

## Supporting Children with Co-ordination, Motor Skills and Handwriting

Information Websites	<p><a href="https://dyspraxiafoundation.org.uk/">https://dyspraxiafoundation.org.uk/</a>  <a href="http://www.movementmattersuk.org/">http://www.movementmattersuk.org/</a></p>
Tips	<ul style="list-style-type: none"> <li>- Allow children to use a word processor to complete some written tasks. If they can't type, encourage them to learn, so that they are able to use a Word Processor with more speed and fluency.</li> <li>- Offer routines and structure</li> <li>- Create a quiet space for them to learn with no distractions.</li> <li>- Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen.</li> <li>- Ask them to do one task at a time</li> <li>- Provide checklists or visual timetables to support organisation.</li> <li>- Use timers to help with time management and build in frequent movement breaks.</li> <li>- Play lots of games with your child to encourage social skills, such as taking turns and winning and losing.</li> <li>- Provide physical activities to get your child moving</li> <li>- Help your children develop their fine and gross motor skills and core stability (see resource below)</li> </ul> <p><a href="https://dyspraxiafoundation.org.uk/wpcontent/uploads/2013/10/classroomguidelines.pdf">https://dyspraxiafoundation.org.uk/wpcontent/uploads/2013/10/classroomguidelines.pdf</a></p>
Resources/ Ideas	<p>Dancemat Typing – free beginners typing course for children.  <a href="https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr">https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</a></p> <p>Motor skills development:  <a href="https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf">https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf</a></p> <p>Visual timetable <a href="https://www.autism.org.uk/visualsupports">https://www.autism.org.uk/visualsupports</a></p> <p>Teach Handwriting  A range of handwriting resources including activities to support fine motor skills development <a href="https://www.teachhandwriting.co.uk/">https://www.teachhandwriting.co.uk/</a></p> <p>Learn to Write Letters and Words – Writing Wizard  Designed to help learners trace letters, numbers and words.  <a href="https://lescapadou.com/">https://lescapadou.com/</a></p> <p>Lots of different handwriting activities  <a href="https://www.theschoolrun.com/search/apachesolr_search/handwriting?filters">https://www.theschoolrun.com/search/apachesolr_search/handwriting?filters</a></p> <p>Advice on the handwriting curriculum  <a href="https://home.oxfordowl.co.uk/english/primary-handwriting/">https://home.oxfordowl.co.uk/english/primary-handwriting/</a></p> <p>Fitness sessions from Jump Start Jonny  <a href="https://www.jumpstartjonny.co.uk/">https://www.jumpstartjonny.co.uk/</a></p> <p>Fine motor skills sessions from Griffin Occupational Therapy  <a href="https://www.griffinot.com/">https://www.griffinot.com/</a></p> <p>Dance sessions from Oti Mabuse  <a href="https://www.youtube.com/user/mosetsanagape">https://www.youtube.com/user/mosetsanagape</a></p> <p>Dance sessions from DDMIX  <a href="https://diversedancemix.com/">https://diversedancemix.com/</a></p> <p>GoNoodle - videos designed to get kids moving.  <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p> <p>Early Movers  <a href="http://www.earlymovers.org.uk">www.earlymovers.org.uk</a></p> <p>Social skills games:  <a href="https://www.twinkl.co.uk/resources/specialeducationalneedssen/specialeducationalneed-s-sen-social-emotional-and-mental-healthdifficulties/sen-friendship-and-social-skills">https://www.twinkl.co.uk/resources/specialeducationalneedssen/specialeducationalneed-s-sen-social-emotional-and-mental-healthdifficulties/sen-friendship-and-social-skills</a></p>