



Sense Active Activity Guidance

Weeks commencing 29th March
& 5th April 2021

How to use this document

This document provides ideas of sport & physical activity sessions you can complete over the next two weeks, and will be refreshed fortnightly.

Session types

Live sessions: these take place at specific times, and must be booked in advance. Follow the link for your chosen activity to book your place.

Pre-recorded videos: these can be watched at a time to suit you. All you need is a device and an internet connection- just follow along with the instructor on screen, pausing the video to complete a section if necessary. Click the link for your chosen activity to view it on YouTube.

Written instruction sheets: these can be done at a time to suit you. Simply follow the instructions provided on the instruction sheet.

Session key

Look out for our handy icons (below) throughout the document. These give you an overview of the session at a glance.

Suitable for groups

This activity can be done with others



Quick and easy

This activity is quick to set up and complete



Suitable for outdoors

This activity can be done outdoors



Tech required

You will need a computer, internet, or both to complete this activity



Specialist equipment required

You may need some specific pieces of equipment to complete this activity



Extra sensory

This activity particularly stimulates the senses



Outcomes

We know that there are many different outcomes participants want to achieve by taking part in sport & physical activity. The below table outlines some of the most common outcomes. Look out for the corresponding icons on each activity sheet- these will tell you which outcomes that activity will work towards.

Remember, this is not an exhaustive list. There are many different benefits to taking part in activities, and each activity will work towards multiple outcomes. We have simply selected one or two of the most relevant outcomes for each activity.

I

Independence

Work towards doing activities more independently

F

Fun

Use this activity for enjoyment

H&F

Health & Fitness

Improve your strength, flexibility, fitness levels or weight

N

Try Something New

Experience something you haven't tried before

Ch

Challenge Yourself

This activity will improve your creative and active skills

S

Social

Increase your interaction with others and develop friendships

Co

Communication

Develop your communication skills

Me

My Choice

You control the activity by deciding how it is performed

E

Explore

Celebrate your identity and place in the world

Adapting the activities

We know that every individual is different, and will prefer to engage with the activities in a way which is meaningful for them.

You can adapt any activity in this document so that it is suitable for all individuals, no matter how complex their disabilities.

At the end of this document, you will find our handy “STEP” guide to adapting activities. This will provide you with ideas of how to adapt the space, task, equipment and people involved, to ensure the activity meets your needs.

Our Principles

Have fun

Each activity has been designed to be meaningful and fun. Be confident, take your time and even if an activity is difficult, remember to enjoy yourself whilst trying new things.

Be curious

A lot of activities may be new to you and the people around you, this is part of the joy. Try to stay open to new ideas and experiences.

Be flexible

Progress might not move in the direction you expected. We welcome everyone to alter or adapt activities for the people we support.

Take a risk

Taking risks often lead to meaningful and positive experiences. Be sure to challenge yourself and others around you.

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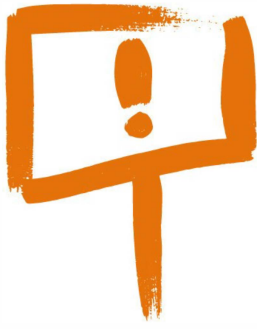
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Live Sessions



Booking renewal required for
Drumming to Music and Exercise
Through Dance.

Follow the link on the activity page to
renew your booking for these sessions.

Live Session Calendar

Use this handy calendar to quickly and easily check when your favourite live sessions are taking place over Easter

March '21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Tai Chi (2-3pm)	30 Sensory Sport (2-3pm)	31 Sensory Circuits (10.45am-11.45am)	1 Boxing (10.45am - 11.30am)	2 Good Friday 	3
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Easter Monday 	6 Sensory Sport (2-3pm)	7 Sensory Circuits (10.45-11.45am)	8 Boxing (10.45am - 11.30am)	9 Drumming to Music (2pm -3pm)	10 Exercise Through Dance (11am-11.45am)

Tai Chi

Mondays, 2pm—3pm



Health & Fitness



Try something new



Suitable for groups



Laptop & Wifi

Link to book: <https://bit.ly/3nlQA0l>

Enjoy gentle, flowing movements and channel positive energy, wherever you are. Instructed by Miz Rahman. Can be completed seated, or standing.

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact

Michael.barrett@sense.org.uk or call 07976 707281

Equipment needed

- Chair



Sensory Sport

Tuesdays, 2pm—3pm



Independence



Explore



Extra Sensory



Laptop & Wifi

Link to book: <http://bit.ly/2OrpxVW>

Explore sport through the use of tactile activities, sound, light and colour. Develop physical skills (such as strength and flexibility, coordination), confidence, independence, and communication skills, as well as an awareness of the body.

