

**SECONDARY LIFE SKILLS
PHYSIO AND POSIIONING GROUP PLAN
Weekly Session
Wednesday P1 and 2 (Double Lesson)
Wonder Room**

Programme Purpose/Learning Objectives		
To maintain and develop range of physical movement		To tolerate different body positions
To develop awareness of the body		To be able to maintain stillness in a position
To enjoy moving the body in different ways and in different positions		To develop hand-eye coordination
To anticipate familiar events and follow a familiar routine		To work both individually and as a group
To make choices and participate in conversation/discussion		To develop social conversation skills
To increase confidence in communicating, moving and interacting		To maintain focus and concentration
Assessment Methods	Curriculum Links	Room/Equipment Set-Up
Session records/observations	Music English	All equipment in Wonder Room prior to session (labelled)
Photographs	PE Geography	Equipment placed in 2 groups- one for each session part Additional equipment needed for that pupil with their positioning equipment
Video	PSHE Science	Guidence photographs on wall for staff to refer to
Physiotherapist monitoring		General equipment all together
Observations of physical movements outside sessions		
Asdan TC and Award Work for KS4 Pupils		

Section	Activities	Positioning	Resources/Equipment
Set-Up/ Throughout	Whilst pupils are assisted to transfer from wheelchairs to first positions- upbeat music on or individual conversation work as do. Pupils to be encouraged to recognize their own good/poor positioning etc. and work with staff to transfer and move as independently as possible.	Moving to first half session positions (see below). Benches lean on wall with red wedge behind for staff.	CD/computer for music

<p>Position 1</p> <p>Approx 20 minutes once all in position</p>	<p>Pupils sitting in circle</p> <ol style="list-style-type: none"> 1. Greeting- Go round the circle-greet each student one by one- they then greet group 2. Body warm-up- identify move and stretch each body part one by one. 3. Twist pass and stretch- pass something of interest around group. Pupils to pass and reach across body (furthest not closest hand) and transfer item from one hand to the other) or visual tracking or locating and reaching to object. 4. Conversation- Short group discussion about something relevant/current to pupils or one pupil to select topic of conversation for the day and lead the discussion, pupils can use with own communication method. Focus on pupils sitting still and maintaining good seating and body position throughout. Social skills- looking at who talking, turning to the person talking to, showing interest, asking further questions etc. 	<p>Benches Floor Sitters</p>	<p>Pupils named benches set to heights specified on bench labels Pupils floors sitters with own trays and gaitors Pupils additional equipment needed for position- see labels and position photographs. Item for passing/tracking/reaching. Red wedges additional cushions/supports etc.</p>
<p>Position 2</p> <p>Approx 20 minutes once all in position</p>	<p>Pupils positioned with equipment as needed for activity doing in the session eg. Facing in pairs, in circle etc, small groups etc. Splints and shoes off. Activity or game either in pairs/small groups or as a whole group. Activity/game changes each week – different types each week, activities to include:</p>	<p>Wedges Floor Sitters Walkers</p>	<p>Pupils floors sitters with own trays and gaitors Wedges with straps and pummels Pupils additional equipment needed for position- see labels and position photographs.</p>

	<p>Bingo Throwing Games Rolling Game Fine Motor Skills Gross Motor Skills All activities designed to encourage pupils to bring their heads up and look forwards and to encourage independent hand/arm movement.</p>		<p>Resources for session activity Red wedges/additional cushions/supports etc.</p>
<p>Floor Work/ Last Section</p> <p>Approx 15 minutes</p>	<p>Pupils working on wedges move to mats lying on back. Mat work:</p> <ol style="list-style-type: none"> 1. Reaching and rolling. 2. Stretching- different parts of the body- all following group stretch programme and additional individual stretches as advised by physios. <p>Pupils not stretching- still floor sitting or achievers individual exploration with materials can explore independently and encourage hand/eye movement.</p>	<p>Mats Achiever Bed</p>	<p>Blue gym mats Items of interest to encourage arm/hand movement</p>
<p>End of Session/ Snacks</p>	<p>Ensure pupils have own hoist slings, any equipment return to class and shoes/splints on</p>	<p>Wheelchairs</p>	<p>Hoist Wheelchairs Workchairs</p>