

Motor Skills

Motor skills sessions are offered to children with a delay in the development of co-ordination from the second half of Michaelmas Term in Kindergarten (EYFS) to Form 2.

The children who attend these small groups are referred by teaching staff. They will have developmental needs which may affect their balance and stability, muscle tone, sense of personal space, ability to follow verbal instructions, fine and/or gross motor co-ordination.

The primary aim of the Motor Skills Group is for children to learn through physical activity, thereby gaining in confidence.

In order to establish a sense of security we offer a structured routine within lessons, however group members can initiate a change of direction with their own ideas.

Parental involvement and support is important and is greatly appreciated.

Instructions are stated only once to develop good listening skills. Children are informed of this and informed of how to ask for further assistance.

Gradually the number and complexity of instructions are increased.

Firm boundaries of acceptable behaviour are set to enable children to succeed.

Joint tasks, which require discussion and problem solving, are seen as a means of developing listening, thinking and social skills.

During the playing of small group games, children are taught to acknowledge success and to develop strategies for coping with disappointment.

Tried and tested exercises are used to develop greater strength in specific regions of the body. By increasing upper body strength a child will reap the benefits of postural stability, making classroom tasks less difficult.

Individuals are encouraged to strengthen both right and left sides of the body and to develop an awareness of crossing the midline.

Spatial awareness is developed through mini games and copying of movements. It is vital that children develop an awareness of their own personal space and the space needed by others.

In the gymnasium, many individuals benefit from specific balance exercises with the use of small and large apparatus.

Time management is taught with particular reference for changing in and out of games clothing and strategies are taught to help them with this.

Working in the pool has proved popular and beneficial. As well as developing relaxation and confidence in the water, the children are not hampered by balance difficulties.