

THROW YOURSELF INTO JUDO



Non-competitive. Therapeutic. Transformative.
Specialist provision for autism & moderate learning disabilities

AGES 13–18 · AUTISM & MODERATE LEARNING DISABILITIES · EHCP WELCOME · REFERRAL ACCESS

The Horizons Structured Judo Programme is a SEND-adapted, therapeutic physical development pathway. Not a sports club — a specialist short breaks offer embedded within Horizons Short Breaks.

EMOTIONAL REGULATION

Structured movement, breathing and clear routine reduce anxiety, frustration & emotional escalation.

SENSORY REGULATION

Sensory-aware environments, visual supports and structured routines — reducing overload every session.

SOCIAL DEVELOPMENT

Groups of 4–6 develop communication, turn-taking and peer interaction in a safe, predictable setting.

PREPARATION FOR ADULTHOOD

Self-management, routine and responsibility — building real independence for adult life.

HOW WE DELIVER

GROUP SIZE

4–6 young people
per session

STAFF RATIO

1:2 to 1:3
adjusted per need

PROGRAMME

12-week blocks
term-time + holidays

ACCESS

Via referral &
risk assessment



A safe, structured and engaging pathway — supporting confidence, regulation and independence through adapted physical activity.

— Horizons Structured Judo Programme, Service Specification

RESPECT

MODESTY

FRIENDSHIP

COURAGE

COURTESY

HONOUR

HONESTY

SELF-CONTROL

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