

## Curriculum Overview – Movement

### **Rationale** – why are we teaching this?

Most students at HFS will struggle to maintain their attention and concentration and will need to be explicitly taught skills and strategies to do so. This daily lesson will allow students to focus on skills that will help such as mindfulness, meditation, yoga and sensory integration building up their skills over a period of time. The impact on the brain of these therapeutic strategies is proven, and by drawing students attention to changes they feel physically and mentally they will build a toolkit of strategies they can draw on with increasing levels of independence.

### **Curriculum intent** – What are the big ideas in this subject?

- The links between the brain and physical activity
- How mindfulness works
- How to practice meditation and learn to self sooth
- How to use yoga moves to build strength and resilience
- How to use heavy lifting to develop sensory integration strategies
- How to develop strategies to manage physical and emotional distress

### **Curriculum implementation** – How will this subject be delivered?

All students will receive or find out a fact about the topic they are covering  
They will be guided to explore the link between physical and emotional responses by receiving a practical demonstration and then carrying out the physical practical tasks associated  
They will rehearse a strategy or skill, building on this throughout the half term

### **Curriculum impact** – What outcomes must the students get from this subject?

Younger /less able students will;

Use a single technique at a time and learn to do this accurately using repetition, coaching and correction  
Be able to state a small change they feel

Older/more able students will;

Link moves or techniques and carry them out in sequence  
Reflect on changes in concentration, attention and physical feelings