



# PMLD Home Learning Charlton Park Academy

Dear Parents and Caregivers

I hope that your families are all well and safe whilst having to remain at home. The PMLD and ASD sensory teams have made some learning from home resources for you to help give you and your young person some routine. There are a range of activities to do and printable activities if you can print them out. We can send some printed materials if you request them.

Here is a suggested timetable that you can follow if you would like to. You can choose any activities from those suggested in the information sheets. I have included a lot of physical development as I know that this is an important part of the student's lives. As well as the suggested activities please use this time to develop the student's general mobility skills (physio and MOVE activities can be included here). Please do not feel that you must follow this, it is there for a guide only should you need it. Please email me if you have any questions.

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	
am	 morning	 communication	 maths	 communication	 creative arts	 ICT
pm	 afternoon	 physical	 physical	 physical and science	 physical and life skills	 physical

Please note that some of the sensory activity sheets that I have included use the term 'baby' when describing what to do. I hope that none of you take offence at this, but the activities are really important so please replace the word baby with student when you are reading it.

If you have not already done so can you, please let me know if you have internet at home along with a tablet or computer that can be used as this will help with activity access and suggestions.

In addition to these activities you can also look at the ASD Pathway 3 activities on the website as some of these activities may also be suitable for your young person.

I would love to hear how you are getting on – not just with the activities, so please email me any photos that you are able to take whilst you are at home, or just drop me a message letting me know how you are getting on. Likewise, if you have any queries or need any support – not just with education but also physio, OT, dietician etc please email me and I will contact the relevant people.

My email address is [kpanter@charltonparkacademy.co.uk](mailto:kpanter@charltonparkacademy.co.uk). I look forwards to hearing from you.

Many thanks and take care of yourselves.

Karen Panter - Angel Class Teacher

Our topic for April / May would have been **Down Under** – so please have a look at this guide if you want to – we have already taken out some activity ideas from it, so this is just for your information.

[http://www.nicurriculum.org.uk/curriculum\\_microsite/SEN\\_PMLD\\_thematic\\_units/australia\\_here\\_we\\_come/index.asp](http://www.nicurriculum.org.uk/curriculum_microsite/SEN_PMLD_thematic_units/australia_here_we_come/index.asp)

There are lots of lovely musical stories produced by Barefoot books, have a look on YouTube

<https://www.youtube.com/user/barefootbooks>

The following website is also worth looking at:

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

### **Australian Related Songs and Stories on You Tube**

These can be used to watch / listen to before you start an activity relating to Australia. Note if the students show any likes or dislikes for any of them. If they contain movements or actions, support the students to imitate them.

If you go into the bush:

[https://www.youtube.com/watch?v=zsO\\_XLmnlmI&list=PLzmVKRBbDmwPrVHaPHyW-3iv1OY9pfQPI](https://www.youtube.com/watch?v=zsO_XLmnlmI&list=PLzmVKRBbDmwPrVHaPHyW-3iv1OY9pfQPI)

Waltzing Matilda

The Story of a Swagman - 'Waltzing Matilda' tells the story of a swagman (a man who drifts or waltzes from job to job, often carrying a blanket roll that was then known as 'Matilda'), who camped under a tree. As he was waiting for his water to boil to make himself a billy tea, a jumbuck (sheep) came along which he steals by placing into his knapsack. However, as the owner came up with three policemen asking what was in his knapsack, he jumps into the waterhole and drowns and continues to haunt the site as a ghost.

<https://www.youtube.com/watch?v=SK0y0vSEsKM>

<https://www.youtube.com/watch?v=WZ52jOcXlfc>

Top 10 Australian Kids Songs

[https://www.youtube.com/watch?v=g6\\_DeRE6068&list=PLuZuMNFgxTsEoD5-S\\_Pz25TWo-VqJPHgE](https://www.youtube.com/watch?v=g6_DeRE6068&list=PLuZuMNFgxTsEoD5-S_Pz25TWo-VqJPHgE)

Commotion in the ocean

<https://www.youtube.com/watch?v=7VHkwCLSPYg>

A Hole in the bottom of the sea

<https://www.youtube.com/watch?v=R1Qn2bcZRT0&list=PLyP7OjLD-2gTw0dN3r04Je4NemPKCbn0O>

## **English**

### **1. Australian Sensory Story**

Have fun reading the sensory story with the students. If you want to you can play Australian music in the background whilst you are looking at the story.

Encourage the students to briefly look towards the images that are on the screen before completing the action that corresponds to the image.

Some students will need lots of physical help to make the movements whilst others may be able to copy the movements if you make them first.

Observe the student's reactions – is there a particular image or movement that they like or dislike?

Enjoy reading the story.

There is also a Sensory story about “Barry the fish with fingers” this has a separate instruction sheet to go with it.

