

Daily life skills

Self-care – hair brushing, dressing, helping with personal care, asking for help, identifying needs and wants.

Communication

Self-advocacy, self-awareness (learning words we can use to describe our bodies),. Participation in group discussions about feelings and experiences.
C&I – PLG's

Academic skills

English – Poetry about healthy bodies and minds, happiness and inspiration; the book 'Being You' by Daniel Thompson.
Maths– Number, place value and time.
Science – Keeping healthy –basic needs of animals, including humans, their body parts and their bodily functions.
Creative – Healthy eating, food creations and printing.
WoW & History– Careers and leisure in sport, including the history of the Paralympics and disability sports. Community visits
C&L – PLG's

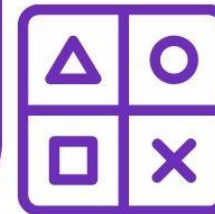
Postural & Movement

P&S – PLG's
Task series – to learn to move the body functionally in different positions and apply these skills to different activities and lessons. Group exercise from different cultures (aerobics, tai chi, Zumba, etc.)

Emotional wellbeing

Self-awareness: Personal Strengths and Challenges.
SEMH – PLG's

Topic and class Sport and Leisure Oak class Autumn 2026



Regulation and attention

Zones of regulation
SEHM- PLG's.

Relationships

PSHE and RSE –
Healthy Lifestyles:
Healthy eating. Elements of a healthy lifestyle, including physical activity.

Sensory processing
Interpreting and acting upon signals that my body is sending me.
SEHM- PLG's.

Play & leisure
Lunchtime clubs:
gaming and sports club, technology club, sensory activities.
Developing skills in an area of interest.