

Racetrack

This activity helps you to keep looking in one place while you use your side vision to guide your hand.

Notes for helpers:

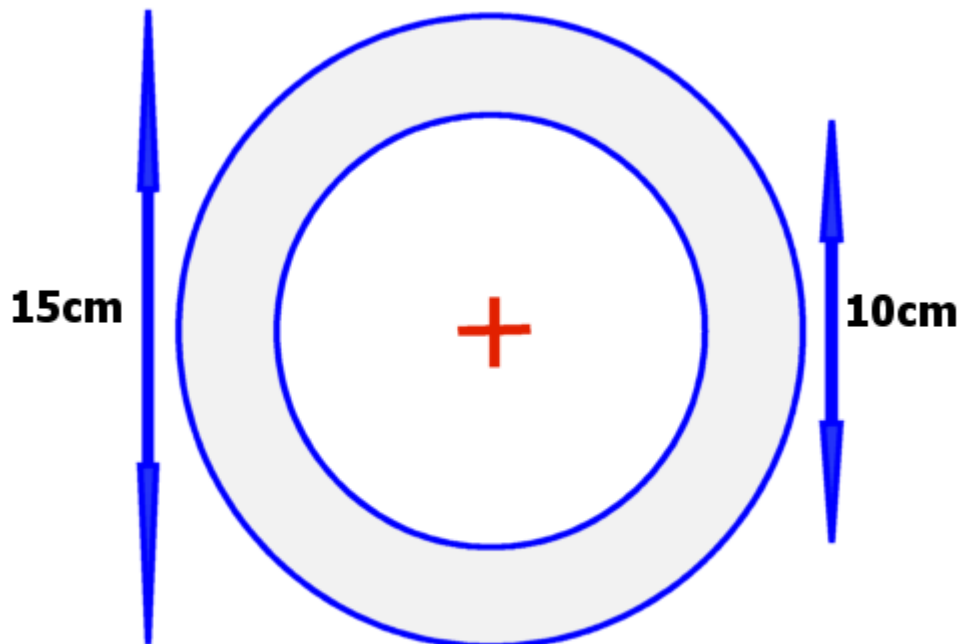
This activity is always done one eye at a time, so it is always done with a cover over one eye.

You will need a chalkboard and chalk, or large piece of paper and pencil, or a whiteboard and marker for this activity.

Step 1. Racing track

Cover your left eye with the palm of your left hand, or cover your left eye with a patch.

Your helper draws two circles, one inside the other at your eye level, on a whiteboard, chalkboard or piece of paper attached to a wall. The larger circle should be about 15cm in diameter and the smaller circle about 10cm in diameter. A cross is placed in the centre of the circles.



Stand about 40cm in front of the circles. Pick up the pencil, chalk or marker in your right hand. Hold the pencil in a grip the same as is used when you grip a

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bicycle handlebar, so the fingers are over the top of the pencil and thumb underneath.

While you keep looking at the cross, draw round the 'racing track' so you stay between the lines. Draw round the track 5 times.

Your main aim here is **not to go fast**, but rather to be **accurate staying inside the track** at all times.

Now change the patch to the other eye and try again.

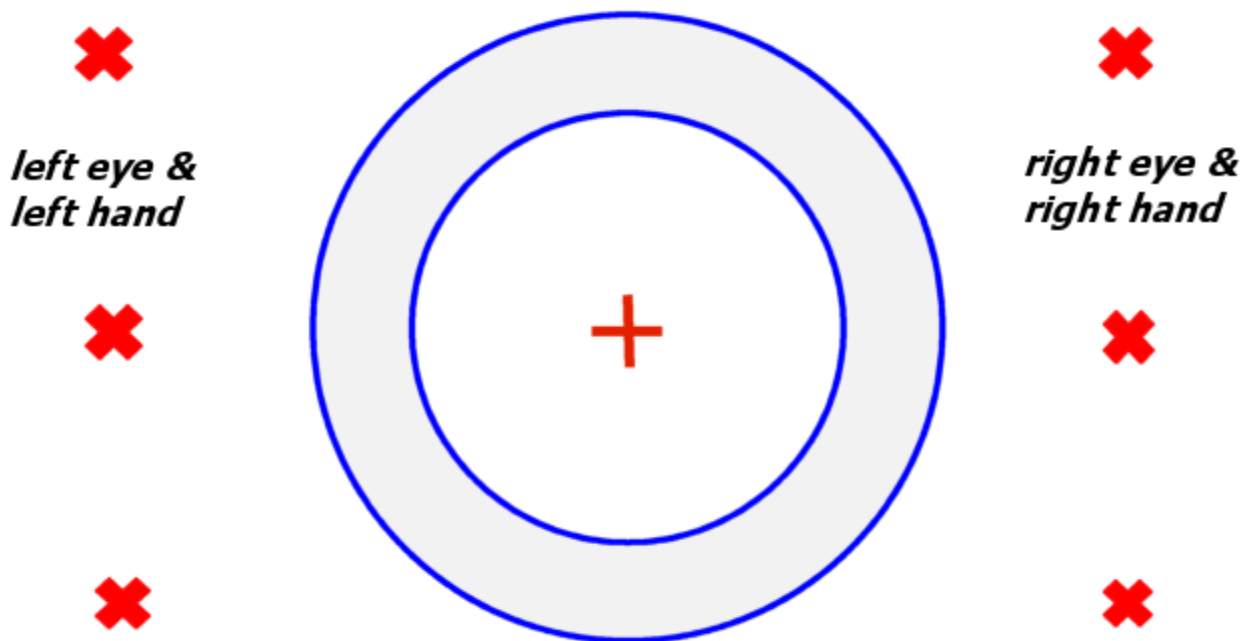
Notes for helpers:

Make sure you watch how they do this task, as it is very difficult to keep looking at the centre cross and not look at the hand. Stand on the same side as the uncovered eye and watch their eye. At first you will see the eye look at the hand several times as each circle is drawn. When you see this, tell them to look at the cross. With practice they will be able to keep looking at the cross most of the time, and eventually, all the time as the track is traced.

Your goal is to go round the race track, staying inside the circles, while always looking at the cross in the middle of the circles.

Step 2. Racing track - look further away

When you can do step 1 above try looking at points that are further away from the circles as shown below.



Begin by covering your left eye, look at the top cross on the right (with your right eye) and use your right hand to trace round the racing track. Make five trips around the track without stopping.

Next look at the middle cross on the right and do five more trips with the right hand. Then look at the bottom cross on the right and trace five more.

Put the patch on your right eye, look at the top cross on the left and trace 5 times with your left hand. Then look at the middle cross on the left and trace 5 more. Finally look at the bottom cross on the left and trace 5 more.

All of these can also be repeated, but while looking at crosses opposite to the side of the hand that is drawing. So, with the patch still on the right eye, look at the top cross on the right and make 5 trips around the track. Repeat looking at the middle right cross and finally the lower right cross. Then swap the patch to the left eye and, look at the top cross on the left and repeat, then look at the middle cross on the left and finally the lower cross on the left doing 5 trips each time.

Your goal is to go round the race track, staying inside the circles, while always looking at any of the crosses.