

Developing Motor Skills



What Are Motor Skills

Your sensory motor system is what plans, organises and controls how you body, arms legs and fingers move. It is what helps you tie your shoe laces use a knife and fork, kick a ball and lie down to sleep.



Gross Motor and Fine Motor Skills

Gross motor movements are the movements that we make with our whole bodies, our core, our arms and our legs.

Fine Motor Skills are the smaller movements that we make with the small muscles of our hands and fingers.

Postural Control

This is the control that we have over our hip, chest, core and neck muscles. It helps us maintain our positions when standing and sitting so that we can work and play effectively.



More Postural Control Fun



Gross Motor Co-ordination

Gross motor co-ordination refers to how our arms and legs move together to perform actions. Younger children move all four limbs together, as they get older they are able to move one part of their body without having to move other parts.



Co-ordination Activities



LOCOMOTION

An important type of coordination is locomotion. A fluent heel toe action as we walk is important for muscle and joint health as we age. Some children walk on tip toes. Some children walk with a flat foot.



Heel Toe Activities



Hand Eye Co-ordination

It is important that we are able to use our hands in close co-ordination with our eyes to be successful in all fine motor skills.



Fine Motor Skills

- Fine motor skills are the small movements of our fingers and hands. The pincer grip is a key fine motor skill that children must develop.



Fine Motor Skills



More Fine Motor Skills

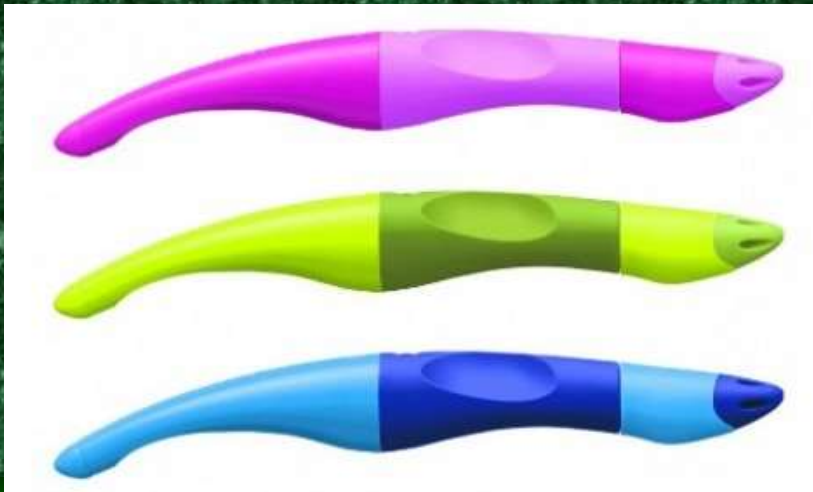


Letter Formation

Good letter formation starts with the correct grip. Some children are hyper mobile and so this can be tricky.



Letter Formation



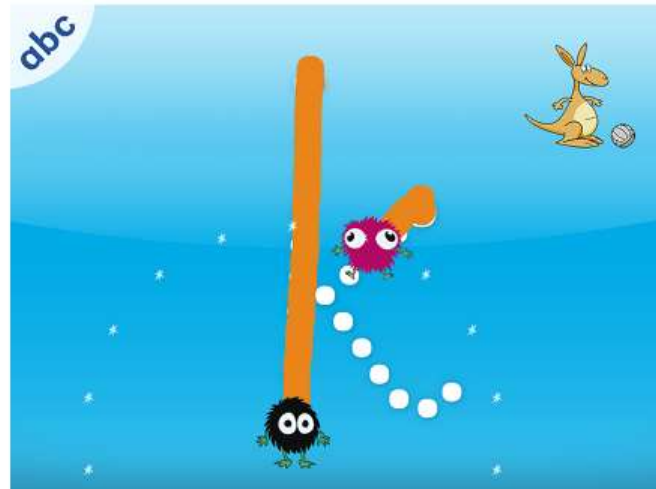
Apps

Of Course There Are Apps!!

[Nessy.com/hairy letters](http://Nessy.com/hairy%20letters)

Hwtears.com

Itunes.apple.com/app/little-writer-tracing



Dressing

- Sit down to get dressed.
- Establish a routine for dressing that your child can then remember.
- Talk through the routine each time you do it, ask what comes next.
- Start steps and then let your child complete them.
- Let them practise



Sensitivities

If you have an unusual motor profile then you are likely to have an unusual sensory profile.

Sensitive to noise

Sensitive to light

Sensitive to movement

Sensitive to smells and tastes

Sensitive to fabrics on skin

You may also be sensory seeking
in some areas

Organisation

Some children have more generalised organisational difficulties and find it hard to manage their possessions and their time, some have difficulties with organising language, their approach to work and they may struggle with sequencing.

