

MOVE

The MOVE program stands for 'Movement Opportunities VIA Education'. The MOVE program ensures our students have opportunities to develop their independent movement throughout the whole school day, not just through static physiotherapy programs. We understand the importance of consistency, repetition and challenge to ensure our students are able to reach their full potential in their independent movement. Using the MOVE program throughout the whole day ensures our students have meaningful, contextualised and constant opportunities to develop their physical abilities.

Students on the MOVE program have targets set by their families, their teacher, the MOVE senior practitioners and the MOVE trainers. They have three targets that focus on a short-term goal, a long-term goal and a family goal. The goals are activity, rather than movement based. For example, 'student will be able to walk to the park alongside their brother' rather than 'The pupil will take ten independent steps'. Setting goals like this makes sure the pupil and their families wishes are at the centre of their MOVE journey and thus, the MOVE journey is meaningful.

We work backwards with our students, ensuring each small step they make still allows them to achieve their goal. It looks at where the student is now, and what they need to learn to achieve to their goals. Their prompts are reduced with each step of progress our student's make, ensuring they are constantly building up their strength, co-ordination and independence appropriately.

The MOVE program supports students in standing, sitting, walking, developing head control and transferring. The underlying foundations of MOVE is that all movement must include; motivation, progress and opportunity. At Rachel Madocks School we mirror the Move view that all movement must be functional. Many of our students have MOVE targets included within their EHCP targets. All staff working with students on the MOVE program have either done their MOVE awareness training, MOVE practitioner training or MOVE senior practitioner training. This allows all staff to understand and share the view that movement is a critical part of a student's school journey.

We are proud to have two MOVE trainers within our teaching staff and we have recently achieved our Silver MOVE Quality Mark. We have a large number of our students on the MOVE program. Alongside this, our school shares the MOVE values for all our students. We share and teach all of students the importance of movement throughout their day-to-day life to allow them to lead independent and healthy lives.

