## Motor Active’s – ‘Motor Skills’ program

### What is Motor Active’s ‘Motor Skills’ program?

Our Motor Skills program is an exercise program designed for children 3-12 years of age who have difficulty moving and playing in a coordinated manner. This program is ideal for children with developmental, learning and/or physical disabilities.

The program focuses on developing gross motor skills, and confidence and motivation in a physical activity environment. The motor skills program provides children with an opportunity to experience success engaging in different physical activities.

The Motor Active ‘Motor Skills’ program provides a fun, unique, non-threatening and inclusive environment for the children.

### Who would be best suited to this program?

- Children with developmental, learning or physical disabilities
- Children with motor control and coordination difficulties
- Children who have trouble keeping up during physical activities, with their peers
- Children who have limited motivation and/or confidence to participate in physical activity
- Children with Autism Spectrum Disorder

### What is the key focus of the program?

The program focuses on developing and enhancing each child’s:

- Fundamental gross motor skills
- Motivation to participate in physical activities
- Self-confidence in a physical activity and social environment
- Ability to socially interact with their peers
- Awareness of body, space, and effort in movement
- Comprehension, problem solving and physical education skills

### What does the program entail?

- Seven weekly sessions (per term), 60 minutes in length
- One on one instruction with an assigned instructor with expert knowledge in exercise science
- Individualised program focusing on: coordination, spatial awareness, balance, locomotion and agility, strength, throwing and catching, batting, and kicking
- Weekly home skill sheets individualised for each child’s requirements
- Cost of $200 per term, including free adjacent parking