

Daily living skills

Individual PLGs.
Self-care – hair brushing, dressing
Developing organisational and planning skills around person self-care skills.
Making healthy choices about their lifestyle.

Communication

Ability to communicate support needs and personal boundaries.
Considering body language and how we say something may impact who we are talking to.
Continuation self-advocacy, self-awareness (learning words we can use to describe our bodies), participation in group discussions about feelings and experiences
Individual PLGs.

Academic skills

English: Poetry about healthy bodies and minds, happiness and inspiration.
Maths: ongoing number, division, fractions, place value, calculations and sets of objects. Time: o'clock, half, quarter past and quarter to, tell the time to the minute, time conversions, time word problems.
Science: Keeping healthy – basic needs of animals, including humans, their body parts and their bodily functions.
Creative: Design and technology - Healthy eating, food creations and printing.
World of Work and History: Careers and leisure in sport, including the history of the Paralympics and disability sports
PSHCE: Self-awareness: Personal Strengths and Challenges. Healthy Lifestyles: Healthy eating. Elements of a healthy lifestyle, physical activity.

Postural & Movement

Task series – to learn to move the body functionally in different positions and apply these skills to DLS activities and lessons. To learn to problem-solve physical tasks that encourage and work towards independence.
Creative – development of hand skills and functions through creating artwork and manipulating different tools.
Increasing independence and problem-solving.
PE: Group exercise from different cultures (aerobics, tai chi, Zumba, etc.)

Topic and class Sports and Leisure Rowan Class Autumn 2026



Emotional wellbeing

Social, emotional and mental health: individual PLGs.
Developing self-esteem and autonomy through access to technology.
Managing emotions through individualised tool kits

Regulation and attention

Social, emotional and mental health: individual PLGs.
Zones of Regulation.
Individual toolkits and reflective skills.
Regulating and understanding different intensities of feelings.
Using cognitive strategies to manage emotions and situations.
Learning skills.

Relationships

Developing and nurturing friendships and other relationships
Reducing anxiety around getting to know new people and situations through the use of tool kits.
Learning to manage others' opinions and conflicts/ disagreements.

Sensory processing

Interception.
Zones of Regulation.
Individual toolkits and reflective skills.
Individual PLGs.

Play & leisure

Sport and fitness.
Student-led engagement in a variety of play and leisure activities.
Lunchtime sport and games clubs.