

Alerting Activity Ideas – Sensory Circuits

1)

The aim of activities in the Alerting section is to allow the fluid in the ears to move about through jumping and head movement.

Skipping

Equipment

individual skipping ropes, or one large rope anchored to wall-bars or the equivalent and rotated by an adult.

Grading

- BEGINNER** — increase turns of the rope
- INTERMEDIATE** — increase speed and duration without stopping
- ADVANCED** — cross arms over, join/leave a large rope turned by others



Comments

Ensure that each child has enough space surrounding them in which to safely turn their rope. Provide a variety of rope lengths appropriate for the height of the children taking part. Weighted skipping ropes can be used to add resistance.

2)

Trampette Bounce

Jumping up and down in the centre of a trampette

Equipment

trampette



Grading

- BEGINNER** — increase the number of jumps before stopping and jumping higher
- INTERMEDIATE** — jumping around in a circle, jogging on the trampette
- ADVANCED** — reciting times tables or catching a ball while jumping, copying actions of teaching assistant / circuit helper, e.g. elbow to knee while jumping

Comments

The size of the trampette and its cost will denote the bounciness and resistance received while jumping. To eliminate the risk of banging chins, do not use trampettes with handles. The child should step, not jump, on and off the trampette. Every week check the springs and the legs of the trampette to ensure there is no damage, no unusual movement and so on.

3)

Crash Landing

Jumping from a trampette and landing on a crash mat

Equipment

trampette, crash mat



Grading

BEGINNER increase number of jumps in the set time

INTERMEDIATE jump higher, star jump, then land

ADVANCED clap 2-4 times before landing, reciting their name before landing

Comments

Ensure that there is plenty of space around this activity station. Discuss with the children safe ways to land on the crash mat – i.e. knees bent on landing. See comments on trampette safety in the Trampette Bounce activity (see p. 32).

4)

Space Race

Jumping around a course of cones on a space hopper

Equipment

space hopper, cones

Grading

BEGINNER stay seated on the hopper for as long as possible

INTERMEDIATE increase the length of the course, increase the speed

ADVANCED set a time limit for completing the course, alter the shape of the course to include more changes in direction

Comments

You may need space hoppers of varying sizes. It is important that a child's hips and knees are at 90° when sitting on the space hopper.



5)

Bouncing Sphere

Bouncing seated on an exercise/fit ball

Equipment

large inflated exercise/fit ball, small hoop

Grading

BEGINNER

sit on the ball and balance unaided, feet firmly on the floor

INTERMEDIATE

bounce all the way round the ball and back again without stopping, bounce higher and for longer without stopping

ADVANCED

bounce while throwing and catching, bounce while copying actions

Comments

Position the ball in a small hoop to ensure that it stays within that space. Frequently (at least every week) check the inflation levels of your exercise/fit balls. The balls should be inflated so they are firm and offer minimal depression / change in shape when sat on. When sitting on a ball, the child's hips and knees should be at 90°. If there is any doubt about size, try using a larger ball that is slightly underinflated.



6)

Morning Run

Jogging on the spot

Equipment

cones (for advanced grade)



Grading

BEGINNER

jog without stopping for the allotted time

INTERMEDIATE

increase speed, jog then sprint for 10 seconds and repeat, jog for 30 seconds and then jump

ADVANCED

jog around a course of cones

7)

Jump Jack Jump

Jump from crouched position with arms and legs out to the sides, then return to crouched position

Equipment

none required

Grading

BEGINNER

achieve a symmetrical Jumping Jack

INTERMEDIATE

combine jogging and Jumping Jacks, look at a flash card and carry out the suggested number of Jumping Jacks

ADVANCED

jump with two feet together, Jumping Jacks round in a circle on the spot



Comments

Model this activity for the children. This is a bilateral activity that some children will find very challenging. They will need time and practice to perfect a Jumping Jack.

8)

Hopscotch

Equipment

create a course using tape on a hall floor (or you can purchase manufactured Hopscotch course puzzle pieces)

Grading

BEGINNER learn to hop and then jump

INTERMEDIATE extend the length of the course

ADVANCED change the size of the squares so they have to jump and hop further

Comments

Initially model the activity for the children, breaking it down into segments when first introduced. A hopscotch course in the playground provides additional practice and an enjoyable, active playtime activity.



9)

Hoop-la

Self-spinning in a hoop – stand in a hoop and rotate at a medium pace in both directions

Equipment

large hoop, blindfold

Grading

BEGINNER with eyes open rotate 4–5 times at a medium pace within the hoop

INTERMEDIATE 4–5 rotations with eyes closed or blindfolded

ADVANCED 5–8 (or more) rotations with eyes closed or blindfolded

Comments

Ensure that there is plenty of space surrounding the hoop as a child may step beyond the edge of the hoop while completing this activity. For small children you can purchase Sit-n-spin toys from Ikea and toy manufacturers.



10)

French Skipping

One child jumps while two other children stand each end of the elasticised rope; the band is stretched around their legs at ankle height

Equipment

elasticised rope for French skipping

Grading

BEGINNER complete just one jump into the middle of the rope area and one back out

INTERMEDIATE jump so that both feet are within the band and then back out, up to 5 times in a row

ADVANCED increase the number of basic jumps, move the position of the elastic on the holders' legs from the ankle slightly higher up the calf to increase height of jump



11)

One Giant Step

Jumping from a high place to a lower place, e.g. from a gymnastic horse onto a crash mat

Equipment

horse or other piece of equipment that is above the ground, such as a bench, crash mat

Grading

BEGINNER assist as required

INTERMEDIATE increase the height from which the child is jumping

ADVANCED extend the distance of the jump or try different types of jump, e.g. a star jump



12)

Step-ups

Stepping up and down on a solid bench or step-aerobics platform

Equipment

solid school bench of suitable height for the children taking part,
or a step-aerobics platform

Grading

BEGINNER — assist as required, alternate lead leg

INTERMEDIATE — increase the speed of the step-ups

ADVANCED — include arm movements as they step up and down

Comments -----

Ideas for arm movements and variations in step-up styles and rhythms can be gathered from any step-aerobics DVD.

