



project.org

STUDENT HANDOUT

GREEN LEVEL
MORE SUPPORT

Vision Training for Athletes

Grades 5-8 · PE

ADMIT ONE

NAME

DATE

CLASS

Your eyes are part of your game! Did you know professional athletes train their eyes just like they train their muscles? Today you'll try drills that improve three visual skills used in sports.

PART 1

O1

Three visual skills

O1

Depth perception
Using both eyes to judge how far away things are

Used in: Catching, hitting, shooting

O2

Peripheral vision
Seeing things "out of the corner of your eye"

Used in: Soccer, basketball, hockey

O3

Reaction time
How fast your brain responds to what you see

Used in: Goalkeeping, batting, tennis

PART 2

O2

My drill results

Station 1: Depth perception

Catches with BOTH eyes: _____ out of 5 Catches with ONE eye: _____ out of 5

Was it harder with one eye? Yes / No

Station 2: Peripheral vision

Could you see the ball without moving your eyes? Yes / No

Which side was easier (left or right)? _____

Station 3: Reaction time

Correct responses: _____ out of 10

Which color/action was hardest? _____

03

PART 3

What did you learn?

Circle the best answer:

1. Which skill helps you catch a ball?

Depth Perception / Peripheral Vision / Reaction Time

2. Which skill helps a soccer player see teammates without looking?

Depth Perception / Peripheral Vision / Reaction Time

3. Which skill helps a goalie block a fast shot?

Depth Perception / Peripheral Vision / Reaction Time

04

PART 4

My reflection

Which visual skill do you think is YOUR strongest?

Which skill would you like to improve?

Name a sport where this skill would help you:

MINI MUSEUM CONNECTION

The stereoscope in the Mini Museum shows how your two eyes create depth perception. Each eye sees a slightly different picture, and your brain combines them to judge distance. That's why catching is so hard with one eye covered!

Visit: minimuseumproject.org/exhibitions/seeing-is-deceiving

SHARE WITH YOUR FAMILY

Try the one-eye catching challenge with your family. Who does best with one eye covered? Some people adapt faster than others!