

Useful resources

Isometric Exercises

Heavy Work Activities in School

Sensory Circuits: A Sensory Motor Skills Programme for Children by Jane Horwood (available on Amazon)

Useful Equipment:

- 2 chairs
- Bean bag
- Marked line
- Rope
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For information on running a Sensory Motor Circuit for a group of pupils see

Sensory Motor circuits: Paston Pack

Sensory Circuits by Jane Horwood (as above)

The 1-1 Sensory Circuit ACTIVITY SHEET

These activities have been put together to create a short sensory circuit which can be used at any time of the day.

Choose one activity from each area spending 45 to 90 seconds on each. The activities must be carried out in the order they are written e.g. first alerting, then organization and finish with calming.

These activities are designed to improve brain processing efficiency.

The series of activities develop perceptual motor abilities that are known to have a significant influence on the development of many school related learning abilities.



1-1 Sensory Motor Circuits for the Classroom



Activity Sheet

Name:

1

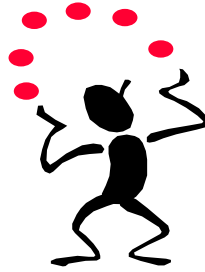


Alerting Activities

Activities that make the head change direction rapidly

Choose 1 activity for 45-90 seconds

- Jumping
- Hopping (can alternate leg)
- Spotty dog march
- March touching opposite hand/elbow with knee
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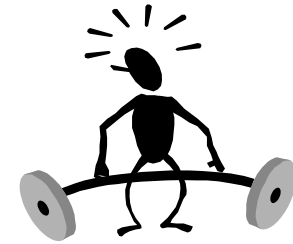


2

Organising Activities

Choose 1 activity for 45-90 seconds

- Balance activities
- Walking along a line/rope (add throwing and catching bean bag as you walk)
- Jump round a rope/line in a pattern
- Funny walks
- Pass bean bag round leg, behind back
- Walk round and/or in and out of 2 chairs.



3

Calming

Deep pressure, proprioceptive input, heavy work

Choose 1 activity for 45-90 seconds

- Press- ups
- Isometrics
- Pushing the wall down
- Being squashed
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