

Motor Skills

Developing Movement Abilities, Sport & Leisure Skills

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Motor Skills – Daily Life

- Gross Motor Skills
- Fine Motor Skills
- Independence in Daily Activities & Personal Care
- Preparing for work and Inclusion



Research Findings

- Motor Development is delayed for age in children with Down Syndrome.
- Wide individual variations:
 - » Mild 42%
 - » Moderate 53%
 - » Severe 6%
- Strong links with the amount of physical therapy a child might need.
- Skills improve with practice of the actual movement.



Activities to Promote Movement

- **Fine Motor:**
 - Stimulating toys & games
 - Model and scaffold learning
 - Manipulate & build
 - Cutting, squeezing, shaping & rolling
 - Spooning – sand & water
- **Gross Motor:**
 - Active play – ball games, running, climbing
 - Swimming



In School

- Encourage movement and physical development at all times:
 - P.E.
 - Games
 - Dance
 - Drama
 - Swimming
- Think of ways to support the child at break times



Handwriting

Right Size Seating

Practice – use a scheme

Hand exercises – hand gym

Colouring, drawing & writing – small steps

Colouring improves pen & pencil control

Tracing over

Copying under

Learn to Type

Usually improves into adult life



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Discovering Potential Transforming Lives

