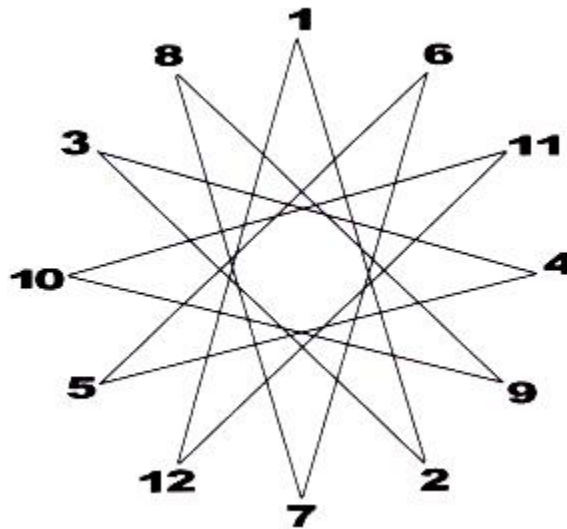# Star Jumps

This activity helps to develop accurate eye movements. The star chart for this activity can be printed from the chart menu at the top of this screen.

Step 1. Star jumps, one eye at a time

Attach the star pattern to a wall so its centre is at your eye level. The star chart looks like this:

The chart is a 12 point star with a number at each point of the star. The numbers have to be looked at in sequence from 1 to 12. The next number is always on an opposite point of the star and a line connects each successive number.

You will also need two small wire loops with a handle. The diameter of the loop should be about 20mm and the handle should be about 75mm long. Each loop can be made out of a single piece of wire - the loops look like this:
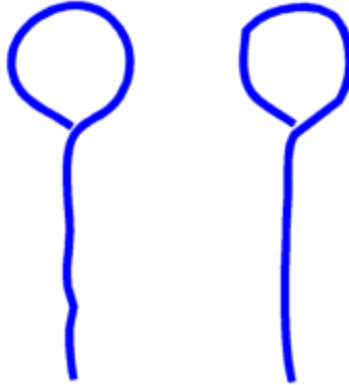
Stand in a balanced posture with feet slightly apart and equal weight on each foot. You should be a little less than arms length from the chart.

Cover your left eye with the palm of your left hand or put a patch on your left eye.

You are now going to look at each number, beginning with number 1 and progressing in order from 1 to 12. As you look at each number do the following:

1. Look at number 1 and say **'look'**
2. Bring the ring up to your right eye so you can sight the number 1 through the middle of the ring and say **'sight'**
3. Move the ring toward the number 1, keeping the 1 visible through the middle of the ring, until the ring touches the chart and rings the number 1. As the it rings the number 1, say **'ring'**
4. Move the ring back to your side and say **'back'**
5. Look at the number 2 and progress through the same sequence saying 'look, sight, ring, back' as you move the wire ring
6. Progress through the chart from 1 to 12

It is important that you do this activity slowly and accurately, so that you can sight each number through the middle of the ring.

Change the cover to the right eye and repeat 'look, sight, ring, back' progressing from 1 to 12 with your left eye sighting the numbers.

When you can do this accurately and each number is always visible through the middle of the ring as you move it towards the chart, turn on the beat, which will be set at 60 per minute and say and do **'look, sight, ring, back'** in time to the beat, progressing from 1 to 12.

Now on the first beat you will say **'look'** as you look at the number, on the second beat you will say **'sight'** as you bring the ring up in front of your eye to

sight the number, on the third beat you will say **'ring'** as the wire ring hits the chart and rings the number and on the fourth beat you will say **'back'** as your arm comes back to your side.

Your goal is to do the 'look, sight, ring, back' sequence, in time to a beat, for each number from 1 to 12, landing the ring accurately on each number.

Step 2. Star jumps, both eyes and both hands

Now you will use a wire loop in each hand and both eyes will sight then ring the number at the same time. The sequence is now:

1. Look at number 1 and say 'l**ook'**
2. Bring a ring up to each eye so you can sight the number 1 through the middle of each ring and say **'sight'**
3. Move the rings toward the number 1, keeping the 1 visible through the middle of each ring, until each ring touches the chart and rings the number 1. Each ring should touch the chart **at the same time**. As they ring the number 1, say **'ring'**
4. Move the rings back to your side and say **'back'**
5. Look at the number 2 and progress through the same sequence saying 'look, sight, ring, back' as you move the wire rings
6. Progress through the chart from 1 to 12

To begin, take your time and do this activity accurately. Remember that each ring must touch the target at the same time.

When you feel confident that you can do this activity easily and the 2 rings touch the number accurately and at the same time, turn on the beat and repeat the 'look, sight, ring, back' sequence in time to the beat.

Your goal is to do the 'look, sight, ring, back' sequence, in time to a beat, for each number from 1 to 12, landing each ring accurately on each number at the same time.