A close-up of a logo

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# Lesson Plan: Introduction to Occupational Therapy

Target Group: Year 9/10

Duration: 1 hour

Subject Area: PSHE / Careers / Health & Social Care / Science

Theme: Exploring Occupational Therapy

## Learning Objectives

* Understand the role and purpose of occupational therapy.
* Identify gross and fine motor skills and their relevance to daily activities.
* Explore how illness or injury impacts daily living and how activities can be modified.
* Learn the process of activity analysis and how occupational therapists use it to support individuals.

## Lesson Breakdown

### 0–30 mins: Activity 1 – Gross and Fine Motor Skills

Discussion: What activities rely on using fingers and hands? What about arms and legs?

Prompt: Explain fine motor skills (small muscles in fingers/wrists) and gross motor skills (large muscles in arms/legs).

Task: Draw a person with weekly activities (Activities of Daily Living). Identify motor skills used.

Extension: Imagine the person is injured. What challenges arise in self-care, vocational, and leisure activities? How can these be modified?

Outcome: Students understand motor skills and how occupational therapists help adapt activities.

### 30–55 mins: Activity 2 – Activity Analysis

Discussion: What is activity analysis and why is it important?

Task 1: Choose an activity and break it down into steps.

Task 2: Identify required skills – physical, sensory, cognitive, emotional, social, environmental.

Task 3: Discuss how illness/injury impacts these skills and how the activity can be adapted.

Outcome: Students learn how occupational therapists assess and adapt activities to support individuals.

### 55–60 mins: Wrap-Up & Reflection

Summary: Recap key points about occupational therapy and its importance.

Reflection: Could you see yourself helping others in this way? What skills would you need?

Outcome: Students reflect on the role of occupational therapists and consider career pathways.

## Materials Needed

* Projector or screen for presentation
* Paper and pens for drawing tasks
* Printed activity examples (optional)
* Whiteboard or flipchart for discussion notes