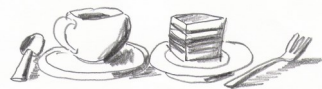
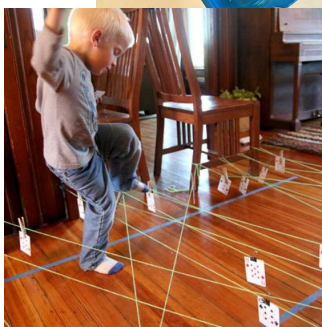
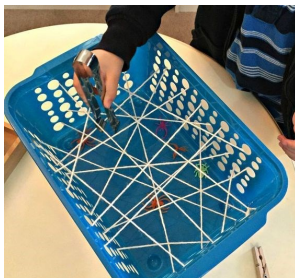


9:00am Wednesday 20th June
SEN Coffee Morning

- ♦ Meet other parents
- ♦ Share advice
- ♦ Swap strategies/resources
- ♦ Build up a support network



A few extra fun ideas!



FURTHER ADVICE AND CONTACT DETAILS

SENCo – Mrs Sarah Palmer: spalmer@pembridge.hereford.sch.uk

SEN Governor – Mrs Anita Lloyd: office@pembridge.hereford.sch.uk

Independent help and support can be found by contacting the
Parent Partnership Service:

sendias@herefordshire.gov.uk 01432 260955

PEMBRIDGE CE PRIMARY SCHOOL

INSPIRING **LEARNING** THROUGH FAITH AND VALUES
TOGETHER Summer Term 2018

Welcome to our termly **Learning Together** - a newsletter which offers some suggestions, thoughts and ways into exploring the some of the common difficulties children are faced with as they travel along their learning journey. As a result of parent requests, and our own discussions in school, we hope that **Learning Together** will help provide a bank of resources to use at home to help all our children to succeed.

Our focus this term:

Fine and Gross Motor Skills

What are fine and gross motor skills?

Motor skills are deliberate and controlled movements requiring both muscle development and maturation of the central nervous system. The development of fine and gross motor skills allows them to perform better in other more academic and physical ways.

Fine motor skills are those skills that allow you to develop the ability to do such things as write and manipulate small objects. Gross motor skills are big motor skills i.e. running, jumping and hopping etc. They require balance and coordination.

"Watching a child makes it obvious that the development of his mind comes through his movements."
-Maria Montessori



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Gross Motor Skills

How can I tell if my child has difficulties with gross motor skills?

- Be late in reaching developmental milestones (i.e. sit, crawl, walk, run).
- Move stiffly and lack fluid body movement or alternatively looks awkward and appears clumsy.
- Avoids physical activity.
- Participates in physical activity for only short periods (low endurance).
- Cannot maintain an upright posture when sitting on a mat or at a table.
- Be unable to perform the same skills as their peers (e.g. catch, kick, hop).
- Be unable to follow multiple step instructions to complete a physical task
- Fail to perform movements safely (e.g. climbing).
- Needs to put in more effort than their peers to complete a task.
- Tires frequently with physical activity.
- Loses previously mastered skill if they do not keep practicing them.

Fine Motor Skills

How can I tell if my child has difficulties with fine motor skills?

- Has an awkward or immature pencil grasp for their age.
- Has messy, slow or laborious drawing, colouring or writing skills.
- Tire quickly when typing or using a mouse on a computer.
- Has difficulty (or achieves a messy outcome) when using scissors.
- Has difficulty performing precise manipulation tasks (i.e. doing up buttons, threading, or tying shoelaces).
- Dislikes precise hand and eye coordination tasks (e.g. construction).
- Has difficulty performing age appropriate self-care tasks independently.
- Has difficulty mastering new fine motor tasks.



Strategies to help

Language Activities

- Practise tongue twisters e.g.. saying 'fingers thumbs' repeatedly
- Clapping rhymes e.g.. 'A Sailor Went to Sea, Sea, Sea'

Looking and Listening Games

- 'Where's Wally?' books
- Spot the difference games; dot to dot activities
- Pots containing different materials that make contrasting noises when shaken, locate the same noise from an identical set of pots
- Kim's Game - a tray of articles is viewed for a short time and then removed. The children then have to say what was on it or choose the right picture
- Touching game – each child has to touch an additional object after touching the previous ones in the same order
- 'I went to market and I bought' 'I packed my suitcase....' Each child re-



peats the previous items and adds their own – use a basket /suitcase with concrete objects to begin with

Outside Activities

- Use large balls in a variety of textures, start with balloons and blown up beach balls
- Bounce balls before catching rather than throwing up in the air
- Using an gym ball
- Play hop scotch/French skipping/jacks
- Skipping games – first learn to turn a rope tied to a post/fence/gate. Jump over a rope placed on the floor
- Ride bikes
- Push/pull a wheelbarrow
- Jump into and out of a hula-hoop placed on the floor. Gradually position the hoop off the floor. Also lay several hoops in a row for a sequence of jumps
- Create an obstacle course in the garden