

Sensory Circuit Equipment and How Equipment Can Be Used

For providing sensory circuits or motor skills groups, many schools already have equipment available to support this. Much will be available in the PE cupboard. Please ensure that you support pupils to do the activity throughout and that they use the equipment sensibly to avoid injury.

More specialist equipment

Scooter board

- child prone on front pulling with hands
- pushing with hands to move backwards
- on knees pushing with hands
- on back pushing away with feet from wall
- prone pulling on skipping rope and pushing back.

If you don't have that, why not use a skateboard?

Gym / yoga balls

- prone over gym ball weight bearing through upper limbs
- sitting on gym ball and bouncing
- sitting on gym ball walking into bridge
- pelvic circles
- bouncing ball with 2 hands
- lifting above your head
- rolling over on tummy and weight bearing through upper limbs.
- This can also be used to roll over the child's body to provide calming input and increase body awareness

If you don't have that, why not use a space hopper?

Resistance bands

- Stretching band in different directions
- wrapping band round table leg and use for rowing
- stretching back

If you don't have that, why not make your own with stretchy lycra?

Balance boards

to challenge balance reactions

- balance on two feet and stand
- standing and balancing whilst catching a ball
- balance and then beanbag reach and throw
- balance and do hand clapping sequences with a partner
- try to balance on one foot.

If you don't have one, cheap versions can be found in pound shops or online.

Equipment you may already have

Skipping rope

- Skipping
- laying it down and jumping side to side
- stepping side to side and back
- skipping and hopping one foot to the other
- walking along it.
- Using climbing rope to do big paired team jumping (social aspects – do across board)

Floor / yoga mats

- Soft foundation for some floor based activities such as planks etc
- Curling into a ball
- Four point kneeling and raising right arm and left leg then swapping
- Roll up with young person inside and apply appropriate deep pressure
- prone lying
- Identification of space – visual impairment
- Also roll up and use to roll ball backwards and forwards.
- Log roll along a mat

Balls

- Throw and catch
- Bounce
- Roll
- Scoop with fishing nets
- Visual discrimination (find a ball like this one)

Benches

- for balance tasks – walking forward and backward
- pulling along with arms on tummy
- correct sitting – 90 90 90
- jumping back and forth
- putting bench on side and then rolling things against and catching
- 2 benches –make own bowling alley with skittles bottles with sand in bottom

Hula hoop

- to jump in and out of
- hula hooping
- push and pull (in pairs gently)

- challenge to spin it backwards and get it to return again
- sensory-hang things off it (lift right up over head).

- **Buckets**

- Hand to hand
- Carrying one and then two
- Passing it round a circle
- Putting in and out
- Carrying water from one to the other or sand
- Get different sizes seaside buckets is it fair? Maths?
- Someone in wheelchair can have on wheelchair chair (inclusive)

No equipment

- animal walks
- marching
- clapping
- hopping
- jogging
- scissor jumps
- Floor planks

- Push ups against a wall, in four point kneeling or full push up
- Crawling through tunnels or over mats
- Star jumps
- Jumping with two feet moving onto hopping

You can also use :

- Plastic wheelbarrows or shopping trolleys with heavier and heavier loads
- Rucksacks with different weights put in (do a circuit and could ask which is the heaviest rucksack?)
- Rhythmic ribbons made from a stick and ribbon (long)