

Half term planner – Spring 2 2022

Focus; PT OT

Day; Monday afternoon first session

Group; IU APH JB OE

Staff; HP SA

Objectives

- To develop physical skills.
- To develop fine and gross motor skills.
- To develop interactions between peers.

For more specific targets see PT and OT programmes for IU/OE.

Activities

The first 3 activities will be physical tasks and these are as follows;

- 1) Hip external rotation in side-lying
 - 2) Arm and leg raise in 4 point kneeling
 - 3) Balancing with one foot on block.
- (see photocopied sheets for directions on how to perform each exercise)

IU – Hip stretch; Tummy lying on the mat on floor, keeping hips down/flat to floor then high kneeling at blue bench.

The final three activities are fine motor activities and are as follows;

- 1) Hold piece of A4 paper between palms of hands in prayer like fashion. Partner tries to remove the paper from grasp – switch partners.
- 2) Put together and pull apart multi-link blocks with both hands. Use of left hand to add and remove blocks then switch hands.
- 3) Hand strength - using theraputty to a) roll a ball shape, b) a pancake (children to do so in standing position), c) a sausage shape.

End the session back in the circle to carry out a relaxing, calming activity such as;

pushing palms of hands together, shrugging shoulders, clasping/pulling fingers gently.