

Date:

Insert Subject	Easter Egg Sensory Session and Circuit
Insert NCL/KSL	

Activity	Step by Step	Resources	Cross- curricular Links	Sensory Input	✓		
					A c h i e v e d	R e v i s i t	R e d o
Alerting (4 mins)	1- Star jumps or side steps on the spot (1 min) 2- Wall pushes using hands (1 min) 3- Shuttle runs (2 min)			✓ Proprioception ✓ Vestibular			
Organising (approx. 12 min)  Bunny hops- 3 mins (approx.)	Create a track or lane for the pupils to follow. Ask pupils to bunny hop along the track	Track (can be made with chalk, masking tape or an existing track)	⇒ Maths ⇒ PE ⇒ PSHE	⇒ Proprioception ⇒ Vestibular			
Organising (approx. 12 min)  Collect the Eggs- 3 mins (approx.)	Either in a hopscotch square, or alternatively a grid on the floor (Grid references), this can be done with masking tape on the floor or chalk if there is not already a painted one. Give each pupil either a number for the hopscotch or a grid reference, and	Bean bags A carrier (bag or sledge)	⇒ Maths ⇒ PE ⇒ PSHE	⇒ Proprioception ⇒ Vestibular			

	<p>ask them to collect the right egg only. (This part may need to be manned!) Once they have collected the correct beanbag they are to collect it and put it in the carrier (this can be a sledge or a bag on the end of a rope). You may chose to place the carrier away from the grid so pupils have an additional run between the two. With this whole activity, speed and accuracy is key!</p> <ul style="list-style-type: none"> <li>o</li> </ul>						
<p>Organising (approx. 12 min)</p> <p>Move the eggs- 3 mins (approx.)</p>	<ul style="list-style-type: none"> <li>o Ask pupils to pull along the carrier along the track. They need to try and do it as quick as possible but not lose any eggs! The idea of this is to make the carrier quite weighted so you may need to add more beanbags than they collected before you start</li> <li>o</li> </ul>	<p>The carrier Rope Track Beanbags</p>	<p>⇒ Maths ⇒ PE ⇒ PSHE ⇒</p>	<p>⇒ Proprioception ⇒ Vestibular ⇒</p>			
<p>Organising (approx. 12 min)</p> <p>Carrying the Easter Egg-- 3 mins (approx.)</p>	<ul style="list-style-type: none"> <li>o Using a racket and one bean bag as the pupils to transport the precious Easter Eggs to the end.</li> <li>o Again this can be done as a relay or following the same track.</li> <li>o At the end of the track, have a hula-hoop or target, ask pupils to try and throw their egg (beanbag) into the target at the end. Speed, balance and co-ordination is needed for this!</li> <li>o</li> </ul>	<p>Beanbags Hula hoop/target Track</p>	<p>⇒ Maths ⇒ PE ⇒ PSHE</p>	<p>⇒ Proprioception ⇒ Vestibular</p>			
<p>Calming- (4 min)</p>	<p>Turn the lights down or go into a dark space/den. Ask pupils to curl up like a bunny-</p>	<p>Materials to make a cave</p>	<p>⇒ PE</p>	<p>⇒ Proprioception ⇒ Vestibular</p>			

Bunnies cave	you may chose to use weighted blankets, body socks or wrap in a blanket. Ask pupils to get two eggs (beanbags) and squeeze them in each hand. You may chose to read a Easter story book as pupils relax, or play relaxing spring themed music (5min)	Book (optional) Beanbags Weighted/ heavy items				
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