

# Occupational Therapy Specialist

Curriculum plan 2021-22



**OAK**  
NATIONAL  
ACADEMY

# 1. Curriculum Principles

Occupational Therapy is an important provision for many of our learners within the Specialist sector. Through Occupational Therapy, learners can develop key functional skills for self-care, school work and independent living. In our commitment to inclusion, the provision of Occupational Therapy intervention will be a critical component to supporting the learning of our most vulnerable learners.



## 2. Subject structure overview

In deciding which units to offer, we have elected to focus on three core areas:

- Key skills: These units, such as motor skills and perception, underpin core functioning and support the child across a range of different activities.
- Specific domains: Three of the units will be designed to support the child with domains within and outside of school life.

Unit Number	Unit title	Length of unit	Prior knowledge required:
1	Gross motor skills	14 lessons	None
2	Fine motor skills	14 lessons	None



3	Visual perception	14 lessons	None
4	Handwriting	14 lessons	None
5	Executive functioning/ organisation	14 lessons	None
6	Activities of daily living	14 lessons	None



### 3. Suggested sequence

Lessons will be delivered in a 2 week block per module. Consideration has been given to the order of the modules: moving from the foundational aspects of the topic (maintaining attention) through to more complex tasks. These units will therefore be delivered in the order outlined in section 2.



## 4. Unit specifics

### Gross motor skills

Lesson number	Core content
1	Super strong core - importance for school, and play, and ADLs, and what weak gross motor skills mean for us
2	Strengthening our core muscles - working on our tummies
3	Strengthening our core muscles - working in a crawling position
4	Strengthening our core muscles - working in a standing position
5	Becoming balance ninjas - on one foot
6	Becoming balance ninjas - on two feet while staying still
7	Becoming balance ninjas - moving on one foot
8	Becoming balance ninjas - moving on two feet
9	Left and right, up and down - which hand, which way
10	Ball skills - throwing
11	Ball skills - catching
12	Ball skills - kicking
13	Ball skills - dribbling
14	Summary - Good gross motor skills means we're now ready to get awesome fine motor skills. End with obstacle course putting all previous lessons together



## Fine motor skills

Lesson number	Core content
1	Strong shoulders - importance for school and play
2	Strong shoulder - animal walks
3	Working on vertical surface and keeping arms raised
4	Pushing and pulling activities - get strong
5	Strong hands - why it's important
6	Hand strength - big muscles first
7	Hand strength - small muscles next
8	Bilateral integration - using both hands together
9	Crossing our mid-line - why it's important, and how
10	Using a ruler
11	Folding paper
12	Cutting straight lines
13	Cutting wavy lines
14	Summary - Putting it all together - making a paper box



## Visual perception

Lesson number	Core content
1	What is visual perception? Quick exercises like spot the difference, word search, grid drawings to introduce the concept
2	Form Constancy - same or different?
3	Visual Discrimination - matching, sorting
4	Visual Spatial Relations - understanding position in space, grids, arrows
5	Figure-Ground Perception - finding one items amongst loads
6	Visual Closure - complete the picture
7	Visual Memory - I spy, What's moved?
8	Visual Sequential Memory - remembering the sequence
9	Scanning - left to right, top to bottom
10	Mazes - different patterns
11	Writing in columns
12	Copying shapes - letters
13	Colouring within the lines
14	Summary -Putting it all together - step by step drawing





# Handwriting

Lesson number	Core content
1	The basics - sitting correctly, posture, positioning. Writing sample and checklist
2	Developing Pencil Grip
3	Strong shoulder - fluidity patterns for control
4	Strong shoulder - fluidity patterns for speed
5	Letters with tails and rounded letters, top, loops and left overs! Which are tricky?
6	Base letters - a, c, e, m, n, o, r, s, u, v, w, x, z
7	Base letters - a, c, e, m, n, o, r, s, u, v, w, x, z
8	Tall letters - b, d, f, h, k, l, t
9	Tail letters - g, j, p, r, y
10	Making words
11	Basic Joining
12	Writing sentences
13	Speeding up
14	Summary -Putting it all together - write a sentence and use the checklist



## Executive functioning/organisation

Lesson number	Core content
1	What is executive functioning and how does it help me to be more organised?
2	Making and using lists
3	Using a planner/diary
4	Organising your work space - desk/kitchen table
5	Planning your homework - prioritise
6	Have a routine
7	Setting goals with time limits
8	Time - how long will it take?
9	Starting and finishing a task
10	Using your timetable to pack your bag and plan your day
11	Who is responsible for your things? Where to keep them
12	Keeping your room tidy
13	Planning for exams
14	Summary -Putting it all together



## Activities of daily living

Lesson number	Core content
1	Why do we need to be independent?
2	Getting dressed - planning
3	Buttons, zips, velcro, and bows
4	Snacks - opening containers and packets
5	Snacks - opening bottles, juice cartons, inserting a straw
6	Making a sandwich
7	Making a packed lunch
8	Showering - sequencing
9	Washing hair
10	Drying and styling hair
11	Personal grooming - nails, teeth, deodorant and make-up
12	Going shopping
13	Going out for a meal
14	Summary -Putting it all together

