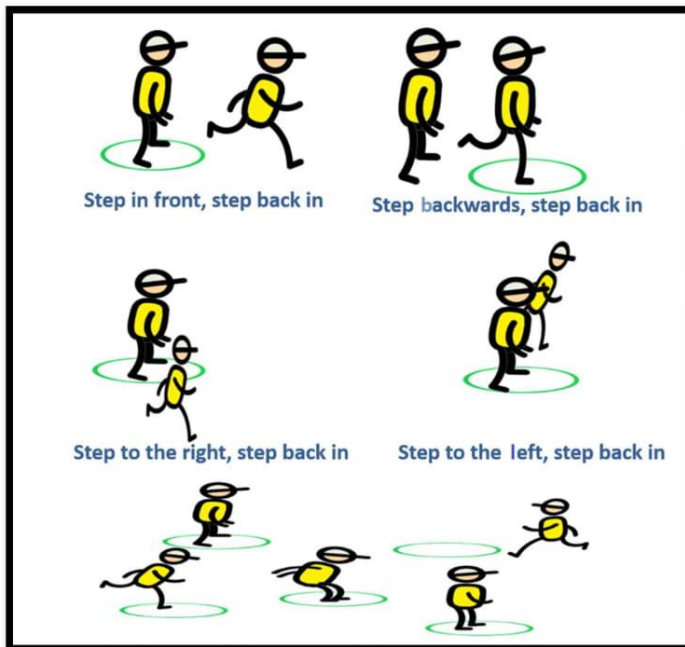


## K1.1: My Space

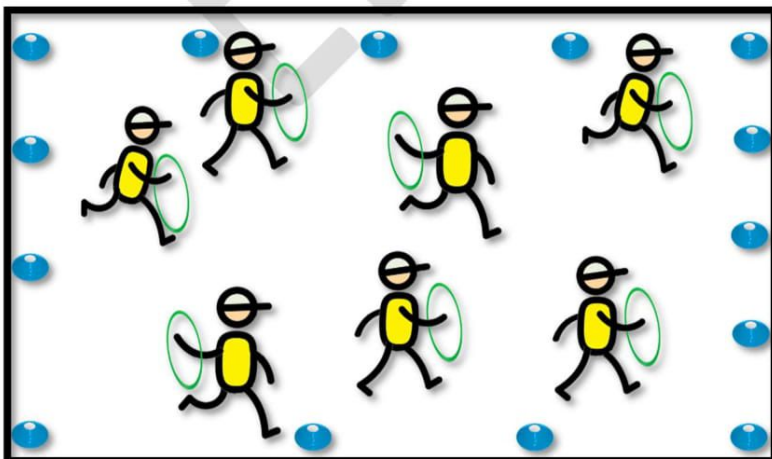
### Activity 1



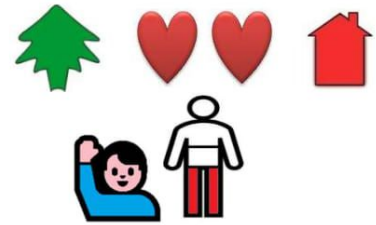
### Activity 2



### Activity 3



## K1.1: My Space



### Learning outcome:

To introduce the concept of **Personal Space** and **General Space**

### Props:

Saucers, Flat rings, EduSports warm-up song

### Required Infrastructure:

Playground/ Indoors

### Class Size:

Large class size of 40-50



### For Special kids:

Use personal space activity only. Explain the General Space concept, but avoid the activity

## Activity – 1

### Personal Space

- Stand in an area marked by a flat ring or a saucer cone
- Let children stand around the area marked, such that there is some space between them
- Instruct them to stretch their hands and take a turn in their space slowly in a circle
- Instruct them that the invisible circle made with their arms is their personal spaces. Ensure that everyone has their own personal space
- Instruct the children that today they will play without touching anyone and in their own personal spaces.
- Instruct the children to do the following actions in your personal space along with the music



*I **spin** around my personal space, my personal, my personal space  
I spin around my personal space, that's how we all play  
I **jog** around my personal space, my personal space, my personal space  
I jog around my personal space, that's how we all play  
I **slide** to the right in my personal space, my personal space, my personal space  
I slide to the right in my personal space, that's how we all play  
I **slide** to the left in my personal space, my personal space, my personal space  
I slide to the left in my personal space, that's how we all play  
I **jump** around my personal space, my personal space, my personal space  
I jump around my personal space, that's how we all play  
I **hop** around my personal space, my personal space, my personal space  
I hop around my personal space, that's how we all play  
I **march** around my personal space, my personal space, my personal space  
I march around my personal space, that's how we all play  
I **fly** around my personal space, my personal space, my personal space  
I fly around my personal space, that's how we all play, that's how we all play...*

## Activity – 2

### Personal Space

You can ask them to jump or jog in their personal spaces.

Show the children what is front, back, left and right. Let the children do the following activities when they are inside the flat ring.

- Step in front, step back into the ring - Step to the right, step back into the ring
- Step to the left, step back into the ring - Step backwards, step into the ring
- Run around the ring first clockwise and then anticlockwise
- Walk backwards with hands on the hips, around the ring

## Activity – 3

### General Space

- Ask the children to stretch their right hand, pick up the ring and put in on their arm and walk around the general space. Remind them that they should not touch each other while walking around the space. Ask them to switch their hand after some time