

Sensory Circuits

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What is a Sensory Circuit?

- ▶ A Sensory Circuit aims to facilitate sensory processing to help children regulate and organise their senses to reach an optimum level of alertness required for learning. The session should be active, physical and fun
- ▶ Sensory Circuits are used to support pupils who struggle to maintain focus and self-regulate their behaviour
- ▶ It is important to have calming elements through the session especially at the end when returning back to class
- ▶ Sessions usually last between 20 and 30 minutes

Balance Boards



- ▶ Set up the area as shown with some balance boards
- ▶ Each balance board had a different texture therefore providing the child with a different feeling throughout their body and requires different levels of balancing depending on the balance board
- ▶ Focus- balancing, explaining feelings, multi tasking
- ▶ Challenges-
 - ▶ 1) Get the children to move around the room and try out each balance board. When moving between boards the children must pick a new way to travel
 - ▶ 2) The children must follow the lines and explain how the balance board feels when they are balancing on it, they cannot come off the board until they have described the feel of the board. Then rank the boards from most favourite to least favourite
 - ▶ 3) With a bean bag on their head they must stay on the lines and balance for 5 seconds on each board
 - ▶ 4) The children must stand on their favourite board and balance for as long as possible on it, then change where the bean bag is on the body and balance pose. Then finish with them having to repeat this on their least favourite board and see if they can beat their time

Moving Balance Course

- ▶ Focus- balancing on the move, calming their selves (before throwing)
- ▶ Challenges-
 - ▶ 1) The children must complete the balance course and then throw the ball into the goal
 - ▶ 2) Get the children to swap courses and repeat this until everyone has tried each course
 - ▶ 3) The children pick a lane and must complete their course in the fastest time. Swap courses after each race
 - ▶ 4) The children must now slow themselves down and only successfully complete the course if they don't touch the floor and get the ball into the goal on their first attempt. Remind the children to calm themselves before throwing to increase accuracy of their throws. Try each course



Pirate Game

- ▶ Focus- co-ordination, balance, forward planning
- ▶ Challenges-
 - 1) The children must move around the area using the equipment to avoid touching the floor
 - 2) The children start in a hoop and then must use the equipment to move around and collect a bean bag and take it back to their hoop. They continue until all bean bags are collected
 - 3) The children put the bean bags back out in any place around the equipment and then repeat the previous challenge as a race, whoever has the most bean bags wins
 - 4) Repeat previous challenge with the children in a different starting hoop. Remind them to forward plan which bean bags they are targeting first, second, etc

