

Sitting

Starting point : Pupil requires full support to maintain a sitting position with flexion at the hips & knees, i.e. from an adult or adapted seating

Next Steps:

Date achieved

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| a) Pupil is able to lift head up in supported sitting | |
| b) Pupil has head control whilst in supported sitting | |
| c) Pupil is able to sit with less support, e.g. without chest harness, without resting against the adult | |
| d) Pupil is able to sit with support at the hips only & maintain posture, e.g. just with a lap strap or with adult support at hips | |
| e) Pupil is able to sit on an ordinary chair with adult support at hips & maintain posture & balance, with hips & knees flexed | |
| f) Pupil is able to sit on an ordinary chair for very short periods of time, with adult supervision | |
| g) Pupil is able to sit on an ordinary chair throughout a short lesson, e.g. 15-30 minutes | |
| h) Pupil is able to move within sitting to bring trunk forward into functional position to free up arms & hands, i.e. shoulders in protracted position | |
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| j) Pupil is able to sit on a stool for 5 minutes with support at the hips | |
| k) Pupil is able to sit on a stool for 5 minutes with minimal support | |

Functional End Point :

- i) Pupil is able to sit on an ordinary chair for useful periods of time

Functional Context : Pupil is able to transfer to a chair in a coffee shop, on a train, in the theatre. Pupil is able to sit on a sofa for a short time. Pupil is able to sit on a chair during a dressing/undressing routine. Pupil is able to visit a hairdresser

- l) Pupil is able to maintain balance on a stool for 5 minutes

Functional Context :

Pupil will be able to balance and maintain position on side of bed or bath when being assisted in/out