

# Physical Therapy

Curriculum map





# 1. Philosophy

## Six underlying attributes at the heart of Oak's curriculum and lessons.

Lessons and units are **knowledge and vocabulary rich** so that pupils build on what they already know to develop powerful knowledge.

Knowledge is **sequenced** and mapped in a **coherent** format so that pupils make meaningful connections.

Our **flexible** curriculum enables schools to tailor Oak's content to their curriculum and context.

Our curriculum is **evidence informed** through rigorous application of best practice and the science of learning.

We prioritise creating a **diverse** curriculum by committing to diversity in teaching and teachers, and the language, texts and media we use, so all pupils feel positively represented.

Creating an **accessible** curriculum that addresses the needs of all pupils is achieved to accessibility guidelines and requirements.



## 2. Units



**ALL Physical Therapy is formed of 6 units and this is the recommended sequence:**

Unit Title	Recommended year group	Number of lessons
<b>1 Posture</b>	All	14
<b>2 Core strengthening</b>	All	14
<b>3 Strengthening the Limbs</b>	All	14
<b>4 Stretching and Moving</b>	All	14
<b>5 Balance and Co-ordination</b>	All	14
<b>6 Stamina/Endurance</b>	All	14



# 3. Lessons

## Unit 1 Posture

14 Lessons

Lesson number	Lesson question	About the lesson
1.	What is posture?	<p><b>Pupils will learn</b></p> <ul style="list-style-type: none"><li>• Introduce what posture is and include an activity to start thinking about your own posture.</li><li>• What is posture?</li></ul> <p><b>Guidance warnings</b></p> <ul style="list-style-type: none"><li>• Physical activity required.</li></ul>
2.	Why is posture important?	<p><b>Pupils will learn</b></p> <ul style="list-style-type: none"><li>• Why is posture important?</li><li>• Postural awareness</li></ul> <p><b>Guidance warnings</b></p> <ul style="list-style-type: none"><li>• Physical activity required.</li></ul>

### 3. Posture & learning

#### Pupils will learn

- How your posture can affect learning
- Concentration on a task

#### Equipment

- rolled up towel

#### Guidance warnings

- Physical activity required.
- 

### 4. Lying posture: The side

#### Pupils will learn

- Lying posture
- Side lying position

#### Equipment

- cushions or pillows, blanket

#### Guidance warnings

- Physical activity required.
- 



## 5. Lying posture: The back

### Pupils will learn

- Lying posture
- Lying on your back

### Equipment

- cushions or pillows, blanket

### Guidance warnings

- Physical activity required.
- 

## 6. Lying posture: The tummy

### Pupils will learn

- Lying posture
- Lying on your tummy

### Equipment

- cushions or pillows, blanket

### Guidance warnings

- Physical activity required.
- 





**7. Sitting posture: From seating or a wheelchair**

**Pupils will learn**

- Sitting posture
- An activity aimed at someone who may need some postural support from seating or a wheelchair

**Equipment**

- ball

**Guidance warnings**

- Physical activity required.
- 

**8. Sitting posture: Postural awareness**

**Pupils will learn**

- Sitting posture
- Postural awareness in sitting

**Guidance warnings**

- Physical activity required.
- 

**9. Sitting posture: A recap**

**Pupils will learn**

- Sitting posture
- Sitting posture check

**Guidance warnings**

- Physical activity required.
-

**10. Standing posture: Awareness in standing posture**

**Pupils will learn**

- Good standing posture
- Standing body check

**Guidance warnings**

- Physical activity required.



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**11. Standing posture exercise: Exercise for standing posture**

**Pupils will learn**

- Good standing posture
- Standing body check
- Exercise for standing posture

**Guidance warnings**

- Physical activity required.

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**12. Standing posture strengthening exercise**

**Pupils will learn**

- Good standing posture
- Demonstration of a strengthening exercise to help your standing posture

**Guidance warnings**

- Physical activity required.
-



### 13. Dynamic posture

#### Pupils will learn

- Dynamic posture
- How posture changes when you start to move

#### Guidance warnings

- Physical activity required.



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### 14. Summary: Good posture for your future

#### Pupils will learn

- Summarise posture
- How your spine changes shape in different positions

#### Guidance warnings

- Physical activity required.
-



Lesson  
number

Lesson question

About the lesson

1.

What is your core?

**Pupils will learn**

- Core strengthening
- What is upper body strength?

