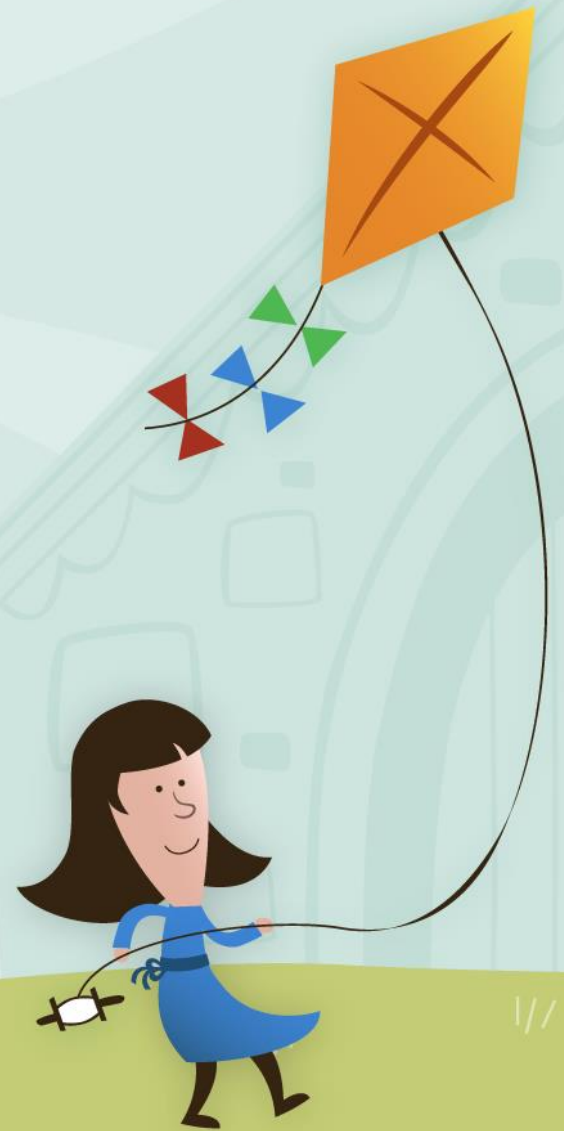


Coffee morning and motor skill workshop

Tuesday 2nd April 2019



Gross Motor Development



Gross Motor skills involve large muscles of the body that enable such functions as maintaining balance, walking, climbing, jumping, pushing, pulling and ball skills.

These skills are the building blocks of fine motor skills.

Gross (large scale) before small (fine)



Fine Motor Development

The hand is quite a complex piece of machinery and is made up of lots of joints and muscle groups that interconnect and work together to provide maximum dexterity.

In a child's journey to becoming a mark maker and eventually a writer, they need to become proficient in all of the following:

- Pincer grasp or grip
 - Palm arches
- In-hand manipulation
 - Thumb opposition
 - Finger isolation
- Knuckle, PIP and DIP joints
- Bilateral co-ordination
- Hand/eye co-ordination



Activities to strengthen: Palm arches

- Cutting with scissors
- Scooping sand, rice, beans
- Spinning tops
- Wind up toys
- Place coins or bingo chips in narrow slots; a piggy bank is perfect, Connect Four game
- Eye droppers: make colorful dribble art
- Creations by placing drops of colored water on a paper towel or coffee filter
- Ziplok bags: encourage using fingertips to press and seal
- Buttoning, snapping, zipping



Thumb opposition

Thumb Opposition refers to the ability to turn and rotate the thumb so that it can touch each fingertip of the same hand. This allows us to grasp objects of various sizes and operate tools. Imagine trying to tie shoes, pull up a zip.

Activities:

- pipettes/turkey basters to squirt water,
- washing dolls/toys by squeezing sponges/cloths



Tripod Grip



There are lots ways we can support our children with developing these skills.



Pinterest app

Bi-lateral Co-ordination



Hand-eye Co-ordination



How do we support Physical Development at Leominster Primary School?

KS1

- ❖ Gross motor stretches/songs
- ❖ Range of adult initiated activities that children can access independently to develop and strengthen fine and gross motor skills.
- ❖ Bikes and trikes sessions
- ❖ Fine motor skills activities boxes, using tweezers, magnetic games and threading.
- ❖ Chalking on playground, painting, large paper and pens on the floor, rainbow writing.



Dough gym

Manipulating dough to music, use the dough for resistance work.

- Squashing, squeezing, rotating, pinching
- Gross motor movements and fine motor exercises to develop skills needed to strengthen hands/muscles for writing.



How do we support Physical Development at Leominster Primary School?

KS2

- Movements and marks designed to strengthen different skills and link to handwriting shapes.
- Therapeutic putty
- Individual physiotherapy programmes
- Cool Kids intervention programme



How do we support Physical Development at Leominster Primary School?

KS1 and 2

Cool Kids

- The programme was designed by OT professionals to develop balance, bi lateral movement (crossing over from the left to the right sides and vice versa) and co-ordination.
- Each session is approximately 20 mins, 3 times a week, for 20 weeks.



Cool Kids Programme

for Primary School Pupils





mi 284009 31.03.11



Session 11

Aim - Bilateral actions with timing, sequencing, sitting and kneeling

Activities	Watch for	Equipment
<p>1. Warm up</p> <ul style="list-style-type: none">• 'Simon Says.'• Row the Boat with hoops. Sitting or kneeling – in pairs. Encourage firm sustained pulling and pushing rather than jerking and shoving. The challenge is for both to stay up as long as possible.• Animal walks on /through obstacles/ over rope, along rope, relays with bean bags.• 'Angels in the Snow' - lying on backs to move both legs, both arms, one leg or one arm - keep limb in contact with the floor.• Any of the exercises from previous sessions in lying - on their backs (supine) or on their tummies (in prone), such as hoops, hitting the ball with two-handed bats, rolling races, commando crawling.• Relax.	<p>Timing, sequencing of actions Use of two sides of the body with good co-ordination</p>  	<p>Hoop per child Bat and ball per child 2 handled bat per child</p>



Outside Agencies



Megan Baker House (MBH) provides conductive education sessions for children and adults with motor disorders such as Cerebral Palsy, Dyspraxia, Parkinson's disease, stroke and Acquired brain injury.

Through conductive education participants learn how to manage and deal with the difficulties caused by their condition to enable them to lead a more independent life.

<http://www.meganbakerhouse.org.uk/page/home/>



Paediatric Physiotherapy

Children's physiotherapists are responsible for the assessment and physical rehabilitation of children and young people who are identified as having difficulties with the development of gross motor skills and mobility as a result of accident, injury, disease or disability.

<https://www.wyevalley.nhs.uk/services/community-services/paediatric-physiotherapy.aspx>

Occupational Therapists (OTs)

are attached to every clinical specialty and provide a service to all age groups.

