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|  | Group 1 | | Group 2 | Group 3 | Group 4 | | Group 5 | Group 6/7 |
| Monday | Thrive | | Sensory | Sensory diet | Yoga | | Forest school  (Matt/Kirsty) | Art- mindfulness |
| Tuesday | Sensory | | Positive touch | Circuit  Training | Thrive | | Art-mindfulness | Sensory diet |
| Wednesday | Sensory diet | | Yoga | Thrive | Art-mindfulness | | Sensory | Circuit training |
| Thursday | Art-mindfulness | | Sensory diet | Yoga | Sensory | | Circuit training | Forest school  (Matt/Kirsty) |
| Staff and Students Dog Walking to the Beacon Country Park. LO’K, VG, SW – Pet Dogs. Thursday afternoon. | | | | | | | | |
| Thrive  Class based  (pastoral/Gareth b) | | Sensory  6A class room  (Sarah/Amy) | Sensory diet  Food tech  (Kerry/Colleen/ LB) | Circuit training  Hall or outside  (Phil/Ste C) | Art-mindfulness  Art room  (Gill/Tam) | Yoga  Assembly hall  (Kev/Colleen/Ryan) | | Positive touch  Class based  (Claire/Sharon) |