**Equipment**

- water bottle

**Guidance warnings**

- Physical activity required.

2.

Why is core strength important?

**Pupils will learn**

- Why core strength is important
- Introducing awareness of using your core muscles when moving

**Guidance warnings**

- Physical activity required.



### 3. How your core helps the rest of your body move

#### Pupils will learn

- How core strength helps you move the rest of your body
- how being able to use core muscles affects movement in your arms and legs during a task

#### Guidance warnings

- Physical activity required.
- 

### 4. Strengthening your core in lying (Part 1)

#### Pupils will learn

- Core exercise in a lying position with options to make it easier or more challenging.
- Upper limb activity

#### Guidance warnings

- Physical activity required.
- 

### 5. Strengthening your core in lying (Part 2)

#### Pupils will learn

- Core strengthening in lying
- Upper limb activity

#### Guidance warnings

- Physical activity required.
-



## 6. Strengthening your core in sitting (Part 1)

### Pupils will learn

- Core strength with an exercise in sitting with options to make it harder or easier
- Upper limb activity

### Guidance warnings

- Physical activity required.
- 

## 7. Strengthening your core in sitting (Part 2)

### Pupils will learn

- Revisit core strength with a core exercise in sitting with options to make it harder or easier
- Upper limb activity

### Guidance warnings

- Physical activity required.
- 

## 8. Strengthening your core in 4-point (Part 1)

### Pupils will learn

- A core exercise in a 4-point position (table top) with options to make it easier or more challenging
- What is lower body strength?

### Guidance warnings

- Physical activity required.
-



## 9. Strengthening your core in 4-point (Part 2)

### Pupils will learn

- A core exercise in a 4-point position (table top) with options to make it easier or more challenging
- Why is it important?

### Guidance warnings

- Physical activity required.
- 

## 10. Strengthening your core in standing (Part 1)

### Pupils will learn

- Core strength with a core exercise in standing with options to make it harder or easier
- Developing gross motor function

### Guidance warnings

- Physical activity required.
- 

## 11. Strengthening your core in standing (Part 2)

### Pupils will learn

- Core strength with a core exercise in standing with options to make it harder or easier
- Lower limb activity

### Equipment

- small ball

### Guidance warnings

- Physical activity required.
-



**12. Strengthening your core in a crab position (Part 1)**

**Pupils will learn**

- Core strength with a core exercise in a crab position with options to make it harder or easier
- Lower limb activity

**Guidance warnings**

- Physical activity required.
- 

**13. Strengthening your core in a crab position (Part 2)**

**Pupils will learn**

- Core strength with a core exercise in a crab position with options to make it harder or easier
- Lower limb activity

**Guidance warnings**

- Physical activity required.
- 

**14. Good core for movement control (Summary)**

**Pupils will learn**

- Core and its importance for movement control
- Lower limb activity

**Guidance warnings**

- Physical activity required.
-



**Lesson  
number**

**Lesson question**

**About the lesson**

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**1. What is upper body strength?**

**Pupils will learn**

- Introduce muscle strength, looking at the upper body first
- an activity using your upper body muscles with a partner

**Equipment**

- balloon

**Guidance warnings**

- Physical activity required.

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**2. Why is upper body strength important?**

**Pupils will learn**

- Why upper body strength is important, especially in everyday activities
- An activity using your upper body with ideas of how to extend or simplify the exercise

**Guidance warnings**

- Physical activity required.
-



### 3. How can upper body strength affect learning?

#### Pupils will learn

- Good strong upper body, so the muscles around your shoulder girdle can help with activities at school such as handwriting
- Building strength can help with stamina which is important to be able to focus on an activity for a period of time, especially in a learning environment at school.

#### Guidance warnings

- Physical activity required.
- 

### 4. Arm & upper body strengthening (Part 1)

#### Pupils will learn

- Revisit upper body strength and why it is important
- An activity for upper body & arm strengthening in lying

#### Guidance warnings

- Physical activity required.
- 

### 5. Arm & upper body strengthening (Part 2)

#### Pupils will learn

- Revisit upper body strength and why it is important
- An activity for upper body & arm strengthening

#### Guidance warnings

- Physical activity required.
-





## 6. Arm & upper body strengthening (Part 3)

### Pupils will learn

- Revisit upper body strength and why it is important
- An activity for upper body & arm strengthening

