**Physical and Sensory**

**PE**

The students will be developing their gross, fine and physical motor skills through physical exercises/activities.

The main aims of PE are providing the students with learning experiences that enable them to develop their knowledge, motivation and ability to lead a physically active life:

* To promote positive attitudes towards health, hygiene and fitness.
* To develop psycho-motor skills through a range of relevant movement based activities.
* To develop communication skills to promote effective co-operation.
* To give our students the opportunity to try new activities, develop new skills and grow in confidence.

The students can then use these skills throughout their learning and independent learning to access social opportunities, help provide self-regulation and live a healthy and active lifestyle.

**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.

**Art**

Art will be based on the spring topic which is **‘Magic and Dreams’**. They will be creating artwork to go with the sensory stories which they will be focusing on.

**Social and Emotional**

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

**PSHE – Emotions and Behaviours**

Supporting emotional wellbeing through the use of zones of regulation.

Public/ Private – What students can and cannot do in public spaces.

**RE**

Exploring different religious events:

* Chinese New Year
* Lent
* Easter

**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.

**Cognition and Learning**

**Maths – Individualized learning activities**

**Number knowledge:** To identify numerals and match to their amounts. To know and order numbers to 10 confidently.

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

**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:

BFG (Sensory Story)

Aladdin (Sensory Story)

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

**Geography**

Understanding the various communities, we live in.



**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.

**Puberty and Hygiene**

Students will be working on individual personal care plans and hygiene targets to develop their independence.

**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.

The various places they will visit:

* Parks
* Garden centres
* Library
* National Trusts
* Cafes

3CA SPRING Term 2023

Magic and Dreams