

## **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.