

Physical and Sensory

PE

We will be following the MATP programme with a focus on kicking (Autumn 1) and dexterity (Autumn 2). Sessions will have sensory based warm ups followed by skills practice with a different focus. For example we will look at kicking to travel, kicking to a target and kicking with power. Dexterity practices will include throwing, rolling and pushing.

Each unit throughout the year will also have a fitness for life focus. We will develop aerobic fitness as well as strength through circuit training and outdoor gyms.

Swimming - Individualised time tables

Swimming uses all the muscles in the body and provides a full body workout and supports with coordination, and muscle tone.

Therapies

Hydrotherapy - It is a therapeutic input to reduce overall anxiety, stress and gives opportunities to stretch, and work their muscles.

Sensory Art:

Art will be based on the autumn topic which is 'All about me'. They will be creating artwork to go with the sensory stories which they will be focusing on. Students will also create Art work and decorations for Winter Lights.

Life skills

Cooking

Students will be developing their ability to prepare a variety food's. They will learn to navigate the kitchen and prepare and sample a variety of ingredients. Some recipes will be repeated to enable students to improve their manipulative skills and gain confidence. They will also learn about hygiene and health and safety in the kitchen.

Shopping

Exploring all the necessary skills needed for a supported shopping trip. To shop for necessary items, to know check out procedure, to pay for and pack items, to check they have all their required items.

Puberty and Hygiene

Students to be able to recognise different toiletries/personal hygiene items and their purpose.

Communication and Interaction

Employing a 'Total Communication' approach within their daily learning. Active learning based on individual communication targets. '**Social Use of Language Programme**' to encourage students to follow simple instructions, Making simple requests and relaying information.

Attention Autism aims to develop natural and spontaneous communication through the use of visually based and highly motivating activities. The primary objective is that the sessions are fun and "offer an irresistible invitation to learn"!

Sensory stories

Students to develop their attention and listening skills, these are pre-requisites for the development of their speech, language, and communication skills. They will be working on their receptive and expressive language skills to improve their confidence and become more able communicators, using a combination of speech, signing and communication aids. Working with the **SALT** team on Individual student SALT targets.

5SM Autumn Term 2024

Autumn 1: All about me

Autumn 2: Winter lights

QUEST/Community visits

Students will be exploring different local settings by going out and about in the community on a weekly basis. Students will learn to develop their social interaction skills and independence, through their participation within their experiences. They will also learn to interact appropriately in response to familiar and unfamiliar people and places. Students will start to understand the importance of road safety. They will attempt to recognize potential hazards and will be able to respond to these hazards appropriately. Students will also build confidence in using different methods of transport (School minibus, Public bus, train). Students will be able to pursue different leisure activities within the community.

The various places they will visit:

- Parks
- Garden centres
- Library
- National Trusts
- Cafes

Social and Emotional

Students will be given regular opportunities to socialise in class, across the college and in the community.

PSHE - Body Awareness/ Appropriate behaviour

Develop the student's ability to identify parts of their own body and give a simple explanation of what they do. To understand which body parts are public To identify similarities and differences in bodies To understand the differences between male and female bodies To explore the senses

RE

Exploring different religious events:

- Diwali
- Christmas

Cognition and Learning

Maths - Individualized learning activities

Number knowledge: To identify numerals and match to their amounts. To know and order numbers to 20 confidently.

To say and use number names from familiar settings e.g. house numbers, bus numbers, ages etc.

To count a set of everyday objects

To count in twos

To count in tens

To state which number is more and which is less

To say the number, which is one or ten, more or less, than any given number

To be able to use ordinal numbers

To recognize odd and even numbers

Money: To identify coins - to build the understanding of paying for an item with coins/money.

Experience exchanging selected coins in exchange for priced items

Weighing and measuring: Students will be weighing ingredients in cooking lessons with support.

Identifying items that are heavy, light and different lengths.

2D shapes: Exploring various 2D shapes and making images from them. Building their perceptual abilities.

Reading - Sensory story sessions:

Winter Sleep: A Hibernation Story. By Sean Taylor and Alex Morss

My Big Book of Outdoors. By Tim Hopgood

Individualized timetables for guided reading, or students to be read to by a staff member.

Geography

Understanding the various communities we live in.