



PE: Sensory Circuit

Sensory Circuit is a short and snappy motor skills programme that helps to set children up for the school day. It enables children to reach the level of alertness needed to concentrate during lessons.

Music

It is useful to play music during the circuit. Choose music that is fast during the alerting section but at the end slow during the calming section with the lights off.

1) Alerting

The aim is to prepare the brain for learning through proprioceptive stimulation.

30 seconds on each station. Move around twice.

- Bounce on trampet
- Roll on gym ball (on floor or against wall)
- Bounce on gym ball
- Ball slam
- Balance on balance board
- Lift heavy weights
- Weighted vest jog
- Space hopper
- Ropes
- Skipping
- Spinning a hoop
- Walking on cans
- Prowler push



2) Organising

This section includes activities that require motor sensory processing, balance and timing. The child needs to organise their body, plan their approach and do more than one thing at a time in a sequential order. These skills may increase a child's focus, attention span and performance within the classroom.

Obstacle course

Balance board, put bean bags around it. Child picks up bean bags one by one or in certain order. Throw and catch.

Walk along a bench (could be upturned)

Pass bean bag around body, legs, back etc

Bend a rope into different shapes and walk along it

Infinity walk. Walk round two chairs in a figure of 8. Repeat with eyes shut.

Animal walks

Egg and spoon

Log rolling

Hula hoop

Throwing bean bags into a target



3) Calming

The calming activities are very important as they provide input to ensure that children leave the circuit and return to the classroom calm, centred and ready for the day ahead.

Steamroller squash – children lie down on mat and roll foam roller on their legs, arms, and back (not head)

Lying under weighted blankets

Rolling balls on back

Massaging

Hot-dogs – rolling child up tightly in a blanket