### Guidance warnings

- Physical activity required.
- 

## 7. Arm & upper body strengthening (Part 4)

### Pupils will learn

- Revisit upper body strength and why it is important
- An activity for upper body & arm strengthening

### Guidance warnings

- Physical activity required.
- 

## 8. What is lower body strength?

### Pupils will learn

- Introduce lower body muscle strength
- An activity using your lower body & leg muscles

### Guidance warnings

- Physical activity required.
-



## 9. Why is lower body strength important? Pupils will learn

- Why lower body strength is important, especially in everyday activities
- An activity using your lower body with ideas of how to extend or simplify the exercise

### Guidance warnings

- Physical activity required.
- 

## 10. Developing gross motor function Pupils will learn

- Recapping muscle strength and its importance in relation to gross motor function
- Developing gross motor function
- An activity using your lower body muscles for strengthening and control
- Balance

### Guidance warnings

- Physical activity required.
- 

## 11. Leg & lower limb strengthening (Part 1) Pupils will learn

- Recapping lower body strength and why it is important
- Lower body & leg strengthening.

### Guidance warnings

- Physical activity required.
-



- 12. Leg & lower limb strengthening (Part 2)** Pupils will learn
- Recapping lower body strength and why it is important
  - Lower body & leg strengthening.
- Guidance warnings**
- Physical activity required.
- 

- 13. Leg & lower limb strengthening (Part 3)** Pupils will learn
- Recapping lower body strength
  - Lower body & leg strengthening.
- Guidance warnings**
- Physical activity required.
- 

- 14. Leg & lower limb strengthening (Part 4)** Pupils will learn
- Revisit body strength and why it is important
  - Lower body & leg strengthening.
- Guidance warnings**
- Physical activity required.
-



Lesson  
number

Lesson question

About the lesson

**1.**

**What is stretching?**

**Pupils will learn**

- Stretching
- Gentle stretch in sitting to try with options to simplify in lying or extend the stretch slightly further

**Guidance warnings**

- Physical activity required.

**2.**

**Why is stretching important?**

**Pupils will learn**

- Benefits of stretching with reasons why it is important
- Upper body stretch with options to simplify or extend the stretch

**Guidance warnings**

- Physical activity required.

### 3. Type of stretching & technique

#### Pupils will learn

- Types of stretching
- Basic technique when doing some stretches, with some points to remember
- Quadricep muscles stretch on the front of your leg with options to extend or simplify the stretch

#### Guidance warnings

- Physical activity required.



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### 4. Stretches for your neck

#### Pupils will learn

- Why stretching is important, with a focus on your neck area
- Stretching for movement

#### Guidance warnings

- Physical activity required.

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### 5. Stretches for your shoulder

#### Pupils will learn

- Revisit why stretching is important, with a focus on your shoulder area

#### Guidance warnings

- Physical activity required.
-



## 6. Stretches for your arms

### Pupils will learn

- Revisit why stretching is important, with a focus on your arms
- Demonstration of a stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
- 

## 7. Stretches for your wrists

### Pupils will learn

- Revisit why stretching is important, with a focus on your wrists
- Demonstration of a stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
- 

## 8. Stretches for your upper back

### Pupils will learn

- Revisit why stretching is important, with a focus on your upper back
- Demonstration of a stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
-

9.

## Stretching your middle back

### Pupils will learn

- Revisit why stretching is important, with a focus on your middle back
- Demonstration of a stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.



10.

## Stretches for your lower back

### Pupils will learn

- Why stretching is important, with a focus on your lower back
- A stretch to try with ways to simplify or extend the stretch as well

### Equipment

- cushion or wedge

### Guidance warnings

- Physical activity required.



## 11. Stretches for your hips

### Pupils will learn

- Why stretching is important, with a focus on your hips
- A stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
- 

## 12. Stretches for your knees

### Pupils will learn

- Why stretching is important, with a focus on your knees
- A hamstring stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
- 

## 13. Stretches for your ankles

### Pupils will learn

- Why stretching is important, with a focus on your ankles
- A calf stretch to try with ways to simplify or extend the stretch as well

### Guidance warnings

- Physical activity required.
-



## 14.

### Stretching summary

#### Pupils will learn

- Summarise our learning around stretching
- Whole body stretch to try with options of how to simplify or extend the activity

#### Guidance warnings

- Physical activity required.
- 





Lesson  
number

Lesson question

About the lesson

1.

What is balance?

