

" MOVE has enabled Hannah to join in more which is massive as that's what makes us a family."



"Having Lottie's physical development integrated into her day to day class has helped a lot as she is constantly being encouraged to use her skills. Lottie is so much more confident and I can't wait to see how much more she improves while on the programme."



The MOVE Programme works so well because it is fun for children so they want to take part, therefore they develop without feeling like they are being made to do so."

## Get in touch!

✉ [contact@moveeurope.org.uk](mailto:contact@moveeurope.org.uk)

☎ 0203 327 1553

🌐 [www.moveeurope.org.uk](http://www.moveeurope.org.uk)

📘 /MOVEProgramme



Charity number: 1062307

# The MOVE Programme

## Information for families



### What is the MOVE Programme?

The MOVE Programme is an activity based practice that enables disabled children and young people to gain independent movement throughout their school day and beyond! Drawing on knowledge from education & therapy teams and families themselves, MOVE teaches the skills of **sitting, standing, walking and transitioning** between.

The programme's central philosophy is that **movement is the foundation for learning**. A toddler just learning to walk, learns special concepts about the environment around them by being able to move and explore. A disabled child, who uses specialist equipment and is reliant on others for much of their movement, is not able to do this as easily. Their opportunities for learning are significantly diminished.

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



## What makes The MOVE Programme different?

Unlike other programmes designed to support disabled children, MOVE is built around **six steps** that are used collaboratively by all those working and living with the individual. MOVE adopts a **can-do approach** and takes advantage of every opportunity for movement meaning the skills are taught throughout the day in ways that are meaningful and motivational to the child.

This could be sitting to enjoy water play, standing to prepare a favourite drink or walking to the playground! **MOVE isn't another 'add on'** to the day, taking place at set times, it happens naturally throughout each day.

## The Six Steps

1. Assessment
2. Goal Setting
3. Task Analysis
4. Prompt Measurement
5. Prompt Adjustment
6. Teaching the Skills

These steps are used collaboratively by everyone supporting the disabled child. They are essentially a problem-solving framework that supports functional skill development

## How do families play a role in The MOVE Programme?

Families and their children are placed at the heart of the MOVE Programme. Your knowledge about your child's likes and dislikes, personality and health are crucial in shaping the goals you and your child would like to achieve through the programme.

## Where is The MOVE programme used?

Everywhere! MOVE is designed to take place throughout everyday environments such as school, home, respite and day centres. MOVE is currently used in over **160 special schools** and therapy teams across the UK. To find out if your child attends a MOVE school visit our interactive map by scanning the QR code!



## How can my child access The MOVE Programme?

If your child already attends a school that uses the MOVE Programme, have a chat with them about how you and your child can get involved! If your child's school doesn't use MOVE but you think it would be beneficial to your child, please encourage the school to contact us or share this handy information leaflet with them! Alternatively, please get in touch with us directly and we can reach out to the school.

## My child attends a mainstream setting. Can they still access The MOVE Programme?

We are currently developing our provision for MOVE in mainstream settings. To find out more information please get in touch via [contact@moveeurope.org.uk](mailto:contact@moveeurope.org.uk).