

Benefits of the MOVE Programme



Health benefits



Learning benefits



Social benefits



**= Increased inclusion
= Ability to communicate
= Quality of life!**



If you have any questions then please contact us.

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What is the MOVE Programme?

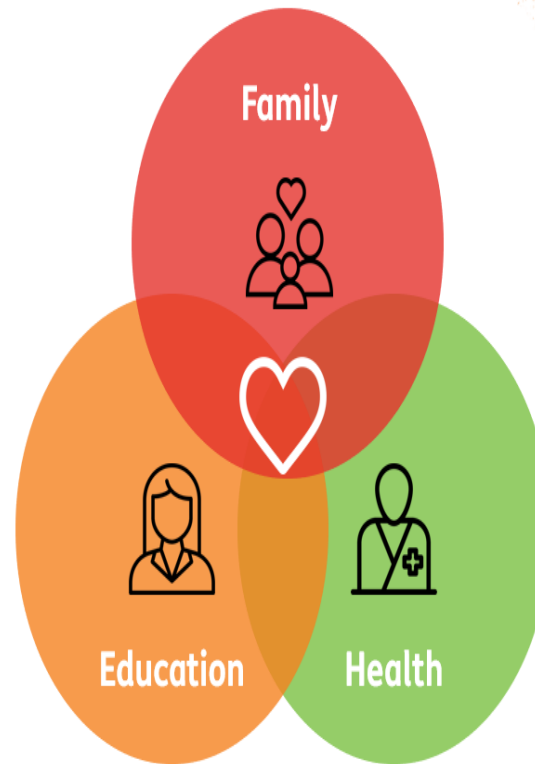
MOVE TEAM

The Six Steps of MOVE

The MOVE Programme is an activity based practice that helps children and young adults with physical additional needs gain independent movement. It uses the combined approach of education, therapy and family knowledge to teach the skills of sitting, standing, walking and transitioning.

The programme's central philosophy is that **movement is the foundation for learning.**

The aim of the MOVE Programme is to offer these movement opportunities to everyone, opening up and transforming the world around them and creating an accessible, interesting and educational world full of opportunity and choice.



The programme is built around **six-steps** that are used collaboratively in all aspects of an individual's life, by all of the people that work and live with that person.

It is not a therapy technique just for professionals; it gives equal worth to the input of every person involved.

The individual and their family are placed at the centre of the programme and it is their goals that the team focuses on.



- Step 1 Assessment:** Where are you now?
- Step 2 Goal Setting:** Where do you want to get to?
- Step 3 Task Analysis:** What skills do you need to get there?
- Step 4 Measuring Prompts:** What support do you need now?
- Step 5 Adjusting Prompts:** What assistance will you need to achieve your goals?
- Step 6 Teaching the Skills:** How do we ensure you reach the goal?