**Pupils will learn**

- Introduction to balance and coordination
- What balance is and do an activity of standing on one leg, with options of how to simplify or extend the activity

**Guidance warnings**

- Physical activity required.

2.

Why is balance important?

**Pupils will learn**

- Why balance is important and what it enables you to do physically in everyday activities
- What is standing balance?

**Guidance warnings**

- Physical activity required.



### 3. Sitting balance

#### Pupils will learn

- Sitting balance and what it is
- Static balance

#### Guidance warnings

- Physical activity required.
- 

### 4. Standing balance

#### Pupils will learn

- Standing balance and what it is
- Dynamic balance

#### Equipment

- something to tap on the floor with, floor markers

#### Guidance warnings

- Physical activity required.
- 

### 5. Static balance

#### Pupils will learn

- What static balance is with everyday examples of when this type of balance is needed
- Static sitting balance

#### Guidance warnings

- Physical activity required.
-



## 6. Dynamic balance

### Pupils will learn

- What dynamic balance is, with everyday examples of when this type of balance is needed
- Dynamic sitting balance
- Pretending to be a tightrope walker!

### Guidance warnings

- Physical activity required.
- 

## 7. Balance activity (Part 1)

### Pupils will learn

- Recapping on what balance is and why it is important
- Dynamic sitting balance

### Guidance warnings

- Physical activity required.
- 

## 8. Balance activity (Part 2)

### Pupils will learn

- Recapping on what balance is and why it is important
- Static standing balance

### Guidance warnings

- Physical activity required.
-

## 9. Balance activity (Part 3)

### Pupils will learn

- Recapping on what balance is and why it is important
- Dynamic standing balance

### Guidance warnings

- Physical activity required.



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## 10. Balance activity (Part 4)

### Pupils will learn

- Revisit what balance is and why it is important
- Dynamic standing balance

### Guidance warnings

- Physical activity required.

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## 11. What is coordination?

### Pupils will learn

- What coordination is
- Spotty dogs to get you thinking about coordination of movement

### Guidance warnings

- Physical activity required.
-

## 12. Why is coordination important?

### Pupils will learn

- Why coordination is important
- Ice skaters to get you thinking more about coordination

### Guidance warnings

- Physical activity required.



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## 13. Coordination activity

### Pupils will learn

- Revisit coordination and its importance
- An activity of star jumps to continue with ideas to try to help with your coordination
- Putting it together: Upper Body

### Guidance warnings

- Physical activity required.

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## 14. Balance & coordination summary

### Pupils will learn

- Summary of our learning regarding balance & coordination
- Putting it together: Lower body

### Guidance warnings

- Physical activity required.
-



Lesson  
number

Lesson question

About the lesson

1.

What is endurance?

Pupils will learn

- Introduction to endurance
- Exercise that starts to bring in some endurance as you get your heart rate increasing slightly, with options to extend or simplify the activity
- What is stamina?

Guidance warnings

- Physical activity required.

2.

Why is endurance important?

Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- star jumps that also start to raise your heart rate

Guidance warnings

- Physical activity required.



### 3. How can it help the rest of your body?

#### Pupils will learn

- How improving your endurance can help with other elements of your movement and how they can all work together
- How can it help other parts of the body?

#### Guidance warnings

- Physical activity required.
- 

### 4. How can it help with your school day?

#### Pupils will learn

- How improving your endurance can help with your school day and the different ways it can help
- How can it help moving at school?

#### Guidance warnings

- Physical activity required.
- 

### 5. How can it help with your learning?

#### Pupils will learn

- How endurance can help with your focus on an activity, perhaps when you need to be in some sustained positions using your core for a period of time, and therefore endurance helps your learning in lessons.
- How can it help with learning at school?

#### Guidance warnings

- Physical activity required.
-





## 6. Starting to build endurance

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- How to start building stamina

### Guidance warnings

- Physical activity required.
- 

## 7. Ideas for building endurance (Part 1)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Tips for building stamina

### Guidance warnings

- Physical activity required.
- 

## 8. Ideas for building endurance (Part 2)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Tips for building stamina

### Guidance warnings

- Physical activity required.
-



## 9. Ideas for building endurance (Part 3)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Tips for building stamina

### Guidance warnings

- Physical activity required.
- 

## 10. Ideas for building endurance (Part 4)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Tips for building stamina