### **2. Intensive Interaction**

Intensive Interaction is a great way of developing student's communication skills and letting them initiate interactions, something which they are not always used to doing. It provides space and time for some 1:1 interaction and there is no reason why siblings cannot carry this out as well.

The website below is really useful so have a look and try it out. Let me know if you have any questions

<https://www.intensiveinteraction.org/>

### **3. TACPAC**

The following information is from the Tacpac website. All of our PMLD students have taken part in Tacpac at school so are familiar with the routine of it, however we often find it takes time to get used to the resources in a new Tacpac so they will probably also take time to get used to it in the new environment of home.

Hello all Tacpackers! We've received lots of messages from teachers asking us to make Tacpac available to parents. We here at Tacpac HQ are well aware how much your pupils might be missing their regular Tacpac sessions now that schools have closed. We are working hard to help everyone continue sessions and offer help and support during this strange time. We would like to offer all the parents whose children are missing their Tacpac sessions, set 5 free of charge for 3 months to use at home.

We are compiling a series of short training bites on Facebook to help everyone get started, to get the best out of their sessions and to understand how Tacpac works. To become effective givers to your receivers, you'll need to know the basics of

Tacpac, and a bit of the theory behind the work. Thank you for your patience and consideration while we prepare these short training videos to get Tacpac up and running for our parents.

If you would like your parents to use this set for free please just ask them to go to <https://tacpac.co.uk/product/set-5> , and at the checkout add the code **8Q7A3TXS** Once done, please direct them to [www.facebook.com/TacpacLtd](http://www.facebook.com/TacpacLtd) to watch our short help videos designed especially for parents.

Even if your school subscription has expired but you think parents may find this a valuable resource, please do share this with them.

If you are already using Tacpac at home, please use the guidelines for health and safety: Wash your hands before and after sessions. Wash all material objects in the washing machine after each session and disinfect all hard objects that can't go into the wash.

## **Maths**

You can search you tube for maths songs and use the helpkidzlearn website for them as well (see the ICT folder for helpkidzlearn details). The students can be supported to do actions with the songs whenever possible.

For other maths activities, you could make up some Jelly, or flour and water mixed, or sand (with shaving foam mixed in), and drop favoured objects into the mix. Help the students to try and locate the objects that have been put into the mixture. Make sure that they are using both their hands to locate the objects.

## **ICT Activities**

The students in Angel class enjoy their ICT activities, and the helpkidzlearn website is really useful and provides a wide range of activities. This is something that some students may be able to do independently for a short time or with your support.

<https://www.helpkidzlearn.com/>

Once on the site click on the login button:

Click on Games and Activities

Click on play games

Username is "Charlton"

Password is "password1"

This will log you into the site.

The early years activities are good for a sensory experience and the students can be encouraged to look towards the images as the move.

The stories sections are also good and contains a lot of songs – the students need to tap the screen in between each verse to start the song – give them support to do this if needed.

The creative section has a few good activities in and the students especially like the piano (making music) activity. The early mouse movements is good for the students to experience making marks on the screen.

## **Science Activities**

We have uploaded a variety of different sensory dough recipes along with a set of activities to explore the senses of touch, taste, smell, hearing and sight. Have a look at these and pick your favourite.

## Creative Arts Ideas

Have a look through the following activities and get creative using whatever materials you have in the house.

The students can help by choosing what they want to make where possible. Students can choose which materials to use – hold up 2 choices in front of them and some will look towards the one they want to use; others may reach towards it. Some may give a yes / no answer if only one object is held up at once. You can give the students as much help as they need but make sure they are involved i.e. students can hold a pen / paintbrush and move their hands if you hold over the top of them. Remember nothing has to look perfect as long as you have had fun doing the activity together. If there are several children in the house they can all join in and help each other

1. Make a didgeridoo – this could be done using kitchen roll tubes. You could search on YouTube and play some didgeridoo music whilst making this.



2. Make the Australian Flag



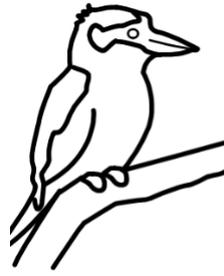
3. Decorate any of the following animals (a test of your drawing skills 😊)

Kangaroo



kangaroo

Kookaburra



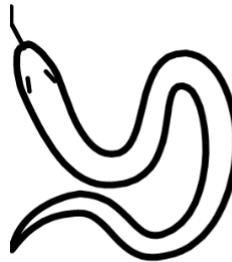
kookaburra

Koala



koala

Snake



snake

4. If any of you have any spare hats at home, you could make an Australian one.



5. Make a boomerang



6. Decorate your face aboriginal style. Remember to only use products that are suitable for this and that your child is not allergic to.



7. Create your own coral reef



We would love to see what you have created – so if you manage to take any photos please email them to us.

