



MotorActive

Motor Active's – 'Motor Skills' program

<p>What is Motor Active's 'Motor Skills' program?</p>	<p>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.</p> <p>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.</p> <p>The Motor Active 'Motor Skills' program provides a fun, unique, non-threatening and inclusive environment for the children.</p>
<p>Who would be best suited to this program?</p>	<ul style="list-style-type: none"> • 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
<p>What is the key focus of the program?</p>	<p>The program focuses on developing and enhancing each child's:</p> <ul style="list-style-type: none"> • 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
<p>What does the program entail?</p>	<ul style="list-style-type: none"> • 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



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