



Movement Matters: A movement, health and wellbeing programme for children with learning disabilities

Movement Matters aims to improve the movement competence and physical activity levels of children with learning disabilities within Key Stage 2.

What will schools receive and implement as part of the programme?

1. Teacher CPD eLearning course that can be completed online at a time most suitable to them.
2. A classroom-based psychoeducation programme that promotes the connection between moving, health and wellbeing using storybooks and activity cards.
3. Parent resources for at home activity.
4. Attendance at a sporting celebrational event in your local region at the end of the programme with inspiring sporting role models and taster sessions delivered by local providers.

Schools will also be asked to support the evaluation of the project by liaising with researchers from Liverpool John Moores University.

You will be provided with all the necessary resources required to implement this programme within your school. In addition to accessing the programme resources, each participating school will receive a voucher to be used for sports equipment as a thank you for your time and commitment to the programme.

Read feedback we received from a participating teacher below!

"The programme really grabbed the interest of my class! It was fab to see the class active and positive about getting fitter - it had a lovely positive impact on the children being ready to learn for other lessons and the calm activities were very useful to help regulate / calm class after e.g. a 'bouncy' lunchtime!"

"The Movement Matters celebrational event was a day I will never forget and the children loved every minute - they were shattered afterwards!!"



Please email Dr Sarah Taylor to discuss the programme in more detail.
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