

### 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'

	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				HALL AFTERNOON (& RDA for 2 pupils)		
		SOFT PLAY						
Tuesday	Outdoor Time to support regulation							
Wednesday	Outdoor Time to support regulation	SENSORY ROOM/SWING PROGRAMMES				SOFT PLAY		
		SOFT PLAY						
Thursday	Outdoor Time to support regulation	SWIMMING GROUP				BUS AFTERNOON		
Friday	Outdoor Time to support regulation	SOFT PLAY						

**Note:**

The bus and hall are not fully booked. The slots that are free on the schedule are -

Bus – Monday all day; Tuesday morning; Thursday morning; Friday all day.

Hall – Tuesday afternoon; Thursday morning; Friday after break. It is also free from 2/2.15pm each day.

### Sycamore Class Timetable (2023-2024)

The development of communication skills is integrated throughout the day. Refer to the sensory and movement timetable attached.

	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
<b>Monday</b>	Outdoor time for sensory regulation for some.	Literacy & Numeracy	Communication Skills Social Skills Functional skills/O.T	Motor Skills/O.T Learning thro' play	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some  Life skills jobs	P.E. & Movement/Regulation activities O.T/Thinking Skills challenges Sensory-based learning activities	
<b>Tuesday</b>	Outdoor time for sensory regulation for some.	Life Skills – shopping (Numeracy & Literacy)  Literacy & Thinking Skills	Communication Skills Social Skills Functional skill/O.T	Life Skills/PHSE – shopping  Adult directed tasks, table top activities.	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some  Life skills jobs	P.E. & Movement/regulation activities. PHSE, including puberty related learning. Making choices for breaks.	
<b>Wednesday</b>	Outdoor time for sensory regulation for some.	Business – Cookery (Numeracy & Literacy)  Literacy learning	Communication Skills Social Skills Functional skill/O.T	Theme based learning (art) Cookery Learning through play	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some  Life skills jobs	Group session - music, singing & Makaton	Musical exploration & using ICT (e.g., helpkidzlearn)  Mixed activities - Games, play, sensory and crafts
<b>Thursday</b>	Outdoor time for sensory regulation for some.	PHSE  Learning through play  Swimming	Communication Skills Social Skills Functional skills/O.T	O.T/Motor Skills Outside break	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some  Life skills jobs	Minibus – park – P.E & outdoor learning  Class based activity for 1:1 time – life skills jobs and making break time choices.	
<b>Friday</b>	Outdoor time for sensory regulation for some.	Business – baking (Numeracy and Literacy)  Literacy	Communication Skills Social Skills  Functional skills/O.T	PHSE Literacy Sensory regulation movement break	Communication Social Skills Functional Skills Health & wellbeing	Outdoors time for some  Life skills jobs	Life skills jobs to tidy the classroom.  Golden Time activities, including sensory activities and supported play. Music-based activities	