



Valley College

Long Term Mapping Health and Well Being Valley College



Valley College

| Autumn | 1 | Quieting the Mind – Meditation and Breathing |
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| | 2 | Body Awareness – Yoga and Massage |
| Spring | 1 | Who Am I? and Being True To Myself? – Talents and Aspirations |
| | 2 | Using Your Gifts and Talents Creatively – Using Talents to achieve Aspirations |
| Summer | 1 | Self Care – Activities in the Home to help with Mental Health |
| | 2 | Define Your Purpose – Reflect on Aspiration Pathways |

MEDIUM-TERM PLANNING

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| Aspiration for Life | | To find strategies to keep the body and mind healthy | | Language for Life | | To expand their communication skills to develop functional language. | | Learning for Life | | To utilise Maths/ English skills in everyday life | | | |
| CYCLE 1 | To experience Health and Well Being topics to support with the learner with their mind and body health. | Leisure in the local community | | | | Visiting Clubs | | | | Visiting Clubs | | | |
| | | Autumn 1 7 weeks | | Autumn 2 7 weeks | | Spring 1 6 weeks | | Spring 2 6 weeks | | Summer 1 5 weeks | | Summer 2 7 weeks | |
| | | Quieting the Mind To develop meditation and breathing techniques, self regulation | | Body Awareness To experience relaxation techniques including yoga and massage | | Who Am I? To take part in a variety of activities to help the learner decide what their talents are | | Using Your Gifts To take part in a variety of activities to enhance learners talents. | | Self Care To take part in activities in the home to help with mental health | | Define Your Purpose To reflect on learners pathways and look at new targets for the year ahead. | |
| | | SUGGESTED ACTIVITY | | | | | | | | | | | |
| | | Meditation DVD's Stretching Breathing You Tube | | Yoga Videos Hand Massage Foot Massage Spa | | Speaking and Listening Therapist Program. Choose It Maker | | Art Ceramics Karaoke Computing | | Board Games Sudoku Group Games | | AJP's and LSP reflection | |
| | | Vocabulary | | | | | | | | | | | |
| | | Stretch Squat Slide Spin Jump Breathe Concentrate | | Stretch Squat Slide Spin Jump Breathe Concentrate Relax Massage | | Communication Choice Aspiration Talent Good | | Activities Singing Artistic | | Turn Taking Patience Literacy Numeracy Group | | Reflect Aspiration Achievement | |
| | | Week | | | | | | | | | | | |
| | | Week 1-2: Breathing Week 3-4: Meditation Week 5-6: Stretching Week 7: Assessment | | Week 1-3: Yoga and massage Week 4-6: Pilates Week 7-8: Learner choose their own circuits of breathing, stretching, yoga, Pilates and massage | | Week 1-2: Who am I? Week 3-4: What am I good at and what do I enjoy? Week 5: Communication Week 6: Assessment | | Week 1-2: Art Activities Week 3-4: Performing Activities Week 5-6: Computing Activities | | Week 1-2: Board Games Week 3-4: Sewing and knitting Week 5: Assessment | | Week 1-3-: LSP and AJP reflection Week 4-6: New Targets and aspirations Week 7: Assessment | |
| | INTENT | | | | | | | | | | | | |