



Melland High School
BRIGHT FUTURES EDUCATIONAL TRUST

Remote Learning

Each day try to follow the usual timetable for the M Group Class.

Your class teacher will be available during the times and can be contacted through email.

Take a photo during each lesson of either the work or your child engaging with the work provided and email to the tutor.

Tutor: Atilla Atakuru
aatakuru@mhs.bfet.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Body Awareness	Body Awareness	Body Awareness	Body Awareness	Body Awareness
Preference & Choice	Preference & Choice	Preference & Choice	Preference & Choice	Preference & Choice
Communication	Communication	Communication	Communication	Communication
BREAK	BREAK	BREAK	BREAK	BREAK
Environment	Environment	Environment	Environment	Environment
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Physical Wellbeing	Art	Sensory Exploration	Music	Sensory Exploration

If you have any issues or concerns then please contact school **0161 223 9915**.

Daily AM

Body Awareness 'Wake up, Shake up'

Pupils are supported with consistent routines that encourage and challenge pupils understanding and skills. We encourage pupils to be ready to learn by motivating our minds and bodies through daily repeated morning routines and greetings.

Wake Up Shake Up



This is the pupils' morning activity. You can play any of their favourite music and they have to move to the music. They can dance, walk, run, jump, crawl as long as they are moving. Please feel free to join in with your son/daughter until they want to finish.

Good Morning

Pupils listen to the good morning song on YouTube.

They listen to the song and then you will say good morning to them and they will respond verbally or with a high 5, dependent on their ability.

Please right click the image below and choose 'open hyperlink' for the good morning song.



Daily AM

Preference and Choice

This term we will be providing pupils with learning opportunities that showcase their individual preference and interests. Pupils will experience two contrasting learning opportunities and sensory experiences to show us which they prefer.

I Like

Preference and choice

Pupils can make a choice at home between different activities/items that they enjoy exploring.

Please feel free to experiment with different items/activities and share pictures of what your child enjoys.

Here are a few examples of what you can try:

Different textures they can feel

Rough



Smooth



Different foods they can taste

Sweet



Sour



Different ways to construct

Duplo



Building Blocks



Different problem solving activities

Attaching Pegs



Threading beads

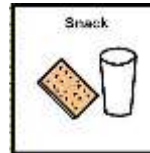


Daily AM

Communication 'Making Choices'

This term, pupils are empowered to engage with others effectively to express their wants and needs appropriately. This allows for the expression of their personal preferences and permits pupils with the skills to make choices and engage in wider learning opportunities of their choosing.

Snack Time



During snack time pupils are learning to take turns, respond appropriately to instructions, and make choices.

When in school pupils will:

- Be asked/instructed to wait until they are asked/instructed to come to the snack table.



- Be asked to make a choice between two favoured snacks. Use the actual items you would like them to choose from.
- Be asked/instructed to go back to sit at dining table with their peers to eat their snack.

