

## **Hydrotherapy – Formal Curriculum Summary and Overview (2022-23)**

### **Intent:**

For all students who have swimming / hydrotherapy on their EHCP to access the pool at least once a week.

Swimming / hydrotherapy is in our own purpose-built pool which is heated to a constant 33 degrees celsius. This is to enable all students, especially the ones with limited movement, to remain warm and ensure the muscles are at a temperature which will assist with stretches, advised by physios.

### **Implementation:**

All students will have individual targets for their time in the water, which will be discussed and assessed with them and to record their own progress.

In these sessions we integrate communication as key, whether this is eye points, asking for more, laughing, vocalising, having a conversation they didn't feel they could have within class. We have lights and a sound system which are used for certain sessions to create different atmospheres and ambiance depending on the students in the session. This could be relaxing music and calm lights for some sessions with flashing lights and pop music for other groups.

### **Impact:**

- Each student's confidence will improve throughout the year
- They will work towards AQA awards and gain at least 1 unit in the year
- Once the students are confident at getting into the water, we work on different swim techniques including floating, moving on front and back then developing swim strokes
- Some will work on completing a programme of exercises advised by the physio
- Time in the pool contributes to the student's mental wellbeing, health and education.

## Hydrotherapy Weekly Timetable

	Reg Time	Period 1	Period 2	Break	Period 3	Period 4 / Lunch (KS4, FE & SFX)	Lunch / Period 4 (KS3)	Period 5	Period 6	Form Time
	9:00 – 9:15	9:15 – 10:00	10:00 – 10:45	10:45 – 11:00	11:00 – 12:00 (KS3) 11:00 – 11:45 (KS4)	11:45 – 12:30	1:10 – 1:50	1:50 – 2:30 (KS3) 1:40 – 2:25 (KS4)	2:30 – 3:10 (KS3) 2:25 – 3:10 (KS4)	3:10 – 3:30
<b>Mon</b>		<b>FE Department</b>					<b>Dystrophy Session</b>			
<b>Tues</b>		<b>KS4 Department</b>					<b>SFX Class Group</b>			
<b>Wed</b>		<b>Additional Capacity (By Negotiation)</b>					<b>SFX Class Group</b>			
<b>Thu</b>		<b>KS3 Department</b>					<b>SFX Class Group</b>			
<b>Fri</b>		<b>SFX Class Group</b>					<b>KS3 (Fun Swim)</b>			