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact

Callan.barber@sense.org.uk

or call 07813 825 571



Equipment needed

- Various common household items required each week—further information provided after booking



Sensory Circuits



Explore



Independence



Extra Sensory



Laptop & Wifi

Wednesdays, 10.4am—11.45am

Link to book: <http://bit.ly/3ptDKyX>

A range of sporty and crafty activities to rotate around. This is a slower paced, sensory session that can be adapted to all abilities. Each station has its own sensory activity or challenge, and will use common household objects and materials you have lying around.

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact Paul.downes@sense.org.uk or call 07976 707281

Equipment needed

- Various common household materials and items required each week—further information provided after booking



Boxing

Thursdays, 10.45am—11.30am

Link to book: <https://bit.ly/3nkjYnJ>

A weekly online boxing class with Boxing Futures. This class will get your heart beating whilst you move and stretch along with instructor Sarah!

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact

Chloe.brown@sense.org.uk or call

07980 660 939

Equipment needed

- None



Fun



Health & Fitness



Suitable for groups



Laptop & Wifi



Drumming to Music



Fun



Independence



Quick and easy



Laptop & Wifi

Fridays, 2pm—3pm

Link to book: <https://bit.ly/3ffQrLE>

Get moving to the upbeat music, and practice your drumming skills using wooden spoons, pens, or whatever you have at home!

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book your place through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact Paul.downes@sense.org.uk or call 07970 339871

Equipment needed

- Chair if desired (can be done seated or standing)
- 2 “drum sticks”- these could be wooden spoons, pens, or anything else you can find in your home



Exercise Through Dance

Saturdays, 11am—11.45am

Link to book: <https://bit.ly/3sQ8N9K>

Have fun whilst getting active with Step Change Studios, learning new routines from Bollywood to Hip-Hop. This inclusive class is suitable for all ability levels and can be done seated or standing.

This is a live, virtual class, hosted on Zoom. To access the class, you will need to book your place through our online booking system. Please follow the above link to book your place.

If you are having trouble booking this session, or accessing Zoom on the day, please contact

Michael.barrett@sense.org.uk or call 07976 707281

Equipment needed

- None



Fun



Health & Fitness



Suitable for groups



Laptop & Wifi



Pre-recorded sessions



Tennis at Home

Captioned

Sue from LUSU Sports takes you through 3 quick and easy activities designed to improve your tennis skills from home. Completing these activities can be a great way to improve your reactions and coordination, as well as your independence skills. If you enjoy this and want to try more Tennis at Home videos, visit the LTA website [here](https://www.lta.org.uk).

Tennis at Home

Link: <https://bit.ly/3dCLHie>

Duration: 4 mins

Equipment needed

- A small lightweight ball or balloon
- Two tennis rackets (optional)
- A piece of elastic (optional)

I

Independence

H&F

Health & Fitness



Laptop & Wifi



Suitable for outdoors





Exercise Through Dance

BSL & Captioned

Dance sessions to get you moving with expert instructors from Para Dance UK, taking you through inclusive, easy to learn dance routines to popular music! This session is for all ability levels, ensuring disabled and sensory impaired people can participate and be active.

Below is the third video in the series. If you enjoy this and want to try more dance sessions, visit the Arts, Sport & Wellbeing playlist [here](#).

Warm up & sequence with Vicki

Link: <https://bit.ly/36gbubH>

Duration: 16 mins

Equipment needed

- None



Health & Fitness



Fun



Suitable for groups



Laptop & Wifi





Inclusive Sports Skills

BSL and Captioned

In this six-video series, Sue from LuSu Sports takes you through some simple activities, teaching you fundamental skills which can be applied to a number of different sports. Below is the second video in the series. If you enjoy this and want to try more inclusive sports skills, visit the Arts, Sport & Wellbeing playlist [here](https://bit.ly/2ZUy5Ys).

Learning to Throw

Link: <https://bit.ly/2ZUy5Ys>

Duration: 2 mins

Equipment needed

- Small ball
- Wall or partner



Independence



Fun



Suitable for outdoors



Laptop & Wifi





Table Tennis

BSL and Captioned

Shaun from Inclusive Ping Pong takes you through simple table tennis ideas to enjoy whilst at home, as part of our six-video series. The games start from beginner level and gradually become harder, and all help exert energy whilst improving coordination, balance and strength. Below is the second video in the series. If you enjoy this and want to try more table tennis, visit the Arts, Sport & Wellbeing playlist [here](#).

Hitting a ball

Link: <https://bit.ly/3gktnC0>

Duration: 2 mins

Equipment needed

- Table
- Small balls e.g. ping-pong balls
- Table tennis bats (or use your hand)
- Net (could use cardboard boxes etc.)

I Independence

S Social

 Quick & easy

 Laptop & Wifi

Written activity sheets



Sense Active

Fortnightly Challenge!

