

## Physical Health : PMLD

Warm up; have 3 different tracks of music- 1 track focus on arm movement, 2<sup>nd</sup> track legs and 3<sup>rd</sup> all over.

Explain each body part, they are moving and talk about each movement.

Stretches;

High and Low.

Different directions, forwards/backwards, side to side.

Speed-faster, slower.

When out on the mat-encourage items to reach for from all directions, above, sides- encourage head turn to motivational objects.

Use a ball/ribbon- Roll the ball by them- roll the ball over arms, legs, body encourage them to track items and attempt to grasp and hold items.

Add Music- encourage fast and slow movement to different tempo of music.

Cool down-calm music and stillness

## Physical Health-Complex Needs

Warm up;

Have 3 different tracks of music;

1<sup>st</sup> track-walking

2<sup>nd</sup> track-jumping

3<sup>rd</sup> track- fast and slow movements-

Encourage them to stop periodically through each song to develop following instruction.

Main

5 different fitness/skill stations; 30 seconds initially alter more time/less time to suit

1<sup>st</sup> station- Jumping over a small object

2<sup>nd</sup> station- collecting items from one side of the room to put into a box on the other side of the room.

3<sup>rd</sup> Station-Dancing/rocking/walking

4<sup>th</sup> Station-standing up and sitting down

5<sup>th</sup> Station- encourage pencil roll on floor

Cool down

Calming music-promote stillness

Massage-

This sensory story would work best in a quiet room. In between each part of the narrative I like to encourage the students to play the chimes or other instrument to cue them in and prepare for learning. The narrative is written in purple.

Place student's names in where example is given.

Chimes .....

Hannah and Sue are going to the spa,  
We need to get the keys or we won't get far.

Students can explore the keys.

Chimes.....

Time to wrap up in a comfy gown,  
And turn those frowns upside down.

Wrap the students up in a comfy dressing gown or cover in blankets if non available.

Chimes.....

Pick your favourite scent, choose with me,  
To massage your hands/feet what will it be?

Students to pick their favourite massage cream from a choice of 2/3 via eye pointing or through changes in facial expression, vocalisation or body language. Students to enjoy massage.

Chimes.....

At Our Spa you are in our care,  
A head massager or brushing your hair.

Choose between head spider massage and hair brushing. Use eye pointing or changes in vocalisations or body language to express choice. Time taken for head massage or brushing of hair.

Chimes.....

Now for your feet, explore with me,  
Take the plunge 1, 2, 3.

Feet can be placed into foot spas if available or you could use water.

Chimes.....

Music to relax,

Press the switch now to pick your song.

Students could track the sound of the singing. Do they turn their head towards the source of the sound?

Play the song in full with sensory lights if available and allow time for students to relax.

আমাদের চাপা কিছু বিশ্বজুড়ে - বিশ্বজুড়ে উত্সব - সপ্তাহ 1

<https://m.youtube.com/watch?v=IIQ2ULZMP2o>

বরফ উত্সব এবং মার্চি গ্রাস ভিডিও দেখুন। প্রদর্শিত বিভাগের সময়সূত্র সম্পর্কিত বিবরণী সম্পর্কিত অবস্থান এবং অন্বেষণ করা উচিত।

বরফ উত্সব: আইস কিউবস, আইস প্যাকস, হিমায়িত সবজি, আইস ললিস, আইসক্রিম

মার্ডি গ্রাস: জপমালা, টিনসেল, পালক

Āmādēra cārapāsēra biśbajuṛē - বাইবাজু উত্‌সব - সপ্তা 1

<https://M.Youtube.Com/watch?V=IIQ2ULZMP2o>

বড়ফা উত্‌সবা ēbam mārḍi grāsa bhiḍi'ō dakuna। প্রতিবি বিগ্রহ সমর সমীক্ষা  
সমীক্ষা সমৃদ্ধনালা সংস্থাগুলি অভিজিঁতী বাব্বা অন্নর করতা পীর।

বড়ফা উত্‌সবা: isa'িসা কিউবসা, আইসা পাইকসসা, হিāyইটা সবজী, isa'িস  
লালিসা, is'সাক্রিমা

মরিগ্রী: জপমালি, আইনসালা, পালাকা  
প্রদর্শন কম

Āmādēra cāpā kichu biśbajuṛē - biśbajuṛē utsaba - saptāha 1

<https://M.Youtube.Com/watch?V=IIQ2ULZMP2o>

barapha utsaba ēbam mārḍi grāsa bhiḍi'ō dēkhuna. Pradarśita bibhāgēra samāyasūtra samparkita  
bibaraṇī samparkita abasthāna ēbam anbēṣaṇa karā ucita.

Barapha utsaba: Ā'isa ki'ubasa, ā'isa pyākasa, himāyita sabaji, ā'isa lalisa, ā'isakrima

mārḍi grāsa: Japamālā, ṭinasēla, pālaka

Āmādēra cārapāsēra biśbajuṛē - bā'ibāju utsaba - saptā 1

<https://M.Youtube.Com/watch?V=IIQ2ULZMP2o>

baraphā utsabā ēbam mārḍi grāsa bhiḍi'ō dakuna. Pratibi bigraha samara samīkṣā samīrikā  
samṛd'dhanālā sansthāguli abhijiñtī bābbā anbāra karatā pīra.

Baraphā utsabā: Isa'isā ki'ubasā, ā'isā pā'ikasasā, hiāyīṭā sabajī, isa'isa lālisā, is'sākrimā

marigrī: Japamāli, ā'inasālā, pālākā  
pradarśana kama