

# MOVE

Movement Opportunities via Education



Brookfields  
Specialist SEN School



## MOVE

Brookfields School is a Regional Centre of Excellence offering high quality support and training in MOVE. We were the only school to be judged as 'outstanding' in all areas of the internationally recognised MOVE Quality Mark.



## What is MOVE?

MOVE is an activity based, goal directed programme or curriculum which uses the combined knowledge of education, therapy and family to teach physically impaired children and adults the skills of sitting, standing, walking and transferring to the very best of their ability. This is achieved through the development of a personalised programme with the family and child at the centre of the approach.



## Who is it for?

Any individual who is not independently sitting, standing or walking even when the individual appears unresponsive.

The programme is designed to develop maximum independent physical movement, thus promoting a wider range of life experiences.

Other benefits of this approach are the improvements in cognitive development, communication skills, health and social inclusion – greater mobility increases the ability to take an active role in school, home and the wider community. Movement is seen as the foundation for learning.

## Where does MOVE take place?

The MOVE programme is integrated throughout the individual's day at home, at school or in respite settings.



# MOVE

Movement Opportunities via Education

## What does a typical day include?

Based on a detailed multi professional team assessment, an individualised programme of stepping stones and goals are identified. These goals are incorporated into the life of the individual. For example, it could be standing to wash, sitting at the dining room table with the family enjoying a meal or participating as fully as possible in naturally occurring opportunities during the whole day

Progress towards meeting the goals are carefully monitored by the pupil's Educational Team.

## What type of equipment is used?

This can range from a chair that you would find in a classroom or the home to more sophisticated and specialised equipment such as Pacers (walkers) or standing frames. If you need to have a particular piece of equipment at home for MOVE, you should liaise with you child's OT or physiotherapist.

## How are the individuals assessed for their progress?

The MOVE Curriculum includes a comprehensive 'top down' motor milestones assessment and a prompt reduction plan. This allows for easy documentation, goal setting and task analysis.

## MOVE IS:

- A philosophy
- Functional, useful, measurable progress for setting life goals
- A collaborative effort between families and professionals - "It takes a team to move"
- A program that offers assistance for people with a physical impairment
- A program that changes ways of thinking, changes attitudes and promotes inclusive living
- A structured program based in assessment and accountability
- A top down approach that helps develop skills beyond the highest skills an individual already possesses
- A way of life used throughout the day, used anywhere in an activity such as getting up, dressing, at mealtimes or sharing social times with friends
- Embedded into existing curricula and activities
- Cost-efficient and effective

## MOVE IS NOT:

- A cure
- A developmental, bottom-up model
- Limited to people with multiple disabilities
- Appropriate for individuals who can already sit, stand and walk
- A pull-out, stand alone programme
- Seeking to replace other services
- A therapy
- An equipment-based programme
- A meaningless "exercise" programme

For further information, please call the school on 0118 9421382.





Brookfields School  
Sage Road  
Tilehurst  
Reading  
RG31 6SW



**Brookfields**

Specialist SEN School



Telephone: 0118 9421382  
Email: [office.brookfields@westberks.org](mailto:office.brookfields@westberks.org)  
Web: [www.brookfieldsschool.org](http://www.brookfieldsschool.org)