

Sensory and Physical

What you might see:

You might see a child who:

has difficulties with movement or mobility compared to other children of the same age.

appears physically vulnerable or cautious during movement or play.

has difficulty with balance during play activities.

struggles to bend down and pick objects up from the floor.

is hesitant or anxious when approaching new outdoor or play equipment.

may be unsure or anxious when managing changes in level, such as steps, slopes, or uneven ground.

Gross Motor Skills

What you can try:

- Teach and reinforce simple safety rules, such as holding a handrail when using stairs, as part of everyday routines.
- Adapt PE activities by allowing extra time, more space, and using equipment that is easier to grip or catch.
- Provide time and space for outdoor play and breaktimes, including safe opportunities to practise moving over different surfaces.
- Allow children to move at their own pace around the setting.
- Reduce walking distances and provide rest breaks when needed, for example on school trips.
- Adapt seating where needed, such as providing chairs with arms, footrests, or seating near exits.
- Offer a small chair as an alternative to floor sitting where appropriate.
- Make adjustments to support movement around the school, such as using lifts, alternative routes, or shortcuts.