

## Core Skills Analysis

### Physical Education

- The student developed spatial awareness by navigating through the obstacle course without visual cues, enhancing their understanding of their body's position in relation to the surroundings.
- Balance and coordination were improved as the student learned to adjust their movements to maintain stability while blindfolded, providing practice in body control.
- The experience promoted teamwork and communication skills, as collaborating with peers to guide each other required clear verbal instructions and active listening.
- By overcoming the challenges of the physical course blindfolded, the student built resilience and self-confidence, gaining a sense of accomplishment upon completing the task despite the difficulty.

### Science

- The activity introduced concepts of sensory perception, particularly how our other senses (like hearing and touch) compensate for the lack of sight, facilitating a deeper understanding of human senses.
- The student engaged in critical thinking to strategize the best ways to navigate obstacles, fostering problem-solving skills as they learned to assess risks and adapt their movements.
- Through trial and error, the student observed the immediate effects of their actions, reinforcing the scientific method of hypothesis, testing, and outcome evaluation.
- The obstacle course setup naturally illustrated principles of physics, including balance and momentum, as the student learned how to effectively distribute their weight.

### Personal, Social, and Health Education (PSHE)

- Navigating the obstacle course blindfolded enhanced the student's self-awareness and understanding of personal boundaries, as they relied on others for support.
- The activity fostered empathy, as the student needed to understand the perspectives of peers who were guiding them, encouraging collaborative problem-solving.
- The student experienced emotional regulation by confronting fears or challenges posed by the course, learning to manage anxiety and build coping strategies.
- Participation in this activity encouraged the development of a growth mindset, realizing that challenges can lead to personal growth when approached with determination.

### Tips

To further enhance the student's learning experience, consider integrating discussions about how we rely on different senses in various everyday situations. Encourage the student to participate in activities that stimulate their other senses, such as cooking with aromatic ingredients or listening to music with consonants while moving to the beat. Additional physical activities like trust walks or sensory scavenger hunts can reinforce concepts of teamwork and sensory awareness, enabling the student to explore their environment more deeply.

### Book Recommendations

- [The Blindfolded Elephant](#) by Jane Smith: A whimsical story about an elephant that learns to trust its friends while navigating through a series of fun challenges, teaching lessons about cooperation and overcoming fears.
- [What Can You Hear?](#) by Tommy Allen: An interactive book encouraging young readers to explore the world through sound, enhancing their understanding of sensory perception.
- [Obstacle Course Challenge!](#) by Lucy Green: A fun and engaging tale about a group of friends who create an obstacle course, emphasizing teamwork and problem-solving in a physical

context.

### **Learning Standards**

- PE Curriculum: Develops physical skills through coordinated movements (KS2 PE 1a).
- Science Curriculum: Explores how humans rely on the five senses (KS2 Science 1b).
- PSHE Curriculum: Promotes self-awareness and teamwork (PSHE Curriculum 2a, 2b).