Happy crafting

## Physical Development Activity Ideas

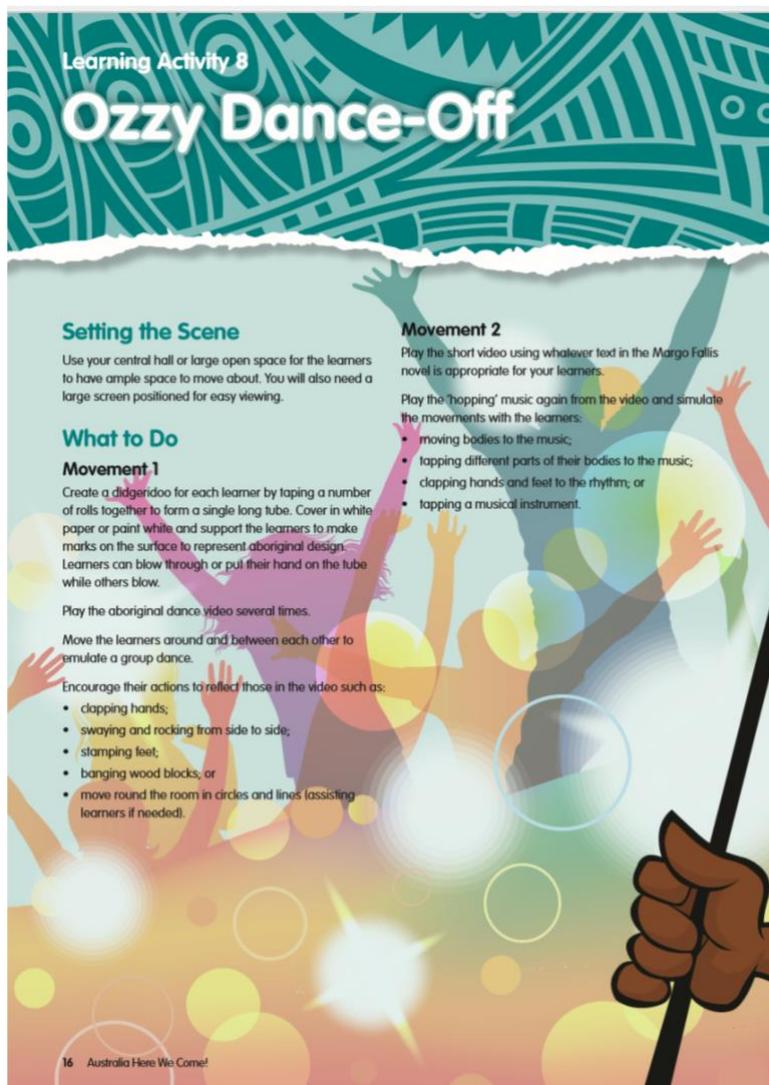
There following are mainly links to you tube songs that you can use. You can support your child to copy the actions if possible, or physically help them to do so. Work to your child's ability and have fun together. The songs can be played a few times to get them used to it. Watch for different reactions to the songs and the different movements that you make. Do they show any likes or dislikes for specific movements?

### 1. I'm a kangaroo do do do – Song on You Tube

The video can be played on you tube and you can help your son / daughter to do some kangaroo movements, with their hands / feet / body etc.

<https://www.youtube.com/watch?v=e9mwp7GlpI0>

### 2. Ozzy Dance Off



**Learning Activity 8**  
**Ozzy Dance-Off**

**Setting the Scene**  
Use your central hall or large open space for the learners to have ample space to move about. You will also need a large screen positioned for easy viewing.

**What to Do**

**Movement 1**  
Create a didgeridoo for each learner by taping a number of rolls together to form a single long tube. Cover in white paper or paint white and support the learners to make marks on the surface to represent aboriginal design. Learners can blow through or put their hand on the tube while others blow.  
Play the aboriginal dance video several times.  
Move the learners around and between each other to emulate a group dance.  
Encourage their actions to reflect those in the video such as:

- clapping hands;
- swaying and rocking from side to side;
- stamping feet;
- banging wood blocks, or
- move round the room in circles and lines (assisting learners if needed).

**Movement 2**  
Play the short video using whatever text in the Margo Falis novel is appropriate for your learners.  
Play the 'hopping' music again from the video and simulate the movements with the learners:

- moving bodies to the music;
- tapping different parts of their bodies to the music;
- clapping hands and feet to the rhythm, or
- tapping a musical instrument.

16 Australia Here We Come!

[https://www.youtube.com/watch?v=\\_b-vl3Nf50g](https://www.youtube.com/watch?v=_b-vl3Nf50g) – Kangaroo dance – Aboriginal Style

3. Australian Animal Action Dance Songs for Children Kids Kindergarten Pre-schoolers Exercise Song Music  
<https://www.youtube.com/watch?v=m2lym1A3RDw>
  
4. For those of you who have Facebook look up – Bumble Bee Physio – they are posting regular routines which incorporates those who have limited physical movement. **Definitely worth a look.**