

The Immerse Pathway

In Woodlands, the Immerse Pathway gives children exciting opportunities to explore, create, and grow in a fun, supportive environment. It is designed to develop their curiosity, creativity, wellbeing, and social skills through hands-on, engaging sessions.

English Sessions

Our English Sessions help children develop a love of stories, language, and early writing skills through engaging, multi-sensory activities. These sessions support communication, fine motor development, and early literacy foundations in a fun and supportive way.

Sensory Stories – Children experience stories through touch, sound, movement, and props, bringing books to life. These activities support listening, comprehension, imagination, and engagement with language.

Handwriting – Through fine motor exercises, letter formation practice, and guided writing activities, children develop strength, coordination, and confidence in early mark-making and handwriting skills.

Phonics – Children learn to recognise letters, sounds, and simple words through fun, interactive games, songs, and activities. Phonics sessions build early reading and writing skills, laying a strong foundation for literacy development.

Maths Sessions

Our Maths Sessions use the White Rose Maths approach to help children develop a deep understanding of numbers, patterns, shapes, and problem-solving through hands-on, engaging activities. These sessions encourage curiosity, reasoning, and confidence with mathematical concepts.

Number & Counting – Children explore numbers through counting, subitising (recognising quantities without counting), and comparing amounts. They practise addition, subtraction, and understanding relationships between numbers using practical, real-life resources.

Shape, Space & Measure – Children investigate shapes, sizes, positions, and measurements through playful activities. They explore concepts such as length, weight, capacity, and time, developing early spatial awareness and reasoning.

Problem Solving & Reasoning – Children are encouraged to think critically and explain their thinking. Activities focus on spotting patterns, solving simple problems, making predictions, and discussing strategies, fostering confidence in mathematical thinking.

Hands-On & Play-Based Learning – All Maths sessions use manipulatives, games, songs, and everyday resources to make learning concrete, meaningful, and fun. This approach helps children link mathematical ideas to the world around them.

The World Around Us Sessions

In The World Around Us sessions, children are encouraged to explore, observe, and make sense of the world they live in. Through hands-on experiences, outdoor learning, stories, and discussion, children develop curiosity about people, places, nature, and the environment.

These sessions support children in understanding similarities and differences between themselves, others, and the wider world. They learn about seasons, weather, plants and animals, local environments, and how to care for our world. Children are encouraged to ask questions, share their ideas, and use new vocabulary to describe what they see and experience.

Learning is play-based and carefully planned to support language development, personal and social skills, and early scientific thinking.

Children will develop a growing awareness of the world around them, confidence to explore new experiences, and an appreciation for nature and their place within the community.

Discovery Sessions

Our Discovery Sessions provide young learners with exciting opportunities to explore the world around them through hands-on science experiences and the development of essential life skills. Designed especially for EYFS and Reception children, these sessions encourage curiosity, creativity, and confident learning through play.

Children investigate simple scientific concepts such as materials, plants, animals, forces, and changes, using practical activities, observations, and experiments that are meaningful and age-appropriate. Alongside this, life skills are woven throughout each session, helping children to develop independence, problem-solving, communication, teamwork, and resilience.

Expression Sessions

Our Expression Sessions provide children with rich opportunities to explore creativity through art, music, and design technology. These sessions encourage children to express their ideas, thoughts, and feelings in imaginative and practical ways, supporting their confidence, communication, and enjoyment of learning.

Through art, children explore a wide range of materials and techniques, including drawing, painting, collage, sculpture, and printing. They are encouraged to experiment with colour, texture, shape, and pattern, developing fine motor skills and learning that there is no "right or wrong" outcome. Children are supported to talk about their work and appreciate the creations of others.

In music, children experience rhythm, movement, and sound through singing, listening, composing, and performing. They explore instruments, experiment with volume and tempo, and respond creatively to music through dance and imaginative play. Music sessions promote listening skills, cooperation, and emotional expression.

Through design technology, children investigate how things work and learn to design, make, and evaluate simple models and products. Using a variety of tools and materials, children are encouraged to plan, build, adapt, and problem-solve, developing independence, perseverance, and practical life skills.

Social Sessions

Our Social Sessions focus on developing children's communication, interaction, and social skills in fun, supportive, and structured ways. These sessions help children build confidence, share ideas, and form positive relationships with peers and adults.

Through speech and language activities, children expand their vocabulary, practise clear articulation, and improve listening and understanding. Interactive games, storytelling, and role play encourage expressive language and confidence in speaking. Attention Autism activities help children focus, engage, and participate in group tasks. Carefully structured activities and motivating resources encourage sustained attention, turn-taking, and shared enjoyment. We also offer TACPAC which supports students through sensory communication creating sensory alignment.

Turn-taking and cooperative games develop essential social skills, including patience, sharing, empathy, and teamwork. Children learn to follow instructions, listen to others, and negotiate in playful, age-appropriate ways.

Health, Mind and Body Sessions

Our Health, Mind and Body Sessions support children's physical development, emotional wellbeing, and understanding of healthy lifestyles. These sessions help children develop the skills, confidence, and awareness needed to look after their bodies and minds, forming positive habits from an early age.

Through physical activity, children develop strength, balance, coordination, and control using a range of indoor and outdoor opportunities. Activities include movement games, dance, yoga, obstacle courses, and fine motor challenges, supporting both gross and fine motor development and encouraging enjoyment of being active.

Mental and emotional wellbeing is a key focus of these sessions. Children are supported to recognise and talk about their feelings, develop self-regulation, and build resilience. Through stories, role play, mindfulness activities, and group discussions, children learn strategies to manage emotions, develop empathy, and form positive relationships with others.

Children also learn about healthy living, including the importance of good nutrition, personal hygiene, rest, and safety. Practical activities such as food preparation, handwashing routines, and discussions about keeping safe help children understand how to care for themselves and make healthy choices.