

Ickworth Park Primary School – SEND News

This month's SEND focus is **fine** and **gross** motor skills.

Fine motor skills refer to a child's ability to use their hands and fingers accurately while carrying out everyday tasks. Gross motor skills are the large movements your child makes with their arms, legs, feet and their body as a whole.

There are many ways to support a child's fine and gross motor skills development. In this newsletter you will find tips, activities and signposts to advice in the community to help you support the development of your child's coordination skills.

As always, if you have any questions or information to share please do get in touch via senco@ickworthpark.co.uk

Did you know?



Developmental co-ordination disorder (DCD) affects between 5-6% of school children.

DCD (sometimes known as dyspraxia) presents symptoms from an early age but usually isn't diagnosed until children are at least five years old. Find out more [here](#).



Support Online and in the Community

[West Suffolk Occupational Therapy](#) offer parents and schools a useful resource pack to help support the development of children's motor skills.

[Early Movers](#) provides information and advice on developing fine and gross motor skills.

NHS Glasgow and Clyth have a helpful [booklet](#) full of activities for fine motor skills development.



Suffolk Local Offer

For further information about Suffolk's Local Offer, please visit:
www.suffolklocaloffer.org.uk

You can sign up to Suffolk's SEND News and Updates newsletter by clicking [here](#).

The Source website has been created to provide information and advice for young people with SEND in Suffolk. Explore the website by clicking [here](#).

The Local Offer Helpline supports families with queries about SEND. Contact them on:
0345 606 1490 (Mon-Fri, 9am-5pm)



Fine and gross motor skills at Ickworth Park

Motor skills are muscle movement which enable children to complete everyday tasks with increasing independence, from feeding themselves to moving from place to place. Typically, children develop certain motor skills at specific ages, but not every child will reach milestones at precisely the same time.

At Ickworth Park we support the children's gross and fine motor control skills across the daily curriculum including: PE lessons, Dough Discos, finger warm ups, calm brain movements within the classroom, wobble cushions and gym trails.

We also provide support for children who find fine motor control difficult. Additional provision includes pencil grips, therapy putty exercises, sloping boards, a range of pens and access to specific programmes to build their motor control.

If you, your child's teacher or SENDCo have concerns and feel further advice is needed we may make a referral to Occupational Health. These professionals will be able to give your family and staff at Ickworth Park specific advice and strategies to support your child's development of their motor skills.

Things to try at home

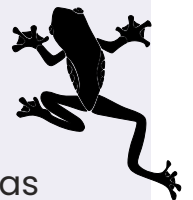


Fine Motor Skills

- Playing with and manipulating playdough
- Puzzles involving small pieces
- Drawing, colouring and painting
- Using a knife and fork
- Scissor activities including cutting and turning the paper simultaneously
- Tying shoelaces
- Threading and sewing activities
- Peeling fruit like bananas or tangerines
- Using clothes pegs to pick up small objects like cotton balls

Gross Motor Skills

- Animal walks - pretending to be crab, bear or a frog!
- Walking on uneven surfaces or stepping stones
- Digging in sand or soil
- Bouncing on space hoppers or trampolines
- Jumping and skipping
- Riding a bike
- Wheelbarrow walking
- Standing on one leg as long as possible
- Crawling through small tunnels or spaces



[Click here](#) to read Ickworth Park's SEND Information Report

The date of our next SEND Coffee Morning is **Tuesday 12th November**.

We will be discussing **mental health** and **wellbeing**, and launching our new 'Ickworth Park Universal Offer'

