



# Embrace Curriculum Offer

## Embrace Reception Autumn

Dough Disco  
Attention Autism - Stage 1  
Intensive Interactions  
Dough Disco  
Phonics  
Maths  
Exercise / Dance  
Dress-Up Play  
Music  
ICT  
PE

## Embrace Reception Spring

Core Words of the Week / Makaton  
Letter of the Day  
PE  
Sensory Massage  
Outdoor School  
Structured Play  
Music / Call and Response  
Phonics  
Dough Disco  
Intensive Interactions  
Literacy Intervention  
Maths  
Dress-Up Play  
Attention Autism - Stage 1 & 2  
Exercise  
ICT

## Embrace Reception Summer

Core Words of the Week / Makaton  
Letter of the Day  
PE  
Outdoor School  
Structured Play  
Music / Call and Response  
Phonics  
Dough Disco  
Intensive Interactions  
Literacy Intervention  
Maths  
Dress-Up Play  
Community Awareness  
Attention Autism - Stage 1, 2 & 3  
Exercise / Sensory Dance  
ICT

## Embrace Year 1 Autumn

Themes - Ourselves / On The Move  
Core Words Session / Makaton  
PE  
Sensory Dance  
Music  
Phonics  
Dough Disco  
Intensive Interactions  
Literacy  
Maths  
Attention Autism - Stage 1 & 2  
Sensory Stories  
Exercise  
ICT

## Embrace Year 1 Spring

Themes - Colour and Light / Creatures Great and Small  
Core Words Session / Makaton  
PE  
Sensory Cooking  
TacPac  
Music  
Phonics  
Intensive Interactions  
Literacy  
Maths  
Attention Autism - Stage 1, 2 & 3  
Sensory Stories  
Exercise  
ICT

## Embrace Year 1 Summer

Themes - Our Local Area / Houses and Homes  
Core Words Session / Makaton  
PE  
Sensory Cooking  
TacPac  
Music  
Phonics  
Dough Disco  
Intensive Interactions  
Literacy  
Maths  
Attention Autism - Stage 1, 2, 3 & 4  
Sensory Stories  
Exercise  
ICT



# How Do These Activities Help Our Children?

## Attention Autism

Attention Autism is a structured programme designed to develop children's attention, engagement, and shared enjoyment. Sessions follow a predictable routine, beginning with visually exciting "attention grabbers," progressing to interactive group activities, turn-taking, and eventually independent application. The approach reduces language demands and uses motivation, anticipation, and repetition to support engagement.

Children may learn to:

- Sustain attention for increasing periods
- Share attention with adults and peers
- Take turns and wait
- Anticipate routines and outcomes
- Develop early communication and social skills

## Community Awareness

Community Awareness activities help children understand and engage with the world beyond the classroom. These may include exploring the local area, learning about familiar people and places, practicing real-life routines, and developing independence and safety skills in meaningful contexts.

Children may learn to:

- Recognise familiar community settings
- Understand social expectations and routines
- Develop independence skills
- Practice communication in real-life situations
- Build confidence outside the classroom

## Core Word Sessions

Core words sessions focus on teaching high-frequency, functional words that can be used across many situations (e.g. go, stop, more, help).

These words are modelled consistently through speech, signs, symbols, and AAC, allowing children to access language regardless of their communication level.

Children may learn to:

- Use functional language to communicate needs
- Generalise vocabulary across activities
- Build early sentence structures
- Increase expressive and receptive language
- Communicate using speech, signs, or AAC

## Dough Disco

Dough Disco is a fun, music-based fine motor activity where children manipulate playdough in time with music. The focus is on strengthening hand and finger muscles in preparation for writing, while keeping children motivated and engaged through rhythm and repetition.

Children may learn to:

- Strengthen fine motor muscles
- Improve hand-eye coordination
- Develop pre-writing skills
- Follow simple instructions
- Maintain focus and engagement

## Dress-Up Play

Dress-Up Play allows children to explore role-play using costumes, props, and themed resources. Adults support play through modelling language and social interaction, helping children explore imagination, real-life roles, and emotional expression in a safe and structured way.

Children may learn to:

- Use imagination and creativity
- Develop social interaction skills
- Expand vocabulary and expressive language
- Build confidence and self-awareness
- Explore familiar routines and roles

## Exercise / Dance

These sessions combine physical movement with music and rhythm. Children are encouraged to move in different ways, copy actions, and express themselves through dance, supporting both physical and emotional development.

Children may learn to:

- Move rhythmically to music
- Improve coordination and timing
- Follow movement patterns
- Express emotions through movement
- Build confidence and enjoyment in physical activity

## ICT

ICT activities involve the use of technology such as tablets, interactive boards, switches, or communication devices. Technology is used to support learning, communication, engagement, and cause-and-effect understanding.

Children may learn to:

- Understand cause and effect
- Develop early digital skills
- Communicate using technology
- Problem-solve
- Maintain attention and motivation

## Intensive Interactions

Intensive Interactions is an approach that supports children at the earliest stages of communication. Adults follow the child's lead, responding to movements, sounds, and facial expressions to build meaningful two-way interactions.

