

How to help Motor Skills

Mrs S Howell Severnbanks Primary

What are our motor skills?

We control our muscles in our body using our motor skills. Gross motor skills are the large movements like running, kicking or throwing. Fine motor skills are the small movements like cutting with scissors, doing up and undoing buttons, brushing teeth and handwriting. Good core strength (tummy muscles) helps both gross and fine motor skills. Without a strong core, our children will find it difficult to sit still at a desk and write.

What does school do?

At Severnbanks, we run lots of different groups to help your child develop their motor skills:

- Dough Disco
- Write Dance
- Hands On!
- Fizzy
- Speed Up!
- Handwriting groups
- Write From the Start
- Circus Skills

What can you do at home?

- Swimming



- Use the monkey bars or climbing frame at the park



- Use a space hopper...try and balance!!



- Do press ups against a wall



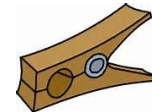
- Use playdough or plasticene to make models



- Squeeze sponges or facecloths



- Squeeze and clip with clothes pegs



- Jump on a trampoline



- Throw a ball against the wall and catch it



- Scoot, cycle or skate to school!



Why not visit...

Whirlikidz in Chepstow

Energi Trampoline Park in Newport

Jumptastic in Gloucester

Jump at Cribbs Causeway, Bristol

Airhop Bristol at Cribbs Causeway, Bristol

Next steps

If the school and parents/carers continue to be concerned about a child's motor skills, despite a programme of support, they may decide to ask for advice and assessment by an Occupational Therapist. Their job is to support families to help their children to be independent and complete everyday tasks. Please speak to the SENDCo for more information.

Who can I talk to if I am worried about motor skills?

- Your child's class teacher
- SENDCo Mrs Shona Howell
- PE teacher Mr P Tomley

School Phone Number—01594 842 789