

DALO Overall Programme: May – August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
10.30am – 10.50AM 10/50AM - 11am Communication	20-minute exercise	World Music	20-minute exercise	Newspaper article	Quiz/Word search/Puzzle
Blue unit AM 11 am-12noon	Sport at Uinitas (Group 1) BSL @ DC (Group 2) Work experience. @ DC (Group 3)	Yoga Via zoom (Group1) Sports at Uinitas (Group 2)	Social skill @ DC internal session with Olivia (Group1) Lunch Prep @ DC (Group2) Gardening @ Allotment (Group 3) Advance Art @DC (Group 4)	Mindfulness via Zoom (Group 1) Drama @DC (Group 2) Food prep @ DC (Group 3)	Pampering/ hand massage/paint nail (Group 1) Or Health & well-being @ DC (Group 2) Dance with Sense (DC) (Group 3) Lunch Prep @ DC (Group 4)
Green Unit 1 AM 11am-12 noon	Sport at Uinitas (Group 1) BSL @ DC or seated Yoga with Sense (Group 2) Lunch Prep (Kitchen) @ DC (Group 3)	Yoga Via zoom (Group 1) Food prep @ DC (Group 2)	Fitness class/music (Group 1) Boxing @Uinitas (Group 2)	Mindfulness via Zoom (Group 1) Drama @DC (Group 2)	Health & well-being @ DC (Group 1) Life skills/community access to the park or DALO garden (Group 2)

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Green Unit 2 AM 11am-12 noon	Music therapy @ DC (Group 1) Unitas Sensory room (Group 2)	Sports at Unitas (Group 1) Movement with imagination (Sense) (Group 2)	Sensory Art@ DC (Group 1 & 2) Boxing @Unitas (Group 3)	Tennis at Burnt Oak with Sense (Group 1) Seated Pilates with Sense (Online) or DALO Garden (Group 2)	Dance movement @ DC (Group 1) Squash & community access. (Group 2)
Yellow Unit AM 11am-12 noon	Music Therapy @ DC (Group 1) Sensory room (Group 2)	Movement with imagination (Sense) Sensory making (Group 1) Sports at Unitas (Group 2)	Sensory Art@ DC (Group 1 & 2)	Sensory Games @DC (Group 1& 2) Or Seated Pilates with Sense (Online)	Dance movement @ DC (Group 1 & 2) Health @ well-being. @ DC
Blue Unit PM 1.15pm-2.15pm	Lunch at Unitas (Group1) (Group 2) DALO Garden / Home Management Work experience. (Group 3)	Numeracy (Group 1) Sports at Unitas Lunch (Group 2)	Culture and people of the world @ DC (Group 1) Kitchen cleaning @ DC (Group 2) Allotment (Group 3)	Fitness session @ DC (Group 1) Home management/DALO garden (Group 2) Food prep @ DC (Group 3)	Ambassador project (Group 1) Online shopping (Group 2) SEN room Lunch Prep @ DC (Group 3)
Green unit 1 PM 1.15pm-2.15pm	Lunch at Unitas (Group 1) Lunch at Unitas Quiz & debate.	Numeracy or DALO Garden (Group 1)	Art & Craft @DC (Group 1) Boxing @Unitas (Group 2)	Fitness session @ DC (Group 1) Reading and writing	Dance with Sense (DC) (Group 1) Free choice

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	(Group 2) Kitchen Cleaning @ DC (Group 3)	Food prep @ DC (Group 2)		(Group 2)	(Group 2) Free choice
Green Unit 2 PM 1.15 pm-2.15 pm	Indoor games @DC (Group 1) Lunch at Uinitas (Group 2)	Mobility gym @DC (Group 1) Lunch at Uinitas (Group 2)	Art & Craft @DC (Group 1) Relaxation in the Sensory room (Group 2) Boxing @Uinitas (Group 3)	Lunch at Burnt Oak Travel training. (Group 1) Numeracy (Group 2)	Free choice (Group 1) Free choice (Group 2) Health & wellbeing (pampering)
Yellow Unit PM 1.15 pm-2.15 pm	Indoor games @DC (Group 1) Sensory room (Group 2)	Mobility gym @DC (Group 1) Relaxation in the Sensory room (Group 2)	Hand massage & Nail painting (Group 1) Relaxation in the Sensory room or DALO Garden (Group 2)	Tennis with Sense @ DC (Group 1) DALO Garden (Group 2)	Free choice (Group 1) DALO Garden (Group 2)