

Physical Health Overview;

Physical health skills should form at least one session per day with PMLD students having a change of position daily. CN daily functional mobility.

We encourage **Body awareness** (Daily);

This includes to show awareness when massaging/using hands/ feet/ arms/ legs (maybe with aromatherapy oils), and various sensory stimulation on different parts of the body (eg: foot spa, silk material, fan)

Show awareness of a range of total body movements (eg: swinging, rolling)

It is not expected that these are necessarily standalone sessions but will be incorporated into activities and throughout the day.

Encourage fine motor movement (Daily)-this can be incorporated throughout the day in all activities.

Have objects of various kinds placed in their hands

Touch objects of various kinds with their hands

Swipe objects (eg: hanging on activity arch)

Open and close their hands

Close their hands round an object

Allow people to take objects from their hands

Fine Motor tasks; simple mark making, placing items into containers, taking a variety of different lids off and putting them back on.

Gross motor movement outcomes includes PE and aspects of sitting, standing & walking.

PE

Athletics – Moving- Fast / Slow, Clockwise and Anti Clockwise, Right and Left, Move, Walk, Jog, Run, Forwards Backwards Sideways,

Stop/start

Dance - Up and Down; Over, Under, Around, Circle,

weaving, straight lines, using props, Ribbons, Pompoms, Parachutes, Costumes

Outdoor adventurous – Walking in local community (allocated daily walk), walking slow and brisk, up and down hills, up and down stairs.

Summer Term

The first part of the Summer Term we are going to focus on Athletics-fitness based;

This will include moving our bodies, follow simple instructions, travel in different directions, different speeds and levels.

We will use the same activities and structure for the 5 weeks but change the focus;

Weeks 1-2- Will focus on "Stop and Go" -looking for anticipation, following cue and completing. Use visual, auditory or touch.

Weeks 3-4- Change focus to "direction and levels"-use of language forwards, backwards, side to side, high and low-use of visual, auditory or touch cues.

Week 5- Change focus to "Speed" use of language fast and slow- use of visual, auditory and touch cues.