



### EQUIPMENT WE USE

- Trampoline
- Space Hopper
- Fitball
- Skipping ropes
- Bench
- Pincer grips
- Ball pond
- Gym mats
- Hoops
- Putty

### WHEN & WHERE

In order that children do not miss valuable curriculum time, ABC Club takes place every morning (Monday to Friday) from 8.15 to 8.45am in the School Hall. Mrs Ogie Balchin, who is experienced in sensory occupational therapy, takes the sessions and assesses individuals prior and post intervention.

There is no extra cost involved. Parents are contacted by our SENDCO, Sheila Buckley if she feels ABC Club could benefit your child.

### ACTIVITIES

- Jogging on the spot
- Jumping jacks
- Timed go's
- Crawling



Children at St Mary's are lucky to get plenty of exercise at school during PE and Games lessons and at break times, but specific movements and exercises like this can really improve ability, agility, strength and speed.

St Mary's School



## ABC Club



Helping children improve their learning through simple exercises





With practice, patience, and support, ABC Club can help young children with movement skills they might otherwise find tricky.



Our ABC Club was introduced in 2014 to help children develop fine and gross motor skills, body awareness and upper body strength. Suitable for all ages, ABC stands for Attention, Balance and Co-ordination.

We know that children develop at different rates but we also know that by developing a child's motor and sensory foundation skills, we often see an overall improvement in academic learning with better attention, behaviour and organisation skills. Specific exercises can improve concentration, spatial awareness, memory, handwriting and build a child's confidence and self esteem.

Simple fun challenges like these help a child learn to concentrate better. Continued practice over time significantly improves co-ordination and balance.



Short, energising circuits prepare children to engage effectively with the day ahead.

