

## Me and my Physical development

Class 6 will be working on their individual physiotherapy programmes each morning. These individual 'stretch' programmes will be carried out under the guidance of Physiotherapists and Occupational Therapists. Pupils will be using equipment appropriate to them to maintain and develop physical movement and range.

Class 6 will be learning how to play Boccia in the Autumn Term during their PE lessons. Pupils will be learning to grip, throw and roll. Pupils will also have the opportunity to join the school's Boccia team which meets weekly on a Friday lunchtime if they choose. Some pupils in Class 6 will be having 1:1 rebound sessions with the Sports Co-ordinator. These sessions are on a rolling programme and will allow pupils the freedom to move safely, whilst building spatial awareness and independence. Physical development underpins every activity and lesson in Class 6. Class 6 are excited about the swimming pool opening!



## Me and my Communication

Class 6 will be learning to develop their own individual communication systems. This will be through various activities and everyday situations with guidance from the team of Speech and Language therapists. Pupils will learn to use their communication to have increased autonomy in their lives. Ways they will learn to do this include making choices of what they want for dinner, if they need to go to the toilet and what adults they want to work with.

Class 6 will take part in a sensory story once a week- Julia Donaldson's 'Room on the Broom' where they will learning to anticipate the narrative and the story's props and will use their appropriate communication aids to comment and request items from the story. Pupils will also take part in a separate sensory story in the sensory room weekly, engaging in a story about space.

Class 6 will be making smoothies once a week as part of cooking where they will be able to make choices and communicate preferences. Pupils will also be learning to take part in tasting and smelling foods and spices as part of "touch and taste" work where they will be able to make comments on what they are feeling, tasting and smelling.

# CLASS 6 AUTUMN TERM 2016

## Me and my Creativity

Class 6 will be learning to produce art related to winter sports. We will be using each of our senses to explore elements of winter sports such as feeling ice and listening to ski sounds. We will then be producing art inspired by what we see and experience. We will be learning to use different equipment to produce marks which will allow us to work on physical skills of gripping, moving, holding and stretching. Pupils will be learning to make choices such as what equipment to use and what colours to use, using their appropriate communication aids.

## MOVE

Class 6 will be learning to improve their mobility skills in our MOVE lessons with the hope of helping to improve strength, independence and dignity. Each pupil will have individual goals. All movement will be explored and encouraged including kneeling, crawling, bum shuffling, lifting, stretching and reaching.

Class 6 will be working on MOVE by working on the 4 main skill sets of sitting, standing, walking and transitioning. Class 6 will be learning to move for motivational objects and activities. Class 6 will be learning to sit using different appropriate equipment including benches and class chairs. Some of Class 6 will be learning to build their core strength when using proprioceptive equipment such as balance bowls, basket swings, physio balls and physio donuts.

Class 6 will be learning to use standing frames for appropriate periods each day where they will be able to access different activities. Some pupils will be learning to stand using a ladder-back system. Some of Class 6 will be learning to use walkers, trikes and navigational skills to walk. Class 6 will be learning to transfer between equipment for varying reasons, including to go to the toilet. Skills in the toilet to gain independence will be explored such as using toilet chairs or steps. Pupils will be learning to have control and dignity in the bathroom by helping in the process of changing such as moving their limbs and bottoms up off the beds.



## Me and my Community

Class 6 will be learning to explore both our school community and our local community outside of the school. Pupils will learn about key areas in school such as soft play, the sensory room and the sensory gardens and will learn to make requests to go to these places. Some pupils will be learning to navigate to these areas independently. Some pupils will also have the opportunity to go out in the local community weekly. They will be learning to make choices in shops such as choosing what they want to buy to cook with, play with, read or taste. Pupils will then have opportunities to learn to make purchases in cafes as the term progresses and will learn to sit and enjoy their choices.

## How you can help at home

Encourage your child to move as much as possible at home in whatever ways are appropriate: stretching, reaching, holding, dropping, standing, sitting, walking, kicking, swimming, balancing, rolling, feeling, shuffling...the list goes on! Use motivating activities to facilitate this- whatever counts as an incentive for your child (it could be as simple as reaching for a favourite toy/DVD/ snack!)

Help your child be as independent as possible. Involve them in choices such as what they want to wear, how they want their hair or what aftershave they want to use! Use their communication systems at home to help e.g. switches/ symbols/ signs/ eye pointing. Work on your child communicating that they need the toilet. This could be through vocalisations, symbols or gestures. It will be very empowering for them.

Watch skiing videos or go to a ski centre to involve yourself in our winter sports topic! The Snow centre in Hemel Hempstead has great disability accessible services!

Any queries please contact the Class 6 team.

Thank you for your continued support ☺

Natalie, Michelle, Ivana, Hollie, Jackie, Jo. Michael

# CLASS 6 AUTUMN TERM 2016

## Me and my Relationships

Class 6 are learning to make choices about their personal care and develop their self-help skills this term. This will include learning to brush (or have brushed) their own teeth or hair and wash their faces as well as learning to anticipate different experiences that happen to them such as having their noses wiped.

Class 6 will be learning to develop trusting bonds and relationships with their peers and adults in class and around school. Activities such as Rebound, eye gaze and Intensive Interaction will provide different environments to help build these trusting relationships one on one.

Class 6 will also be learning some Sex and Relationship education. This will be relevant to the individual pupil and may include learning about what is private, about our changing bodies and learning vital body awareness.

## Me and my mathematical development

Class 6 will be learning to move their hands, eyes and limbs in our mathematical development lessons over the Autumn Term. Different motivating activities will help us to do this including skittles, balloon volleyball and pool. Some of us will be learning to recall the number of balls or skittles we have left using number cards and will learn to tally up points.

Some of us will be tracking items with our eyes and ears, incorporating our Routes for Learning targets.

We will also be learning to operate motivating switch toys and pieces of equipment using our switches. This will be both in the sensory room and in the classroom. Equipment will include footspas, bubble tubes, fans, scalextric and sound and light toys. Pupils will be learning to work on their fine motor skills as well as anticipatory skills during these activities.

Some of us will take part in counting activities in functional situations such as during cooking (counting out ingredients).