

The Motor Skills Programme is a movement based Health and Wellbeing programme designed to boost confidence, self-esteem, movement skills, fine and gross motor skills, co-ordination and sequencing within a gym hall environment.

The programme focuses on gross motor skills and learners will participate in group based activities designed to develop the needs of each individual taking part.

Indicators

Children with co-ordination difficulties will not exhibit ALL of the following characteristics and many of them can be indicative of other difficulties.

Young children may:

- be late to reach milestones e.g. rolling, crawling, walking, talking
- have difficulty walking up/down stairs, bump into things easily or trip
- be unable to hop, skip or jump
- have difficulties with dressing
- have delayed hand dominance and difficulties with jigsaws, puzzles and shape sorting
- have low muscle tone - seem unstable around joints
- be unable to follow simple instructions
- have sleeping and/or eating difficulties

Children in early- mid primary may:

- show general coordination difficulties becoming very evident
- experience difficulties in P.E.— e.g. throwing, catching, running
- have a limited concentration span and/or be easily distracted
- experience hand/eye coordination issues—poor visual tracking; poor handwriting and pencil control
- experience difficulty following more complex instructions
- find aspects of maths challenging —sequencing, number bonds, tables and abstract problems
- have poor spatial and body awareness
- experience low self-esteem/frustration/difficulty forming relationships
- become restless and distracted
- have physical symptoms e.g. sore head, sick

In addition to some of the characteristics detailed above children in upper primary and secondary may:

- have poor organisational skills
- Find handwriting becoming increasingly problematic - slow & inaccurate
- tire more easily
- find practical subjects cause frustration
- become socially isolated
- have a poor sense of rhythm
- forget complex instructions
- exhibit more extreme behavioural difficulties

Strategies

Teachers and pupil support assistants can help by:

- giving clear and simple instructions
- positioning child with clear view of board and teacher and with minimal distractions
- ensuring child is sitting comfortably with feet on floor, desk at elbow height and at end of group
- limiting the amount of handwriting/copying - offer alternatives to presenting work
- allow extra time to change for P.E.
- teaching organisational strategies, and providing visual timetables/maths aids/laptops/homework diary
- praising effort rather than end product
- allowing child to rest against wall/cupboard while sitting on floor
- encouraging partnerships with peers
- Be sensitive to child's limitations—never compare/ridicule
- Give extra time and visits to toilet

Benefits of attending the Motor Skills Programme

The development of gross motor skills is the main focus of the Motor Skills Programme but confidence building and self-esteem are of a high importance. Constant repetition of activities allows the body and brain to develop and allow movements to become more automatic, fluent and allow the child to carry them out without the need to overthink it. When this happens the child grows in confidence and seems to develop a more “can do” attitude within gym.

The Motor Skills Programme is an East Ayrshire Support Team programme. Through coaching and modelling sessions a pupil support assistant from your child's school will be trained to deliver this programme on a weekly basis. Each pupil will participate in two 30-45 minute sessions per week within a group environment. Each group will consist of up to ten pupils per session. Each session will have a different focus but will be centred round the needs of each group member.

Within the programme we try to involve outside agencies to work with the children on various different sports and also involve families to attend and participate in sessions with the pupils.

Useful links

www.movementmattersuk.org
www.parentingacrossscotland.org

Useful resources

Get Physical! An inclusive, therapeutic PE programme to develop motor skills—L Addy, LDA

Speed up! A kinaesthetic programme to develop fluent handwriting—L. Addy & R. Lawrie , LDA

Take Ten: Advice, games and activities to develop fine motor skills—S. Drew, LDA

For further information please contact:

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EAST AYRSHIRE SUPPORT TEAM

Intervention Leaflet

Motor Skills Programme