Every fortnight, the Sense Active team will be setting a fun new challenge for you to attempt, whether you're at home, school, college, or in a service.

Let us know how you get on – those who impress us with their attempts will feature in the following fortnight's edition... and the winners will receive a sporty prize courtesy of the Sense Active team!

This edition's challenge:

1. Read through the Sensory Exercises poster on the following page
2. Pick one of the nine exercises, and see how many repetitions you can complete
3. Send a picture of yourself completing the exercise to sense.active@sense.org.uk to be in with a chance to feature in our next edition, and to win a sporty prize!

If you would like any more guidance on how to complete this challenge, just get in touch.

Good Luck!

Sensory Exercises

The following movement based exercises aim to improve mobility and coordination. These exercises have been designed for people with complex disabilities but can be enjoyed by anyone.

Outcomes

These activities could support everyday tasks



My choice



Something new



Challenging



Health & Fitness

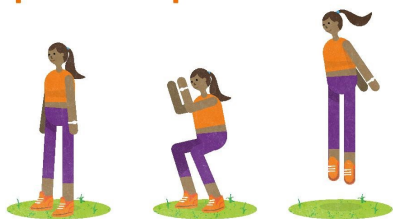


Exploration

Top Tips

- Support participants by gently guiding their arms or legs into position.
- Use household objects or surfaces to make exercises more sensory - see glossary in footer.
- Support someone individually or enjoy exercises as a group.

Squat Jumps



Make it easier: only bend knees
Make it harder: take a wider stance
More sensory: try barefoot on different surfaces

Chair Squats



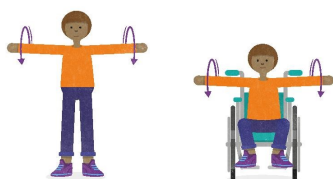
Make it easier: use a taller touch-point
Make it harder: remove the chair
More sensory: place tactile targets on the chair

Seated Reach



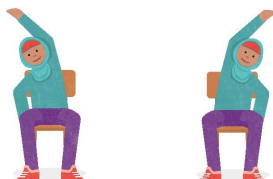
Make it easier: one arm at a time
Make it harder: move the target each time
More sensory: place tactile targets above

Arm Circles



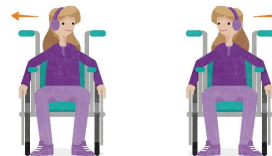
Make it easier: one arm at a time
Make it harder: hold something heavy
More sensory: hold tactile objects in hands

Side Bends



Make it easier: don't raise arms
Make it harder: hold for 30 seconds
More sensory: place a tactile target to reach such as a balloon

Head Swivels



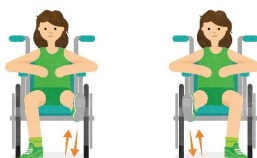
Make it easier: smaller range of movement
Make it harder: touch shoulder with chin
More sensory: add stimulation such as a fan blowing air

Standing Lunges



Make it easier: take a smaller step
Make it harder: take a longer lunge
More sensory: try barefoot on different surfaces

Leg Raises



Make it easier: smaller range of movement
Make it harder: place multiple targets
More sensory: try barefoot with tactile targets

Heel Raises



Make it easier: smaller range of movement
Make it harder: use both feet
More sensory: place a tactile object under the feet

For more sport and physical activities, visit www.sense.org.uk/sport or email sense.active@sense.org.uk

Stay connected by sharing photos of you in action by tagging @sensecharity including #SenseActive

Tactile Objects: balls, ribbons, bells, woolly jumper, pillows, rice, tin foil, sponge, beads, buttons, cotton, seashells, shaving foam

Tactile Surfaces: grass, wood, bark, sand, shredded paper, carpet

Football Activities with Sense Active



Ch

N

#4 – First Touch

This activity is particularly suited to those with good mobility, who are working towards completing activities independently. The Sense Active team have also created a host of football resources suitable for people with complex disabilities. To find out more contact us at sense.active@sense.org.uk.

What you will need

- A football
- 4 markers e.g. cones, rolled up socks
- A partner

How to play

- Create a 2m x 2m square with your 4 markers
- Stand inside the square and have your partner roll the ball towards you
- Try and control the ball with your feet – don't let the ball roll outside of your square

How to adapt

- Make your square bigger or smaller to make it easier or harder
- Ask your partner to roll the ball faster or slower
- Try stopping the ball with your weaker foot, with the outside of the foot, or the sole.

Top tips

- Use the inside of your foot to control the ball
- As the ball hits your foot, try to move your foot backwards slightly, rather than towards the ball. You are aiming to stop the ball, not kick it forwards.



