

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 timetabled 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. We organise gross and fine motor based 'challenges' which link to their O.T programmes.

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

	9.20 – 9.40	9 - 10.15	10.15 – 11 BREAK TIME STAFF BREAKS	11 - 12	12 – 1 LUNCH TIME STAFF BREAKS	AFTERNOON 1 - 3
Monday	Outdoor Time to support regulation	SENSORY ROOM/SWING PROGRAMMES				RDA – 1 PUPIL MOVEMENT ACTIVITIES IN HALL WHEN AVAILABLE
		SOFT PLAY				
Tuesday	Outdoor Time to support regulation	SWIMMING GROUP 1	SWIMMING GROUP 2 & SPORTS CENTRE GROUP			BUS AFTERNOON – 6 PUPILS CLASS BASED ACTIVITIES – 4 PUPILS
		HALL				
Wednesday	Outdoor Time to support regulation	SENSORY ROOM/SWING PROGRAMMES				SOFT PLAY
		SOFT PLAY				
Thursday	Outdoor Time to support regulation					MOVEMENT ACTIVITIES IN CLASS/HALL
Friday	Outdoor Time to support regulation	SOFT PLAY				GOLDEN TIME MAY INCLUDE MOVEMENT

Sycamore Class Timetable (2024-2025)

The development of communication skills is integrated throughout the day. Flexibility is essential to the pupils' needs so we may have to change activity to suit their needs at any time. Refer also to the Sensory, Movement and O.T timetable.

	9.20 for 20mins	9 to 10.15	Snack & Break	10.15 to 12	Lunch & Break 12 – 1pm	1-1.30pm	1.30 – 2pm	2 – 3pm
Monday Register – Communication skills Zones of regulation	Outdoor time for sensory regulation offered to some.	ASDAN (leavers) Literacy and/or Maths	Communication Skills Social Skills Functional skills/O.T	Theme based learning Learning through play	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some Life skills jobs	- Turn taking games - O.T/Thinking Skills challenges - Sensory-based learning activities	
Tuesday Register – Communication skills Zones of regulation	Outdoor time for sensory regulation offered to some.	Literacy/Comm & Thinking Skills Swimming 1	Communication Skills Social Skills Functional skill/O.T	-Flexible slot -Hub – sensory lights -Swimming 2 - Sports Centre (3 pupils)	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some Life skills jobs	- Bus Trips linked to outdoor learning, P.E and 'Making Memories' activities - Border Links visit (every 2 weeks) – for 2 leavers - Class-based 1:1 time (3 pupils) - art/sensory/movement	
Wednesday Register – Communication skills Zones of regulation	Outdoor time for sensory regulation offered to some.	Life Skills – business shopping (Maths & Literacy) Literacy & Maths learning	Communication Skills Social Skills Functional skill/O.T	-Flexible learning slot -Sensory & play activities in sensory/hub/yard	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some Life skills jobs	-Soft play (younger pupils) -Quiet time in hub for regulation -PHSE (including puberty) (older pupils) and/or ASDAN review of the week	
Thursday Register – Communication skills Zones of regulation	Outdoor time for sensory regulation offered to some.	Business Cooking Group (numeracy, literacy, motor skills, life skills) Literacy & Maths learning	Communication Skills Social Skills Functional skills/O.T	Flexible learning slot linked to MAPP Targets	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some Life skills jobs	-Gross and fine motor skills activities, linked to O.T programmes, physical MAPP and regulation -Sensory lights and relaxation in the hub	
Friday Register – Communication skills Zones of regulation	Outdoor time for sensory regulation offered to some.	Business baking group (Numeracy and Literacy) Literacy	Communication Skills Social Skills Functional skills/O.T	Flexible learning slot linked to MAPP Targets	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some Life skills jobs	-Life skills jobs. -Golden Time activities, including sensory activities and supported play. Music-based activities. Screen time choices.	

