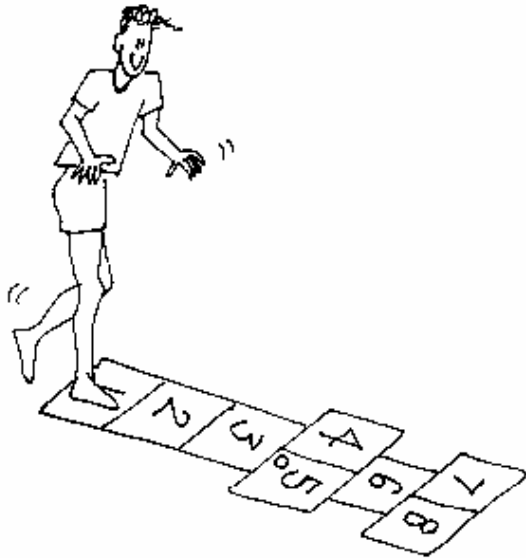




# PARENT INFORMATION



## MOTOR SEQUENCING



### DESCRIPTION

Execution in order of two or more movements in a smooth, co-ordinated manner.

### HELPFUL STRATEGIES

- ☺ Ensure you have your child's attention (ie. child looking at you), before giving him the instruction.
- ☺ Give the instruction slowly and in a loud, clear voice.
- ☺ Ensure child repeats back instruction - a way of improving memory skill.
- ☺ If the child is having difficulties carrying out the instruction, provide a demonstration (ie. you complete the sequence first and the child imitates you).
- ☺ Ensure that your child is able to perform a motor skill with ease, before including that skill in a motor sequence pattern eg. if a child cannot hop, do not ask them to 'jump, hop, clap'.

### ACTIVITIES

These are simple examples of motor sequences. You will need to read through them and make up some extra ones of your own at your child's level.

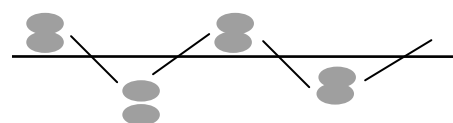
#### Sequences Using a Ball

- ☺ Child catches ball and throws back to you.
- ☺ Child catches ball turns in a circle, and throws back to you.
- ☺ Child catches ball turns in a circle jumps and throws back to you.
- ☺ Child catches ball turns in a circle jumps touches head and throws ball back to you.
- ☺ Child catches ball turns in a circle jumps touches head bounces ball on floor and throws ball back to you.

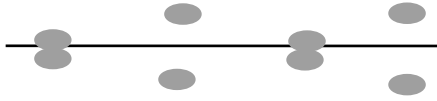
#### Sequences Using a Line

(Line can be a rope/hose/masking tape)

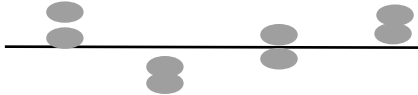
- ☺ Child jumps with two feet together on either side of the line.



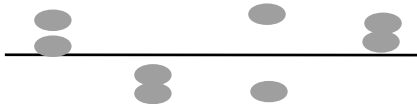
- ☺ Child jumps on the line and then one foot on either side of the line.



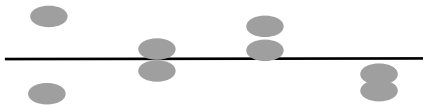
- ☺ Child jumps with 2 feet on one side, 2 feet on the other side and then 2 feet on the line.



- ☺ Child jumps 2 feet on one side, 2 feet on other side and then 1 foot on either side of the line.

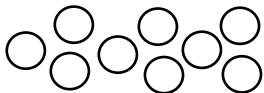


- ☺ Child jumps with feet apart, feet together, left side of line, right side of line.



### Sequences Using Hoops

- ☺ Jump with feet together, feet apart, repeat.



- ☺ Hop, hop, jump, repeat.
- ☺ Jump in the hoop, next to the hoop, behind the hoop, repeat.
- ☺ Hop twice on the left foot, once on the right foot, repeat.

### Body Sequences

- ☺ Clap hands and touch your head.
- ☺ Touch shoulders, then your knees.
- ☺ Stamp feet, clap hands, touch nose.
- ☺ Jump, clap, touch your knees.
- ☺ Jump, clap, turn around, sit down.
- ☺ Touch ears, then tummy, sit down, clap.

### General Sequences

- ☺ Hop, jump, hop, jump, repeat.
- ☺ Jump, clap, jump, clap, repeat.
- ☺ Hop, jump, clap, hop, jump, clap, repeat.
- ☺ Jump, hop, clap, touch the ground, repeat.
- ☺ 1 jump, 2 hops, 1 jump, 2 hops, repeat.
- ☺ 2 steps, 1 jump, touch the ground, clap, repeat.
- ☺ 2 jumps, 2 turns, 1 clap, 2 hops, repeat.

### Complex Variations (8-12 year olds)

- ☺ Ask child to do whole sequence, and then ask child to do sequence again but leave off the first item.
- ☺ Ask child to do sequence, but leave off last item.
- ☺ Write sequence on blackboard, rub out part of sequence and see if child can do the whole sequence first and then the sequence with the part rubbed out.