



Physical

	Experience	Respond	Engage	Actively Participate	Consolidate
<p>All of the pupils that follow the Explorer pathway have their own physical needs, strengths and differences. This therefore requires a bespoke approach to their learning to ensure that all pupils are working on the areas that are important to them. This is supported by the Physiotherapist and Occupational Therapist who will design a plan for each individual pupil taking all of their needs into account. Some pupils will also have support from the Sensory Consortium who will look at their sensory access to their learning if they have visual or hearing impairments. This includes habilitation for some pupils who need support accessing their learning environment.</p>					
Physio Programme	<p>Most of the pupils following this pathway will have a physiotherapy plan which allows them to reach their physical potential. They will be supported by pieces of specialist equipment such as standing frames. They will experience changes in position throughout the day to use their equipment and to spend time stretching out on the floor. They will have daily exercises to complete to work on their gross motor skills and their body awareness and control. They will be encouraged to be as independent as possible with their movements.</p>				
Hydrotherapy Programme	<p>Pupils will have access to the hydrotherapy pool which provides them with a sense of freedom and well-being. It develops water confidence and control of their body in water, increasing muscle strength and reduces muscle tone. It allows exercises to be completed in a warm and relaxing environment. Specialist floats are often used to allow a sense of independence in the water.</p>				
Rebound Programme	<p>Pupils will have access to a Rebound therapy session which provides therapeutic exercise and recreation for people with a wide range of special needs. Rebound Therapy is used to facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, promote sensory integration, improve fitness and to improve communication skills. Plans may be written alongside a physiotherapist.</p>				
OT Programme	<p>Occupational Therapy focusses on enabling a child to access their learning environment and is embedded throughout the school day and also into the home. It can support their sensory needs to allow them to be calm and access learning. It can support their development of fine motor skills. It also supports daily activities such as toileting, dressing and eating to provide specialist equipment if needed.</p>				