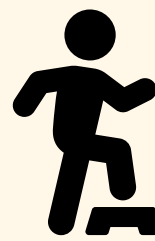
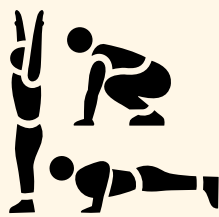
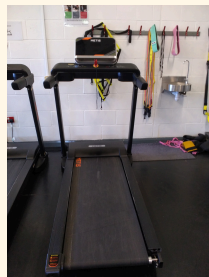


IDEAS FOR SENSORY CIRCUITS IN SECONDARY SCHOOLS

A Sensory Circuit is a short motor circuit that can help to energise or calm your central nervous system and help you prepare for the day ahead. The circuit needs to be performed in a specific order below. Choose a minimum of 2 pieces of equipment to use in each section for 2 to 3 minutes on each piece.

Alerting:

This Equipment gets our head moving and helps us feel more awake



Get your heart pumping and your head moving

Running machine, cross trainer, ski machine, bouncing on gym ball, burpees, skipping, step ups jumping

ORGANISING :

These exercises should provide a motor challenge and get us to think a little about where our body is.



Throwing and catching, throwing into a target, balancing on a wobble board or beam, rowing machine, exercise bike, punch bag, battle ropes

Stay hydrated

CALMING :

These exercises should provide your muscles with pressure or flexion and ocntraction



Do some deep breathing

Kettle bells, weights, pilates plank, ball squahsing, yoga stretching.