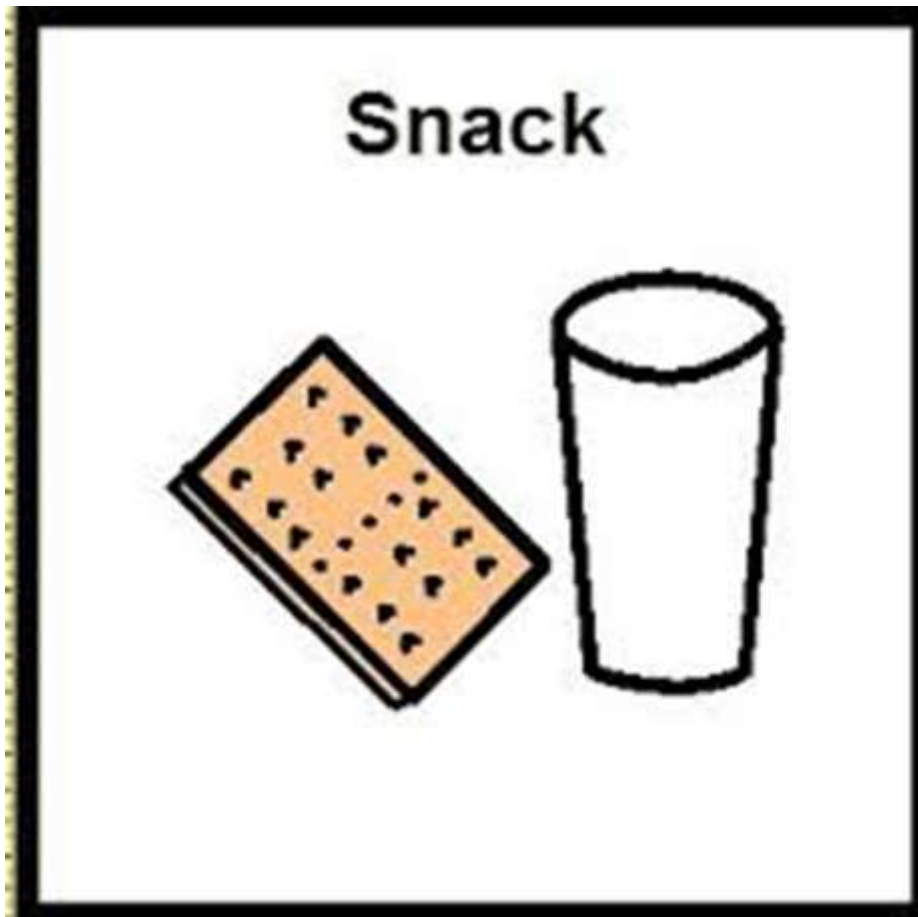


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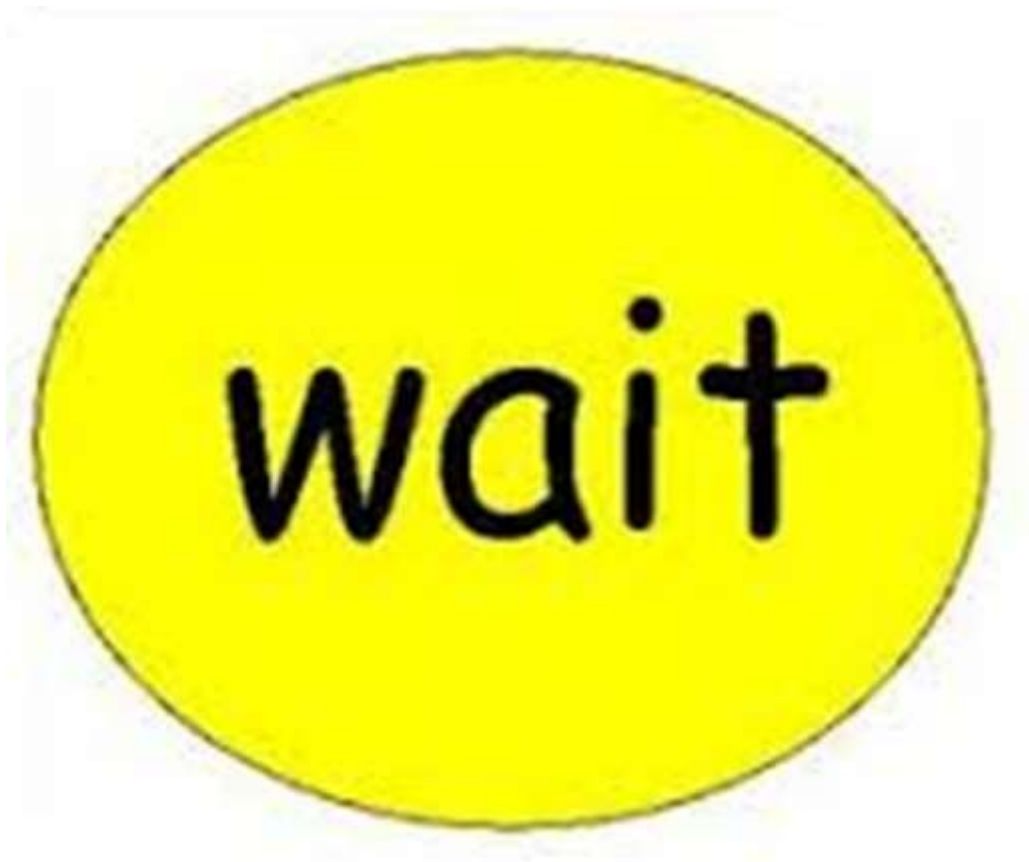