Children may learn to:

- Make eye contact
- Take turns in interaction
- Use facial expressions and gestures
- Develop early communication skills
- Build trusting relationships

## Letter of the Day

Letter of the Day focuses on one letter through multisensory activities such as songs, visuals, movement, and mark-making. This consistent approach supports early literacy development in an engaging and accessible way.

Children may learn to:

- Recognise letter shapes and sounds
- Develop phonics awareness
- Strengthen fine motor skills
- Increase listening and attention
- Build early literacy confidence

## Literacy

Literacy sessions support reading, writing, and communication through stories, mark-making, symbols, and shared reading. Activities are adapted to meet individual developmental levels and communication needs.

Children may learn to:

- Enjoy and engage with books
- Develop vocabulary
- Understand stories and sequences
- Experiment with mark making
- Build listening and comprehension skills

## Literacy Intervention

Literacy Intervention provides targeted support for children who are on the Inspire pathway and are ready for 1:1 learning. Sessions are carefully planned and adapted to meet individual learning needs.

Children may learn to:

- Improve phonological awareness
- Develop early reading skills
- Increase writing confidence
- Strengthen language comprehension
- Make progress at their own pace

## Maths

Maths activities are practical and hands-on, using real objects, games, and routines to explore number, shape, and problem-solving concepts in meaningful ways.

Children may learn to:

- Recognise numbers
- Count and match objects
- Sort and classify
- Understand size, shape, and patterns
- Develop problem-solving skills

## Makaton

Makaton uses signs and symbols alongside speech to support understanding and expression. It is introduced via the Core Word sessions and is used consistently across the day to promote inclusive communication.

Children may learn to:

- Understand spoken language
- Express needs and emotions
- Communicate more confidently
- Reduce frustration
- Engage in social interaction

## Music

Music sessions involve listening, singing, exploring instruments, and responding to sound. Music is used to support communication, emotional expression, and engagement.

Children may learn to:

- Listen and respond to sounds
- Develop turn-taking skills
- Explore rhythm and tempo
- Express emotions
- Engage socially through music

## Musical Call and Response

These sessions involve musical cues where children are encouraged to respond with sounds, actions, or instruments, supporting interaction and attention.

Children may learn to:

- Listen carefully
- Respond to prompts
- Take turns
- Build memory and anticipation
- Participate confidently in group activities



## Outdoor School

Outdoor School uses natural environments to support learning through exploration, play, and hands-on experiences. Activities promote curiosity, independence, and physical development.

Children may learn to:

- Explore natural environments
- Develop physical skills
- Assess risks safely
- Build social interaction
- Increase curiosity and confidence

## PE

PE sessions provide structured physical education focusing on movement skills, coordination, and teamwork. Activities are adapted to suit all abilities.

Children may learn to:

- Improve gross motor skills
- Follow instructions
- Work alongside peers
- Build physical confidence
- Develop healthy movement habits
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## Phonics

Phonics sessions focus on teaching letter sounds and sound patterns using engaging, multisensory approaches to support early reading skills.

Children may learn to:

- Recognise letter sounds
- Blend sounds
- Develop listening discrimination
- Build early reading confidence
- Strengthen language skills

## Sensory Cooking

Sensory Cooking allows children to explore food through touch, smell, taste, and sight while following simple routines. The focus is on experience rather than outcomes.

Children may learn to:

- Tolerate new sensory experiences
- Follow instructions
- Develop fine motor skills
- Increase independence
- Understand routines and sequencing

## Sensory Dance

Sensory Dance uses gentle movement and music to support regulation and engagement, tailored to children's individual sensory needs.

Children may learn to:

- Regulate sensory input
- Develop body awareness
- Improve coordination
- Express emotions safely
- Engage through movement

## Sensory Massage

Sensory Massage involves calm, predictable touch activities that support relaxation and emotional regulation. Consent and comfort are prioritised.

Children may learn to:

- Recognise body awareness
- Relax and self-regulate
- Build trust
- Develop sensory processing
- Feel safe and calm



## Sensory Stories

Sensory Stories bring stories to life using sound, movement, objects, and textures, allowing children to engage at their own level.

Children may learn to:

- Maintain attention
- Understand story sequences
- Explore sensory experiences
- Develop language comprehension
- Engage emotionally with stories

## Structured Play

Structured play is adult-led play with clear learning intentions. Activities are carefully planned to support specific skills while remaining playful and engaging.

Children may learn to:

- Take turns
- Follow routines
- Develop social skills
- Solve problems
- Communicate with others

## TacPac

TacPac is a structured sensory programme using music and touch to support relaxation, anticipation, and engagement. Sessions follow a predictable format to create a sense of safety.

Children may learn to:

- Increase sensory awareness
- Anticipate routines
- Relax and self-regulate
- Build trust
- Engage with others calmly

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