### Guidance warnings

- Physical activity required.
- 

## 11. Ideas to develop endurance (Part 1)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Progressing stamina

### Guidance warnings

- Physical activity required.
-



## 12. Ideas to develop endurance (Part 2)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Progressing stamina

### Guidance warnings

- Physical activity required.
- 

## 13. Ideas to develop endurance (Part 3)

### Pupils will learn

- Why endurance is important for your overall health and how improving it can help with everyday activities you do
- Progressing stamina

### Guidance warnings

- Physical activity required.
- 

## 14. Summary: Maintaining endurance

### Pupils will learn

- Summary of our learning regarding endurance
- Maintaining stamina for overall fitness

### Guidance warnings

- Physical activity required.
-

# 4. Learn More



## Contents

Section number	Section title
1.	Specialist curriculum purpose
2.	Specialist curriculum principles
3.	An Introduction to Physical Therapy
4.	Additional information about sequence
5.	Unit Summaries

### 1. Specialist curriculum purpose

We serve schools by providing online lessons that can be used to help educate children who are not able to be in a classroom with their teacher.

Our aim is to help schools make sure that every child and young person continues their education, even if they, or their teacher, cannot attend school. We hope to make our contribution to transforming pupils' life chances through an ambitious and intellectually stimulating education. We believe that this includes contributing to success in public examinations (where applicable) and the development of independent living and employability skills.

We cannot achieve these goals on our own - Oak cannot replace the school. However, we do believe that we can be a high-quality partner to schools, to help them achieve their ambitions for their pupils. Oak is most effective when used by schools, not as a standalone resource. As our purpose is to serve schools, we seek, and are open to, their challenge and feedback.



## **Developmental Stages**

Our specialist curriculum is structured using three starting point stages:

- Early Development
- Building Understanding
- Applying Learning

## **Domains of learning**

The subject areas we are offering in the specialist curriculum include:

- Communication and Language
- Numeracy
- Independent Living
- Physical Development
- Creative Arts

For each of these subjects, six units will be offered, including content for pupils at the Early Development, Building Understanding and Applying Learning stage. Masterclasses are also offered in Physical Development. In addition we are expanding our therapeutic offer to include Sensory Integration. Our therapeutic modules will offer 14 sequenced sessions in each unit to support each pupil's unique developmental progress.

Our therapeutic offer will cover:

- Speech and Language Therapy
- Occupational Therapy

- Physical Therapy
- Sensory Integration



Below are a set of principles we have sought to apply in our specialist curriculum planning. These are generic, and so will be applied differently in the different contexts we aim to serve.

## **2. Specialist curriculum principles**

### **Supported learning**

During the initial phase of the Oak National Academy, we heard that many of our lessons were supported by parents, carers and siblings. To recognise this we have modified our approach to create content that supports families to create authentic and engaging learning experiences in the home. Our units have been designed to make the best use of everyday activities, spaces and resources and do not seek to recreate the classroom environment in the home. Our units will offer sequenced learning activities that will support the acquisition of valuable knowledge and skills.

### **Subject domains**

Our specialist curriculum is structured by subject domains: Communication and Language. Numeracy, Independent Living, Physical Development and Creative Arts. Although these domains sit adjacent to each other and sometimes overlap, each will stand alone. We will not be able to create cross-curricular coherence as the units can be taught in multiple orders. Our subject areas are enhanced by therapeutic modules across Speech and Language Therapy, Occupational Therapy, Physical Therapy and Sensory Integration.

### **Content selection**

We are seeking to support schools to deliver their curriculum to children who cannot attend school. Our choice of what to teach will primarily be guided by what is most commonly being taught in schools so that we can serve them with resources commonly available at home. Where there are opportunities to broaden, for example, the diversity, we will do this. We encourage schools to select the units from the across the entire Oak curriculum and therapy modules that best suit their children's starting points.

### **Inclusive and ambitious**



We want Oak to be able to support all children. Our units will be pitched so that children with different starting points can access them. Our lessons will be sequenced so that each builds on prior learning. Our activities will be scaffolded so all children can succeed. However, the aim of teaching is to bring all children to achieve, regardless of starting point. To support this, our specialist content is designed for those pupils who normally attend a specialist setting. Schools, who know their pupils best, will be essential in directing pupils and families to the lessons and therapy modules that will most help them.

