Organising Activity Ideas – Sensory Circuits

1)

The aim of activities in the Organising section is to provide challenges involving multi-sensory processing; for example, balancing and moving, throwing and balancing.

Logroll

Roll along a line of gym mats, then commando crawl (on forearms as if under a net) back to the start point

Equipment

gym mats

Grading

BEGINNER	keeping body straight and feet together, roll in a straight line along the mat
INTERMEDIATE	extend arms above the head while rolling
ADVANCED	extend distance of roll

Comments

You could also time each individual using a stopwatch; if a child cannot logroll, then they can crawl along the mats on hands and knees or crab-walk.

2)

Balance Obstacle Course

This could be made up of school benches (some upright, some upturned), stepping stones, following a line of tape on the floor and so on

Equipment

benches, tape, stepping stones, chairs and beanbags (for advanced grade)

Grading

BEGINNER	keep it simple, e.g. crawling under a chair and walking along a bench
INTERMEDIATE	add extra components to a set sequence, e.g. walk along a bench, then turn around and walk back
ADVANCED	add extra components to a set sequence, e.g. walk along a bench, then bend down and pick up a beanbag to throw into a target or place on their head, and walk back along the bench

3)

Rolling Ball

With tummy down on the exercise/fit ball, walk hands out as far as possible without falling off, then back again to the start position

Equipment

exercise/fit ball (possibly a gym mat)

Grading

BEGINNER	adult to support child while they are on the ball
INTERMEDIATE	child now moving independently with increased repetitions and controlled actions
ADVANCED	collect a beanbag and throw it at a target during the middle stage of the activity – when they are fully extended on the fit ball

Comments

The activities need to be done with control, slowly and consistently.

4)

Hand-over-hand Pull

Children pull themselves along the floor lying prone (face down) using a long piece of rope attached to wall-bars

Equipment

rope (skipping ropes are suitable), wall-bars, scooter board (intermediate grade)

Grading

BEGINNER	adult to assist child with hand-over-hand action
INTERMEDIATE	increase the length of the rope, use a scooter board to lie on, or time the action against the clock
ADVANCED	increase the number of times the children need to achieve a full rope pull within a set time limit

Comments

Elasticised rope such as bungee rope can be used to add resistance; the children will need to work harder against its elasticity.

5)

Simon Says Sequences

The adult puts together a series of actions (e.g. hopping 6 times on one leg, clapping 5 times and then jumping 3 times) for the children to copy

Equipment

none required

Grading

BEGINNER	keep it simple with just one action to copy at a time and no spoken instruction
INTERMEDIATE	increase the length of the sequence; involve 2 hands, e.g. 1 hand on the head and the other on the knee
ADVANCED	use a combination of sequences that involve actions and spoken instructions

6)

Gymnastic Ribbon Exercises

Engage children in copying exercises as demonstrated by an adult

Equipment

gymnastic ribbons

Grading

BEGINNER	work on imitation – can the child copy what you do instantly?
INTERMEDIATE	increase the size and complexity of the movements to be copied, change body position to add variety and to challenge their balance and co-ordination further
ADVANCED	use a ribbon in both hands and extend the sequence of moves to remember/copy

7)

Wobble

Balancing on a wobble board

Equipment

wobble board, beanbags, ball

Grading

BEGINNER	adult to assist the child to balance successfully on the wobble board
INTERMEDIATE	balance on the board independently and throw and catch a beanbag or ball
ADVANCED	pick beanbags up off the floor around the wobble board and then throw them at a target, recite times tables or the alphabet while trying to keep balance

Comments --

You can purchase wobble boards from a number of manufacturers; a variety of types is available.