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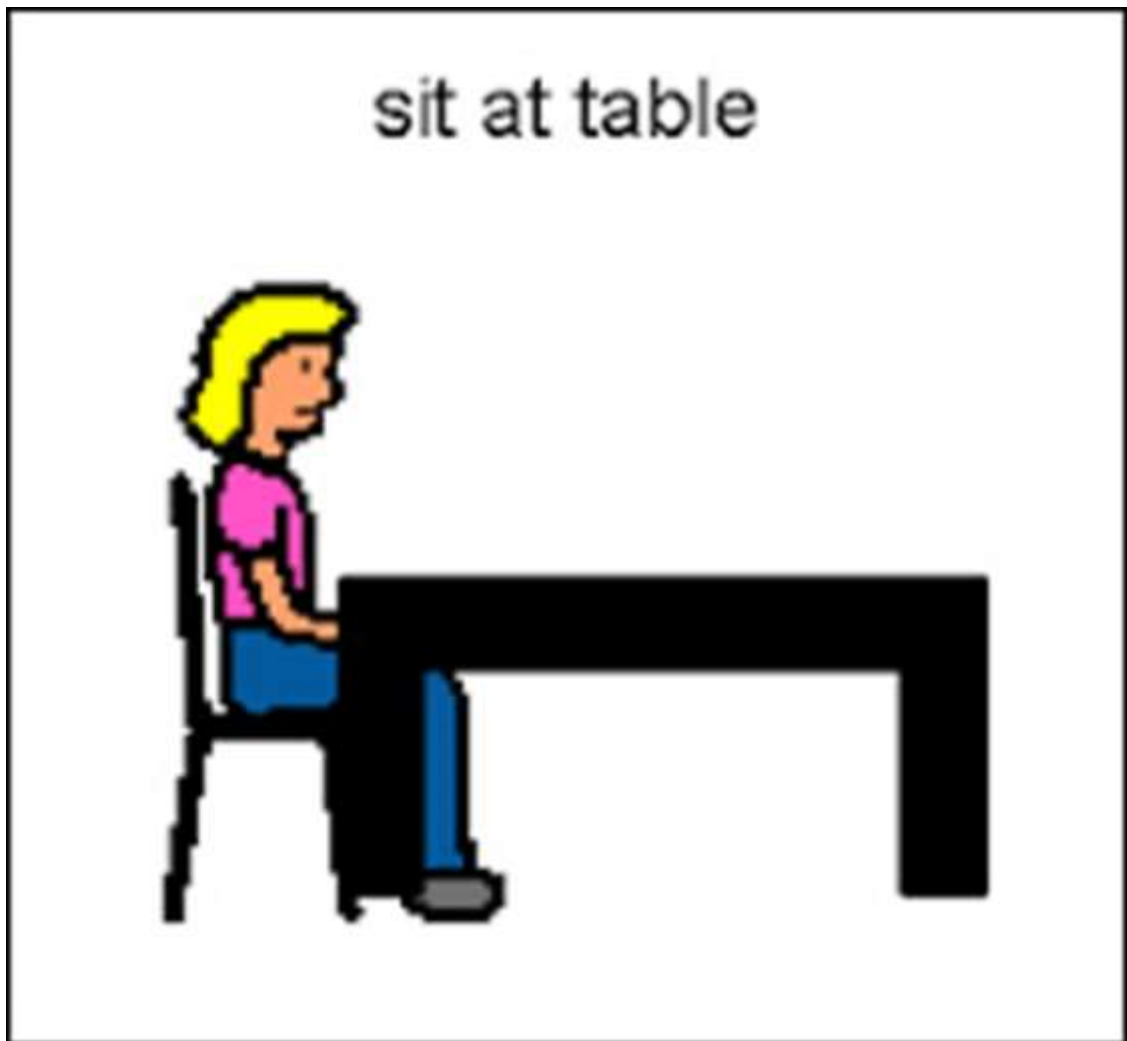


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Daily PM

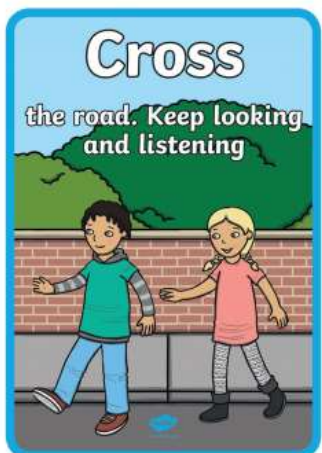
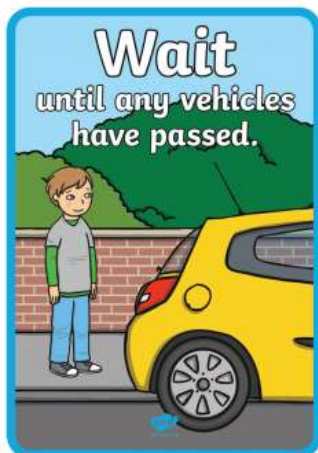
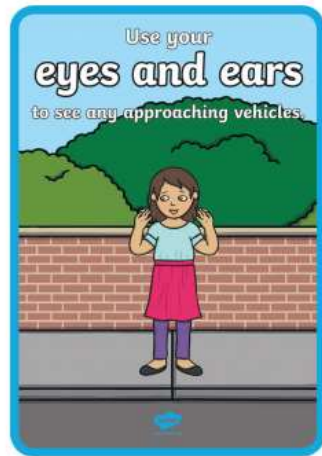
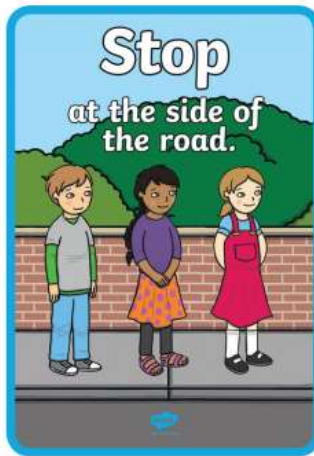
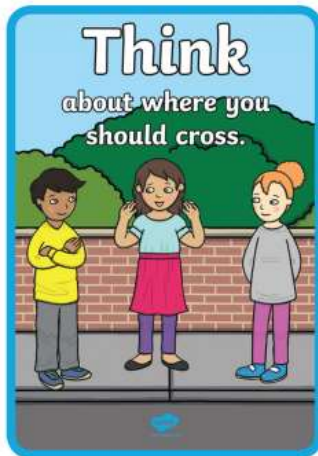
Environment
'Road Safety'

