

# Movement

Route map 2024/25

# Movement Route Map

Wk1		Wk2		Wk3		Wk4		Wk5		Wk6		Wk7							
<b>Introduction to Mindfulness</b>																			
Half Term 21 Oct – 1 Nov																			
Wk8			Wk9			Wk10			Wk11			Wk12			Wk13		Wk14		
<b>Introduction to Yoga</b>																			
Christmas 23 Dec – 3 Jan																			
Wk15			Wk16			Wk17			Wk18			Wk19			Wk20			Wk21	
<b>Introduction to Meditation</b>																			
Half Term 24 – 28 Feb																			
Wk22			Wk23			Wk24			Wk25			Wk26			Wk27				
<b>Introduction to weights and lifting (sensory grounding)</b>																			
Easter 14 Apr – 25 April (in BH)																			
Wk28			Wk29			Wk30			Wk31										
<b>Hand and head massage</b>																			
Half Term 26 – 30 May																			
Wk32			Wk33			Wk34			Wk35		Wk36			Wk37		Wk38			
<b>Personal choice</b>																			

# Half Term 1

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7
<b>Introduction to Mindfulness</b>						
KS3 (5-6)	The 4 areas of the brain <a href="https://youtu.be/Kx7PCzgOCGE?si=qrjKfh17h3NuIBYo">https://youtu.be/Kx7PCzgOCGE?si=qrjKfh17h3NuIBYo</a>  Practical Mindful breathing	Emotions and impact on body chemistry  Practical  Mindful colouring Intro to grounding	Your lizard brain (fight/flight/freeze)  Practical Noticing	How to train your lizard brain  Practical Mindful walking  <a href="https://youtu.be/0P3Deuv8tbc?si=qnr1Zd_J2g_sp mQ1">https://youtu.be/0P3Deuv8tbc?si=qnr1Zd_J2g_sp mQ1</a>	Choosing  Practical Mindful stretching	Evaluation
Upper KS2 (3-4)	What is mindfulness The human brain	Feelings and reactions				
Lower KS2(1) (1-2)	Practical Mindful breathing	Mindful colouring				

Each young person will have this adjusted to take into account any sensory areas of their EHCP

Resource link – Mindfulness hub <https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>  
<https://positivepsychology.com/mindfulness-for-children-kids-activities/#mindfulness-games>  
<https://www.headspace.com/mindfulness/activities-for-kids> (requires subscription)  
<https://youtu.be/T5ut2NYdAEQ?si=vULCA0mFwiBYaZl>

If this is not appropriate for your students, any appropriate movement or calming activity can be used- the intent being to help them to regulate pre lunch

# Half Term 2

Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
<b>Introduction to Yoga</b>						

KS3 (5-6)	Introduction to breathing for yoga Introduction to key points of yoga/rules	First sun salutation	Tree Warrior 1 and 2 Downward dog Yoga bingo	Grounding sequence (link to mindfulness)	Somatic yoga poses (hip bridges, hip twists)	Yoga games – putting poses together
Upper KS2 (3-4)						
Lower KS2(1) (1-2)						

# Half Term 3

Wk15	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21
<b>Introduction to Meditation</b>						

KS3 (5-6)	What is meditation What does it do to the body Breathing for meditation	Guided meditation Meditation songs	Meditation mantras	Mindful eating	Meditation for sleep	Meditation apps and routines
Upper KS2 (3-4)						
Lower KS2(1) (1-2)						

# Half Term 4

Wk22	Wk23	Wk24	Wk25	wk26	Wk27
<b>Introduction to weights and lifting (sensory grounding)</b>					

KS3 (5-6)	Impact of lifting on the body	Stretching and own body weight work	Body weight work- ground activities	Pull ups and push ups	Heavy work and impact on your brain	Personal plan
Upper KS2 (3-4)						
Lower KS2(1) (1-2)						

# Half Term 5

	Wk29	Wk29	Wk30	wk31
	<b>Hand and head massage</b>			
KS3 (5-6)	How massage helps the body Basic massage - self	How massage makes us feel Self head massage	Massage with a range of textures and shapes Hand/head	How massage makes us less sensitive Peer massage (head) optional – staff can also offer head massage
Upper KS2 (3-4)				
Lower KS2(1) (1-2)				

# Half Term 6

Wk32	Wk33	Wk34	Wk35	Wk36	wk37	Wk38
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KS3 (5-6)	From the techniques and strategies developed, write a plan to support your own sensory and regulation needs and help you to feel good in class and more able to concentrate
Upper KS2 (3-4)	
Lower KS2(1) (1-2)	