



**60 Sensory
Minutes**

Section 1

GROSS MOTOR SKILLS

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**60 Sensory
Minutes**

SENSORY MINUTE 1

Balloon Floating

In this activity the facilitator will need two or three balloons that should be inflated before the session. The object of the game is to keep the balloons in the air at all times, but each student in

the group must remain in their space in front of their chair. The chairs are arranged in a circle with the children standing in front of their chairs. The teacher begins by throwing the

balloons up into the air. The children can reach in, out or to the side in order to prevent the balloon from touching the floor but they are not allowed to leave the space on which they are standing or sitting.



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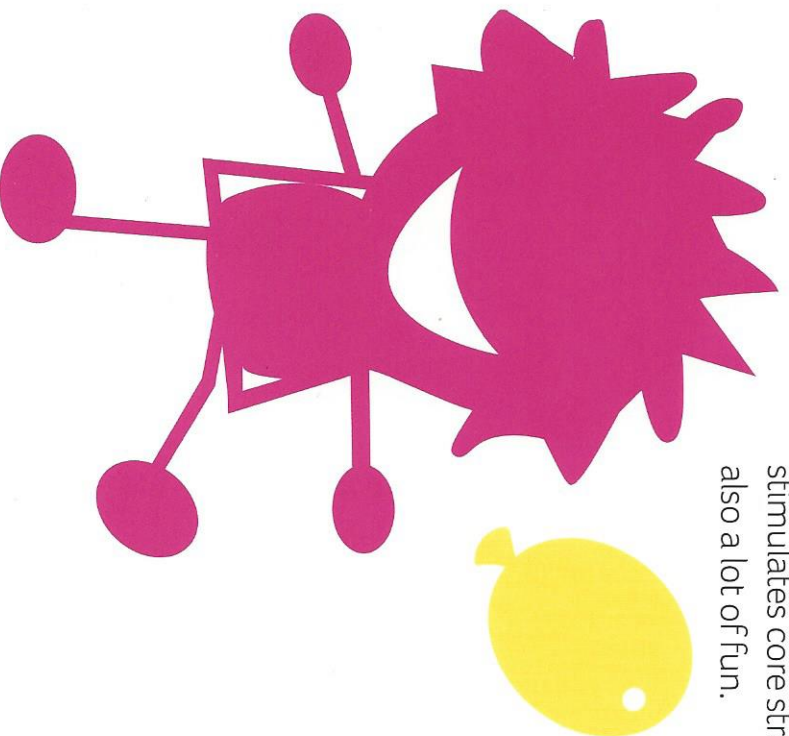
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Balloon football

In this activity the students play a game of balloon football where they use their knees and their head to keep the balloon afloat. This is geared towards the older children as clearly requires a greater level of motor control. This

stimulates core strength and is also a lot of fun.



Trampoline Toys

This develops motor planning and vestibular-visual integration as the students have to use their eyes to scan while their feet are off the ground. They take turns to bounce on a mini trampoline on which a range of soft toys have been placed. The idea is to bounce so that the toys are 'bounced off' – this can be made into a fun competition to see who can bounce the toys off the trampoline in the fastest time.



Beanbag bucket game

The facilitator needs to collect six bean bags, a bucket and a chair for this activity. Children are asked to throw the bean bags into the bucket as they stand in front of the chair. This can be made harder as they progress with the bucket being moved further away or being moved around by the facilitator so that they have to throw it into a moving object.



Turning Turtle

The facilitator creates an obstacle course of items such as chairs, a sofa, book case, cushions etc. The children then get on to all fours and have a pillow case filled with bean bags on their back (the number of beanbags will depend on the individual child's strength). The idea is to crawl around the obstacle course without dropping the turtle 'shell'.



Skipping time

The facilitator will need individual skipping ropes or one large rope that can be attached to the wall bars in the gym and then rotated by an adult. There needs to be adequate space for each child to skip safely and the ropes will need to be different lengths to allow for the different heights of the students. The skipping ropes can also be weighted to add resistance. When

confident, encourage the children to increase the speed and duration and also cross arms over.