Pupils should engage in regular outdoor environmental encounters to build an awareness of safe transition and outdoor exploration. This term we have been learning the rules of the road. To allow for safe encounters in the community.

I can enjoy a walk safely.

Look at your local environment.
What did you see?

The **SIX** rules when walking safely.



Monday

Physical Wellbeing 'Proprioception'

Physical Wellbeing gives opportunities for functional movement and healthy development. This can be achieved through the daily mile or in more focused lessons. This term pupils will focus on developing their gross motor skills using activities that promote a sense of body awareness and movement, known as proprioception.

Physical/Wellbeing

Pupils will take part in various activities throughout the day. These consist of holistic, physical and proprioceptive activities.

The activities are:



- Lay/sat listening to relaxing music, with dimmed lighting. Copying a parent stretching or a hand/foot massage.



- Balancing – on one leg, sitting and standing, hopping, using a trampet, sitting on a swiss/gym ball.



- Moving – jogging on the spot, walking around the house/room/garden/in the community (Daily mile)



Tuesday (PM)

Art 'Colour'

Art empowers pupils to express individual choice and personality. Pupils are encouraged to explore their abilities and build confidence through art. This term, we are exploring Mark making. Pupils are encouraged to experiment with materials and create their own artwork whilst developing fine motor skills.

Mark Making

Can you mark make to make the egg out of our story 'Green Eggs and Ham'.

I need:

- Paint
- Colouring pencils
- Crayons
- Paper



Paint Stamping

Can you use stamps to create shapes? Show your artwork in your project book.

I need:

- Paint
- Paper
- Stamps

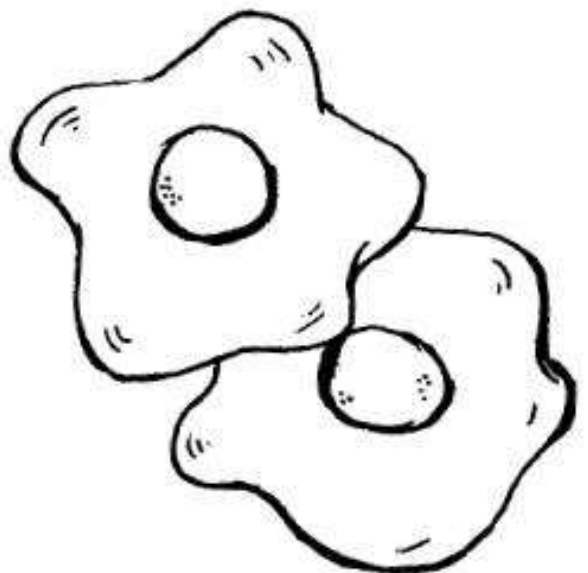


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Can you add colour to our stories
characters.



Monday/Friday AM

Sensory Exploration 'Fine motor'

Regular sensory exploration supports pupils to strengthen their sensory resilience and regulate their sensory needs. Access to sensory experiences allows pupils to show their preferences and inspires different forms engagement, communication and motor control and coordination.

Choose a recipe and let's practice our fine motor skills. Can you scoop, fill and pour?

Sensory Scatter

I need:

- Rice
- Bowl
- Scoops
- Red lentils

1. Add lentils and rice to a bowl/mat
2. Arrange white rice and Red lentils in stripes
3. Add utensils for scooping and pouring
4. Enjoy!



Sensory Jelly

I need:

- Bowl
- Scoops/Cups
- Gelatin/Jelly mix

1. Follow Jelly packet instructions
2. Once set, mix jelly and place in bowl
3. Add utensils for scooping and pouring
4. Enjoy!



Thursday PM

Music
'Creating Sounds'

Throughout Music, pupils will encounter various musical genres and styles. Encountering allows pupils to explore personal preference and communicate choice of musical tastes and interests. This term we will be exploring sound by creating different tones and rhythms with instruments and everyday objects.

I can create sounds.

Use an instruments or things in your home
to create sounds.



How does it sound? Use the comment board to describe music
and sound



Take a picture and show us how you
can make sounds.