

Formation / Training

Toutes Nos Visions® – The New Visions®

Examples of Exercises and Progressions in Different Contexts

Each skill is developed in **3 contexts**:

1. 🏃 Sport
2. 🎭 Dance / Music
3. 🎓 Academic Learning

Below you will find **a structured and progressive 4-week plan** for the four visual skills:

- Visual Analysis
- Visual Memory
- Mental Imagery
- Spatial Reasoning

Progression Summary

Week 1:

- Simple detection / basic understanding

Week 2:

- Organization and simple memorization

Week 3:

- Sequences and anticipation

Week 4:

- Complex analysis + autonomy + strategy

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1. VISUAL ANALYSIS

Sport

Week 1 : Spot an object among others (ball/cones, markers)

Week 2 : Identify a trajectory ((Where is the ball going?)

Week 3 : Quickly choose the correct target

Week 4 : Read a game situation (Who is free / marked?)

Dance / Music

W1 : Identify simple body positions

W2 : Recognize rhythm changes (gestures)

W3 : Follow a movement sequence

W4 : Analyze a short choreography

Academic

W1 : Find the differences between two images

W2 : Identify the odd one out

W3 : Read a simple diagram

W4 : Analyze a chart

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2. VISUAL MEMORY

Sport

W1 : Remember placement of 3 objects

W2 : Memorize a simple course

W3 : Recall an observed action

W4 : Reproduce a play sequence

Dance / Music

W1 : Remember 2 movements

W2 : Reproduce a short sequence

W3 : Memorize choreography

W4 : Perform a full sequence

Academic

W1 : Remember 3 pictures

W2 : Copy a briefly seen figure

W3 : Memorize words/letters

W4 : Reproduce a complex diagram

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3. MENTAL IMAGERY

Sport

W1 : Imagine a sports object

W2 : Visualize a throw

W3 : Imagine a course

W4 : Represent a match situation

Dance / Music

W1 : Imagine a posture

W2 : Visualize simple movement

W3 : Imagine a very little choreography

W4 : Mentally rehearse sequence

Academic

W1 : Imagine a simple shape

W2 : Visualize a letter or a word

W3 : Imagine a notebook page

W4 : Reconstruct a diagram

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4. SPATIAL REASONING

Sport

W1 : Orient yourself in a simple space

W2 : Follow a guided course

W3 : Anticipate opponents' movements

W4 : Positioning strategy

Dance / Music

W1 : Understand Right / Left/ Up / Down

W2 : Move through space

W3 : Organize formation (group)

W4 : Create a choreography across the different levels of the space

Academic

W1 : Simple puzzles

W2 : Mazes

W3 : Rotation of simple objects

W4 : Reading plans / complex figures