

Sycamore Class Timetable - Sensory Regulation, Movement and O.T Activities Timetable

Pupils have outside break time in the morning after their class based learning, and after lunch (from 12.30 to 1.30 for most pupils). In addition to the timetables activities below, pupils have access to movement and sensory regulation equipment in the class, hub and our yard as needed. Staff respond to the needs of the pupils at any given time, and will provide sensory regulation activities to suit individual pupil's needs. These involve dancing, yoga-based movements, trampolining, obstacle courses and movements such as climbing, hanging, balancing, throwing. Pupils also enjoy access to ball games, trikes, scooters, scooter boards on most days.

For subject-based and learning related to MAPP targets please refer the 'Sycamore Class Timetable – Subject and MAPP Learning Timetable'

	9.20 for 20mins approx	9 to 10.15	10.15 to 12	1 to 2	2 to 3
Monday	Outdoor time for sensory regulation as required.	Swing Programmes all morning 1:1 in the sensory room Soft Play from 10am		Riding for the Disabled (Seasonal) Occupational Therapy Programmes	
Tuesday	Outdoor time for sensory regulation as required.	Soft Play (all morning) Occupational therapy programmes			Swing Programmes Hall for P.E and O.T programmes
Wednesday	Outdoor time for sensory regulation as required.		Hall for movement activities	Soft play all afternoon	
Thursday	Outdoor time for sensory regulation as required.	Swimming		Hall for P.E and O.T Programmes Minibus for park trips/outdoor activities when available	
Friday	Outdoor time for sensory regulation as required	Occupational Therapy programmes		Swing Programmes and Sensory Room activities Soft play (until 2pm)	

Sycamore Class Timetable – Subject and MAPP Learning Timetable

The development of communication and interaction skills and 'life skills' is integrated throughout the day. Sensory & Movement activities are shown on a separate timetable. Pupils regularly access the touch screen, iPads and laptops for learning and leisure activities.

	9.20 for 20mins	9 to 10.15	Snack & Break	10.15 to 12	Lunch & Break 12 – 1pm	1-1.30pm	Afternoon
Monday	Outdoor time for sensory regulation as required.	Literacy learning Literacy linked to theme Adult directed tasks – MAPP targets	Communication Skills Social Skills Functional skills	Maths & Thinking Skills Adult directed tasks – MAPP targets	Communication Social Skills Functional Skills Health & wellbeing	Literacy Skills for readers/writers Outdoors time for some	PHSE/RSE Learning through play and sensory activities Arts and crafts – links to themes/SMSC/R.E
Tuesday	Outdoor time for sensory regulation as required.	Functional Skills activities linked to MAPP targets; Adult directed tasks – MAPP targets	Communication Skills Social Skills Functional skills	Maths & Thinking Skills O.T Programmes Adult directed tasks – MAPP targets	Communication Social Skills Functional Skills Health & wellbeing	Literacy Skills for readers/writers Outdoors time for some	PHSE/RSE Learning through play and sensory activities Arts and crafts – links to themes/SMSC/R.E
Wednesday	Outdoor time for sensory regulation as required.	Business – Cookery Literacy learning Adult directed tasks – MAPP targets	Communication Skills Social Skills Functional skills	Hall for movement activities Creative Arts SMSC & Theme	Communication Social Skills Functional Skills Health & wellbeing	Literacy Skills for readers/writers Outdoors time for some	Group activities for turn taking skills Arts, crafts and literacy – linked to themes/SMSC/R.E
Thursday	Outdoor time for sensory regulation as required.	PHSE P.E - Swimming	Communication Skills Social Skills Functional skills	Music - based activities O.T & Motor Skills Outdoor break if needed	Communication Social Skills Functional Skills Health & wellbeing	Literacy Skills for readers/writers Outdoors time for some	Minibus – park – P.E & outdoor learning (when available) P.E and Occupational Therapy
Friday	Outdoor time for sensory regulation as required	Flexible learning slot. Science/sensory. Adult directed tasks – MAPP targets	Communication Skills Social Skills Functional skills	Flexible learning slot. Music. Adult directed tasks – MAPP targets	Communication Social Skills Functional Skills Health & wellbeing	Indoor and outdoor choosing time	Golden Time activities, including use of soft play and sensory room. Quiet space in class for art-based activities.