

## Example Pupil assessment and programme

Name: Robert

Age: 14

Condition: Cerebral Palsy with associated learning difficulties. Tracheotomy

Communication: Uses some simple signs and uses picture cards

Behaviour: Can become frustrated – growls  
Can kick / hit out if frustrated  
Tends to seek sensory information e.g. rocking, swaying hands in mouth

Physical: Cerebral Palsy, total body involvement  
Slightly low tone proximally – but variable as some increased tone distally and with increased effort.  
Sits independently  
Walks with assistance  
Bike rides

Current Gymnastic Aims:

Mainly focused around communication as Robert finds the Floor Activities very motivating.

These are a selection of his aims:

- To select the symbol for more activity from a choice of 4 picture cards
- To work on core stability and sitting balance – sitting astride roll
- Cardiovascular exercise
- Opportunity to gain experience of multi-sensory environment

Precaution / considerations:

Robert loves the activity so much that he can often refuse to leave area and hit or kick out.

Overstimulation, can become over excited and difficult to control. Awareness of his tracheotomy at all times.

May require suctioning after or during session as secretions become loose and mobile. Must have suction equipment in vicinity.