### **Pupil engagement**

We need pupils to be thinking during their lessons - both to engage with the subject and to strengthen memory of what is being learnt. Our lessons will not be video lectures. We seek to exercise pupils' minds throughout their lessons. To support schools to target the most appropriate content to their families we have created explanatory videos, examples and resource packs for our units. Where necessary we have created age appropriate content, to ensure the units are relevant for both primary and secondary aged pupils at different developmental stages. For Physical Development and Creative Arts, we have introduced new masterclasses.

### **Motivation through learning**

Like all teachers, we recognise that good presentation helps pupils keep participating in our lessons. However, we are teachers, and not entertainers. We seek to motivate and engage children through our subjects. We believe that what we teach is inherently interesting, and that the joy of participating and learning is our primary motivator.

## **3. An Introduction to Physical Therapy**

Physical therapy is a critical component of specialist provision. Many children receive regular support within their settings. This provision can enhance and maintain a child's physical development, as well as support the child to engage with the wider specialist curriculum.

Throughout this crisis and beyond, access to such therapies are likely to be limited. In our commitment to inclusion, the provision of physical therapy intervention will be a critical component to supporting the education of our most vulnerable pupils.

Our aim is to provide short videos on topics on which we, as Paediatric (children's) Physiotherapists, regularly provide advice and support in our daily clinical work, especially when working with school aged children.



## 4. Additional information about sequence

We have chosen topics that cover a wide spectrum (from posture to stamina/endurance) but broken each module down with lessons that will allow the child and parent to take away a simple idea or activity each day.

We will incorporate the theme of how the topic area we are focusing on can impact on education and bring in examples, which will be relevant for all children in education and especially those who have EHCPs.

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.

## 5. Unit Summaries

### Unit: Posture

#### Lesson number

#### Core content

- |    |                           |
|----|---------------------------|
| 1. | What is posture?          |
| 2. | Why is posture important? |
| 3. | Posture & learning        |
| 4. | Lying posture             |
| 5. | Lying posture             |
| 6. | Lying posture             |
| 7. | Sitting posture           |



8. Sitting posture
9. Sitting posture
10. Standing posture
11. Standing posture
12. Standing posture
13. Dynamic posture
14. Summary: Good posture for the future



## **Unit: Core strengthening**

### **Lesson number**

### **Core content**

1. What is upper body strength?
2. Why is it important?
3. How does it help learning?
4. Upper limb activity
5. Upper limb activity

6. Upper limb activity
7. Upper limb activity
8. What is lower body strength?
9. Why is it important?
10. Developing gross motor function
11. Lower limb activity
12. Lower limb activity
13. Lower limb activity
14. Lower limb activity

## Unit: Strengthening the limbs

### Lesson number

### Core content

1. What is upper body strength?
2. Why is it important?
3. How does it help learning?





4. Upper limb activity
5. Upper limb activity
6. Upper limb activity
7. Upper limb activity
8. What is lower body strength?
9. Why is it important?
10. Developing gross motor function
11. Lower limb activity
12. Lower limb activity
13. Lower limb activity
14. Lower limb activity

## **Unit: Stretching and moving**

### **Lesson number**

### **Core content**

1. What is stretching?

2. Why is it important?
3. General technique
4. Stretching for movement
5. Stretches: Neck
6. Shoulders
7. Elbows
8. Wrists
9. Upper back
10. Lower back
11. Hips
12. Knees
13. Ankles
14. Stretching summary



**Unit: Balance and coordination**

## Lesson number

## Core content



1.	What is sitting balance?
2.	What is standing balance?
3.	Static balance
4.	Dynamic balance
5.	Static sitting balance
6.	Dynamic sitting balance
7.	Dynamic sitting balance
8.	Static standing balance
9.	Dynamic standing balance
10.	Dynamic standing balance
11.	What is coordination?
12.	Why is coordination important?
13.	Putting it together: Upper Body

14.

Putting it together: Lower body



## Unit: Stamina/endurance

### Lesson number

### Core content

- |     |  |
|-----|--|
| 1.  | What is stamina?                         |
| 2.  | Why is it important?                     |
| 3.  | How can it help other parts of the body? |
| 4.  | How can it help moving at school?        |
| 5.  | How can it help with learning at school? |
| 6.  | How to start building stamina            |
| 7.  | Tips for building stamina                |
| 8.  | Tips for building stamina                |
| 9.  | Tips for building stamina                |
| 10. | Tips for building stamina                |
| 11. | Progressing stamina                      |

12. Progressing stamina
13. Progressing stamina
14. Maintaining stamina for overall fitness

