

Motor Active 'Motor Skills' Program

Motor Active 'Motor Skills' is an exercise program designed for children 3-12 years of age who have difficulty moving and playing in a coordinated manner, or who are having difficulty keeping up with their peers during physical activity.

The 'Motor Skills' program offers a stepping stone between allied health therapy programs and active play for children who require dedicated support to improve motor development and fundamental motor skills.

The program provides an environment that focuses on motor development and the on-going improvement of physical, social and cognitive well-being necessary for child development.



Who is best suited to this program?

This program is best suited to:

- children with Autism Spectrum Disorder
- children who have difficulty moving and playing in a controlled and coordinated manner
- children with motor control and development difficulties
- children with physical and learning disabilities
- children with developmental and coordination disorders
- children with confidence and motivational problems.

What are the key focuses?

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

- fundamental gross motor skills important for child development (i.e. balance, strength, flexibility)
- self confidence in a physical activity and social environment
- motivation to participate in physical activities
- social interaction
- awareness of body, space and effort in movement
- memory, language, problem solving and physical education skills.

What does the program include?

- 6 or 7 weekly sessions (per term), 60 minutes in length
- One on one interaction with assigned instructors with expert knowledge in exercise science
- Group interaction (warm-up, movement to music, cool-down and relaxation activities)
- Individualised program focusing on fundamental motor skills activities
- Weekly home skill sheets individualised for each child's requirements
- Free adjacent parking at the University of Queensland, St Lucia

Cost: \$210 - \$245 per term

Motor Active Program

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