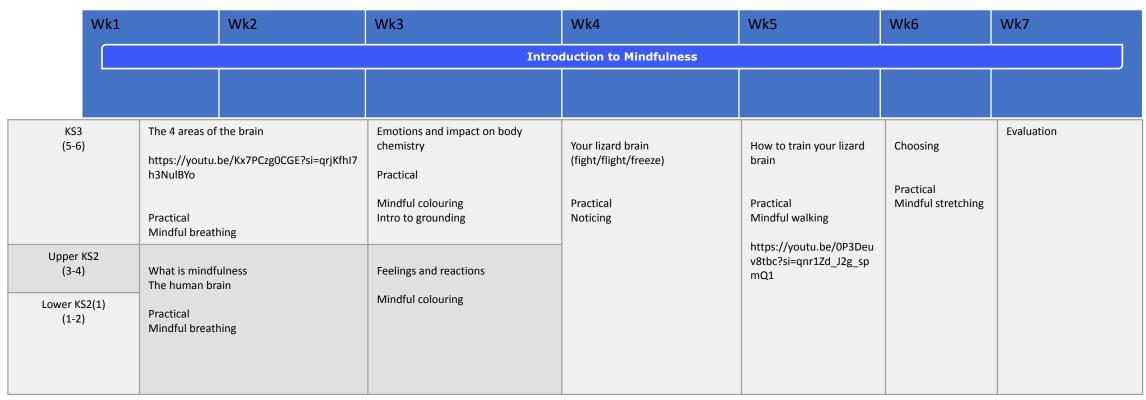
Movement

Route map 2024/25

Movement Route Map

Wk1	Wk2	Wk3	Wk4	Wk5		Wk6		Wk7	
		Introduction to Mindfulnes		ss					
Half Term 21 Oct – 1 No	ov								
Wk8	Wk9	Wk10	Wk11		Wk12		Wk13	Wk14	
			Intro	duction to Yoga					
· ·									
Christmas 23 Dec – 3 Ja	ın								
Wk15	Wk16	Wk17	Wk18	W	k19	Wk20		Wk21	
			Introduction	on to Meditation					
Half Term 24 – 28 Feb									
Wk22	Wk23	Wk24		Wk25		Wk26		wk27	
Introduction to weights and lifting (sensory grounding)									
Easter 14 Apr – 25 Apri	l (in BH)								
Wk28	Wk2	9	Wk30				Wk 31		
			Hand and	head massage					
Half Term 26 – 30 May									
Wk32	Wk33	Wk34	W	k35	Wk36	WI	37	Wk38	
			Per	sonal choice					



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://www.headspace.com/mindfulness/activities-for-kids (requires subscription)
https://youtu.be/T5ut2NYdAEQ?si="yULCA0mFwiBYaZI">yULCA0mFwiBYaZI

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

	Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
				Introduction to Yoga			
KS3 (5-6) Upper KS2 (3-4) Lower KS2(1) (1-2)	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 toge	ther

	Wk15	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21
				Introduction to Meditation			
KS3 (5-6) Upper KS2 (3-4) Lower KS2(1) (1-2)	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	

	Wk22	Wk23	Wk24	Wk25	wk26	Wk27
			Introduction to weights and	d lifting (sensory grounding)		
KS3 (5-6)	Impact of lifting on the body	Stretching and own body weight work	Body weight work- ground activities		Heavy work and impact on your brain	Personal plan
Upper KS2 (3-4)						
Lower KS2(1) (1-2)						

	Wk29	Wk29	Wk30	wk31
		Hand	and head massage	
KS3 (5-6) Upper KS2 (3-4) Lower KS2(1) (1-2)	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

Wk32	Wk33	Wk34	Wk35	Wk36	wk37	Wk38

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)	