<u>Alerting Activity Ideas – Sensory Circuits</u>

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.



Equipment

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

Grading

INTERMEDIATE 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

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)

4)

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).

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,

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.



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



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.





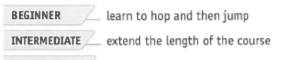


Hopscotch

Equipment

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

Grading



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

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 4-5 rotations with eyes closed or blindfolded 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 | |

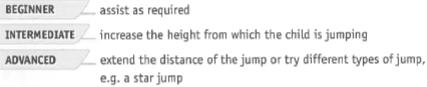
One Giant Step 11)

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









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 | 2 | assist as required, alternate lead leg |
|--------------|---|--|
| INTERMEDIATE | Z | increase the speed of the step-ups |
| ADVANCED | 1 | include arm movements as they step up and down |

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