Sitting Volleyball

Equipment needed

- Balls (beach balls are great)
- Net (or alternative)

Set up

- Set up a low net
- One team on each side

Make it sensory

- Use different colour balls, bright colours are great
- Use balls with different textures or try balloons

How to play

- One team starts with the ball. The participants must try to hit the ball back and forth over the net using any part of the body. You could add some competition - if a team drops a ball, the other team gets a point
- Encourage participants to stretch up for the ball and shuffle across the space

Making it harder/easier

- Use lighter or heavier balls
- Move the teams closer or further away from the net
- Change the height of the net

ee If you have lots of people involved consider using multiple balls to keep everyone engaged

Ch

Challenge Yourself

S

Social



Suitable for groups



Suitable for outdoors



A sensory walk can be a great way to help people to communicate and experience the world

Alphabet Walks

Me

E



Enhance your walk experience by consciously looking out for different things along your route.

Step 1 - before your walk

Choose a letter of the alphabet

Step 2 - during your walk

See how many things you can see, hear, feel or smell, which begin with your chosen letter.

For example, if you chose the letter "G", you may look out for grass, gates and geese.



What sound do they make? If it's an animal, listen out for their call. If it's a fixed object such as a tree or lamppost, try patting it with your hand to see what noise it makes.



Do these items have a distinctive smell? If so, can you describe it?



What colour are these objects? Are they large or small? What sort of shape are they?



If appropriate and safe to do so, feel the object. Is it smooth or rough, dry or damp, warm or cold?

Step 3 - after your walk

When you arrive back from your walk, see how many objects and items you can remember.

How did each one make you feel? Which was your favourite and why?

Making walks sensory



Making Walks Sensory is a brand new resource to help people with complex disabilities explore the outdoors and engage with nature. The free resource encourages the use of senses to connect with your surroundings and have more meaningful walking experiences.

Making Walks Sensory resource includes:

- An introduction to sensory walks
- Advice on planning and structuring your walks
- Tips to ensure your walks are accessible and safe
- How to encourage mindfulness and engage all senses
- 7 sensory activity examples

Who is the resource suitable for?

It is designed to guide those who haven't had experience leading sensory walks, such as parents, siblings, support staff or carers, and volunteers

The walks are suitable for all disabled people, including those with complex disabilities and/ or sensory impairments.

To download and use

Making Walks Sensory is now available to download, in either a PDF or accessible word document version.

[Click here to view or download Making Walks Sensory.](#)

Printed versions are available upon request. Please contact sense.active@sense.org.uk to get your copy.



Making Sense of mini games



Making Sense of Mini Games is a brand new toolkit supporting people with complex disabilities to be active at home.

The bite size resource is packed full of inclusive and accessible activities that can be enjoyed with little or no equipment or in any sized space, indoors or out.

Making Sense of Mini Games includes:

- 15 accessible activities with step-by-step instructions
- Suggestions to make your activities more sensory, easier or challenging
- Activities that improve wider outcomes such as social skills
- Top tips for beginners facilitating activities at home

Who is the resource suitable for?

It is designed to guide those who haven't had experience leading activities, such as parents, siblings, support staff or carers, and volunteers

The activities are suitable for all disabled people, including those with complex disabilities and/ or sensory impairments.

To download and use

Making Sense of Mini Games is now available to download, in either a PDF or accessible word document version. [Click here to view or download Making Sense of Mini Games.](#)

Printed versions are available upon request. Please contact sense.active@sense.org.uk to get your copy.



Adapting your activity session

The below outlines some quick and easy adaptations you can make to ensure each activity is suitable for people with complex disabilities.

Experiment with these ideas when you are completing the activities in this document.

Space – consider the area you are working in

You don't need a sports hall or arts studio to complete these activities. Make use of whatever space you do have, ensuring any hazards are moved out the way, or moving furniture if necessary. You could even take your activity into the garden or local park.

Task – consider reducing the complexity of the activity

Some activities have multiple stages to them. Don't be afraid to break the activity down into small sections, maybe even focussing on one particular section for the whole session. Repeating small and simple skills is an excellent way to facilitate learning.

Example: If the activity involves picking up, throwing, and hitting a ball, focus just on picking up the ball.

Equipment – consider making your equipment more sensory

Ensure the equipment you use ranges in shape, size, colour and texture.

Example: Spend some time before the activity getting used to the equipment. Include a mixture of hard, smooth, soft and rough items. Use your hands to explore their texture, or roll them gently across different parts of the participant's body.

People – consider how you can support a participant to engage

Support staff can play a vital role in helping a participant engage in an activity. Support a participant to complete a skill or a movement by gently guiding their body into a position, or having them feel or observe you completing the movement.

Example: An activity involves lifting both arms above your head. Take the hands of the participant and slowly, gently, guide them up overhead to a point they feel comfortable with. Alternatively, have the participant hold onto your arms whilst you lift them above your head, or sit facing them so they can watch you doing this.