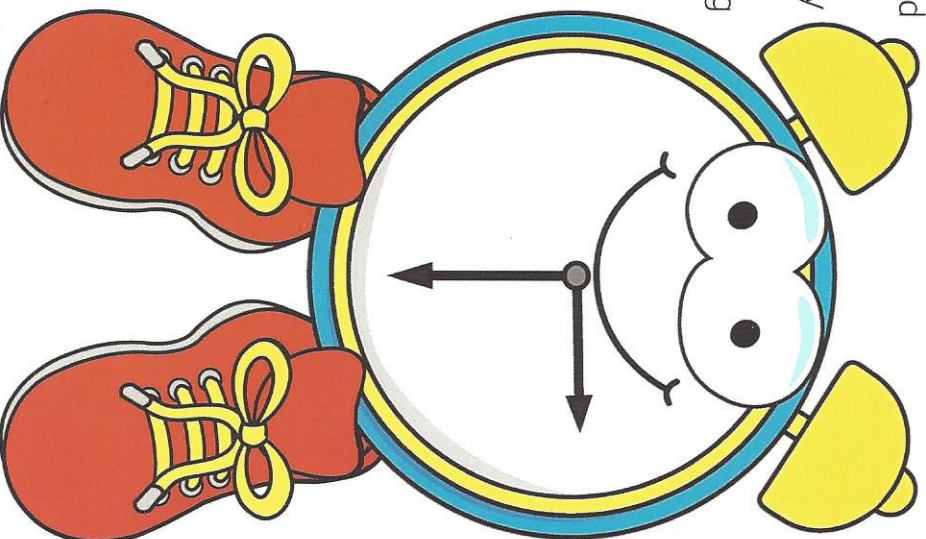
Space hopper

Here the children jump around a course of cones while sitting on a space hopper. This is great fun and can be extended further by increasing the length of the course. The facilitator can also make the course more difficult by changing directions more frequently.



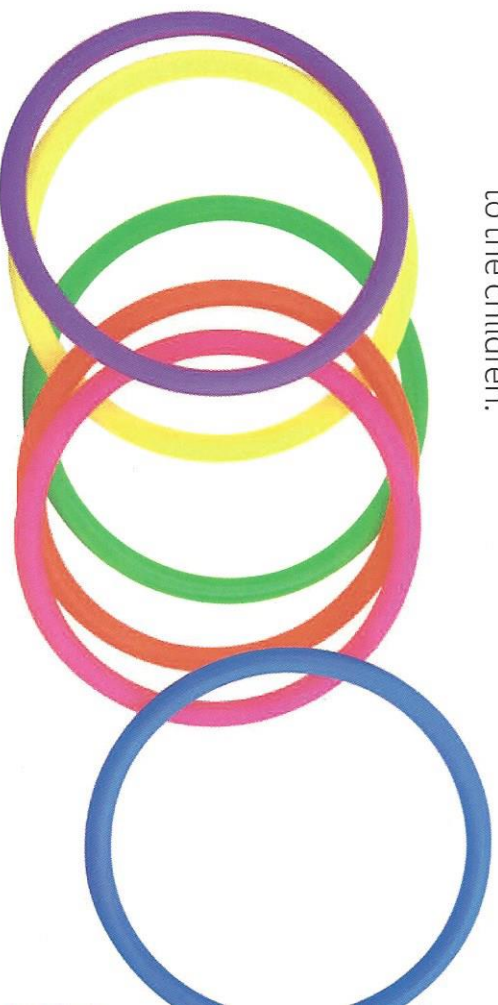
Jogging time

This is a simple jogging on the spot activity – one for the morning work out! The children jog on the spot for an allotted time. Once they are confident they can increase speed and also jog around a course of cones.



Hoopla challenge

The children are given a hoop each. They must have adequate space to use this. The idea is to be able to rotate it in both directions around their bodies. To make this harder, children can be blindfolded or close their eyes! How many can they do before they lose control and the hoop drops? The teacher can initially demonstrate this to the children.



Bunny hop challenge

Set the children up for a bunny hop race – this could be called kangaroo hopper for older children. The idea is to encourage them to hop for the duration of a 100m race. The facilitator can mark out the start and finish line. The rule is simple – you must hop the whole way. No walking. If students lose balance then they simply have to stop on the spot and start again from that position. The race can be extended and rewards given at the finish line. If it is Easter time then go for Easter eggs.

