

# Support motor skills

A suggestion for implementing the strategy

'Key areas to support' from the Guide:

[Dyspraxia and learning](#)

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## **Includes:**

Develop coordination skills

Develop motor skills

Improve balance

Understand how dyspraxia affects handwriting

Provide support and alternatives for handwriting

Useful resources

Inclusive Education

From

Guide: [Dyspraxia and learning](#)

Strategy: [Key areas to support](#)

Suggestion: [Support motor skills](#)

Date

15 May 2024

Link

[inclusive.tki.org.nz/guides/dyspraxia-and-learning/support-motor-skills](http://inclusive.tki.org.nz/guides/dyspraxia-and-learning/support-motor-skills)

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## Develop coordination skills

Professor Amanda Kirby talks about the importance of regular practice and a focus on essential or interesting skills.

Where possible  
integrate skills activities  
into classroom routines.



Video hosted on Youtube <http://youtu.be/FCcNxbY1bmQ>

No captions or  
transcript

Source:

[dysalk \(UK\)](#)

<http://youtu.be/FCcNxbY1bmQ>

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## Develop motor skills

Give students multiple opportunities to develop skills and master essential tasks.

- ✓ Focus on essential tasks or skills the student is interested in.
- ✓ Break a task down into small steps.
- ✓ Support the steps with visuals.
- ✓ Teach and practise the steps regularly to build into a movement sequence.
- ✓ Provide multiple options to develop essential skills. For example, use small play items to develop fine motor skills for writing.
- ✓ Provide alternative means of completing tasks. For example, Velcro™ shoes while learning to tie shoelaces or as an alternative.

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## Improve balance



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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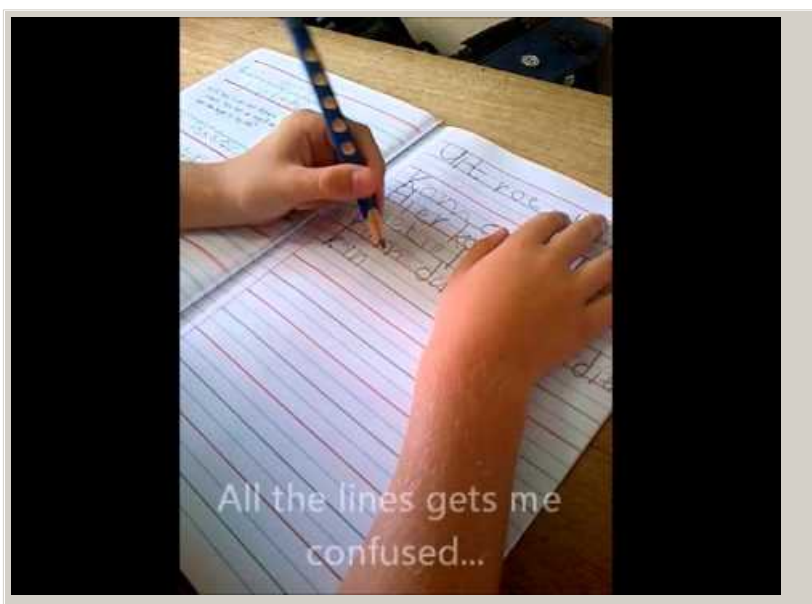
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## Understand how dyspraxia affects handwriting

See how a handwriting task is challenging for this student with dyspraxia.



Video hosted on Youtube <http://youtu.be/5vUjtY84VkU>

Closed Captions

Source:

[Dream Box \(US\)](#)

<http://youtu.be/5vUjtY84VkU>

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## Provide support and alternatives for handwriting

Provide a range of support and alternatives for printing and writing tasks.

### Examples of handwriting supports

- pen types, sizes, shapes, lengths and colours
- pen and pencil grips
- surface types, such as paper, whiteboards, laminated sheets
- lined paper to guide alignment
- furniture, such as an angled board, adjustable height tables, chairs for optimal positioning
- support for spacing between letters and words, for example using finger spaces.

### Examples of alternatives for handwriting

- keyboards
- onscreen keyboards, such as an iPad keyboard
- voice typing.

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## Useful resources



### Handwriting and dyspraxia

Strategies and tips to support students with dyspraxia.

Publisher: Dyspraxia Foundation

[Download](#) PDF



### To write or to type – that is the question!

This article discusses how children with dyspraxia or other developmental coordination disorders may benefit from using a computer to write.

Publisher: CanChild, McMaster University

[Visit website](#)



### Children with coordination difficulties: a flyer for physical educators

This flyer explains how physical educators can assist children with coordination disorders to perform at school.

Publisher: CanChild, McMaster University

[Visit website](#)

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