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~~About Our Hops~~
~~Mosaic Asperger's Syndrome: movement, coordination, Phys. Ed, and (lack of) team mentality~~
~~Living With Dyspraxia At The Hop~~
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Geoff Platt's exercise program, tailored to help children with dyspraxia to overcome their symptoms, enjoy physical activities, and become as active as their friends and classmates, is now proven to be even more effective. This revised edition outlines the fun and easy-to-teach program, which focuses on familiar activities such as running, jumping and ball play, and explains how regular ...

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Children with dyspraxia often have reduced motor skills including balance, timing and coordination, as well as weak muscles - something recent research suggests may be not only a symptom but a cause of the condition. It is no wonder then, that they will do everything in their power to avoid gym class! By encouraging children with dyspraxia to take part in an easy and fun exercise program ...

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Beating Dyspraxia with a Hop, Skip and a Jump: A Simple ...

Beating Dyspraxia with a Hop, Skip and a Jump is result of this study, the heart of which is a very simple exercise program, based on running, jumping and hopping, which can be safely undertaken by any child under the supervision of a teacher, sports coach or parent. It eliminates weakness, improves neural control of movement by improving muscle activation and ultimately reduces the symptoms of dyspraxia.

Geoff Platt, PhD on Beating Dyspraxia with a Hop, Skip and ...

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The rest discussed how dyspraxia is defined in the medical community, the author's opinions on its origins, and basic make-up of the human musculoskeletal system. The pages that did detail the "exercise program" were weak and I was not at all impressed with this "Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program for Home and School" by Geoff Platt.

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Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program to Improve Motor Skills at Home and School Revised Edition Only 2 left in stock (more on the way). Children with dyspraxia often have reduced motor skills including balance, timing and coordination, as well as weak muscles something recent research suggests may be not only a symptom but a cause of the condition.

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Understanding Motor Skills in Children with Dyspraxia, ADHD, Autism, and Other Learning Disabilities € 19.99 Beating Dyspraxia with a Hop, Skip and a Jump : A Simple Exercise Program to Improve Motor Skills at Home and School

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Children with dyspraxia often have reduced motor skills including balance, timing and coordination, as well as weak muscles - something recent research suggests may be not only a symptom but a cause of the condition. It is no wonder then, that they will do everything in their power to avoid gym class! By encouraging children with dyspraxia to take part in an easy and fun exercise program, teachers and parents can help them to overcome their symptoms, enjoy physical activities, and become as active as their friends and classmates. Geoff Platt's highly effective program aims to improve strength and fitness by focusing on familiar activities such as running, jumping and ball play. These simple exercises can be taught by anyone and no specialist supervision or equipment is

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required. This book demonstrates how regular exercise routines that are tailored specifically to the needs of children with dyspraxia can make a real difference, eliminating weakness by improving muscle activation, neural control and overall movement skills. This practical guide will be an essential resource for parents, Physical Education teachers, and other teachers of recreation and games classes who are looking to help children with dyspraxia to reduce weakness and improve motor skills.

Geoff Platt's exercise program, tailored to help children with dyspraxia to overcome their symptoms, enjoy physical activities, and become as active as their friends and classmates, is now proven to be even more effective. This revised edition outlines the fun and easy-to-teach program, which focuses on familiar activities such as

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Program, jumping and ball play, and explains how regular exercise routines can reduce weakness and improve motor skills, such as balance, timing and coordination. It includes extra session plans, incorporates new research, and adds a secondary stage to the exercise program, teaching the skills of praxis, planning movement and improving skills. This practical guide will be an essential resource for Physical Education teachers and non-specialist teachers of recreation and games classes who are looking to help children with dyspraxia to reduce weakness and improve motor skills, as well as parents.

With a wealth of practical strategies for teaching and supporting students with dyspraxia aged from 11 years up to college or university level, this book addresses all aspects of learning and

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ways in which teaching can be tailored to the dyspraxic learner. By exploring dyspraxia and its physical, emotional, psychological and social impacts on learning, the author shares tried-and-tested strategies for ensuring that students with dyspraxia achieve their full potential. This book covers a wide range of topics, such as research and study skills, improving memory, teaching literacy, visual and auditory learning styles, dealing with sleeplessness, stress, low self-esteem and anxiety, and preparing for future employment. Teachers will have a greater understanding of dyspraxia, and feel confident in helping students with dyspraxia to overcome educational challenges. Teachers, lecturers, tutors and SENCOs will find this book useful, and it will also be of interest to students with dyspraxia who are looking for ways to help themselves with their school or university work.

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Learning to roller skate or ride a bike should be an enjoyable experience, but for a child with developmental co-ordination disorder (DCD, also known as dyspraxia), these activities can lead to frustration and failure. *Can't Play Won't Play* is full of practical information, tips and hints to enable children with DCD to access and enjoy activities that other children take for granted. Whatever game you choose to try with your child, this book will offer handy hints for developing the necessary skills to make it a fun and rewarding experience. From football and rugby to swimming, skipping and skating, the advice covers all the regular childhood activities as well as games to improve physical organization and social skills. The authors provide useful equipment lists and safety tips, and include photographs and diagrams to demonstrate the

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activities. The delightful illustrations add to the book's appeal, making it a friendly and accessible guide to dip into when you are in need of inspiration. Can't Play Won't Play is an essential resource for parents, teachers and all those working with children with DCD.

Students often learn better on their feet than in their seats, and this powerful book helps you make the most of that in the classroom. Authors Brad Johnson and Melody Jones show that with COVID-19 leading to more inactivity, more schools cutting PE, and the rise in sedentary obesity, it's more important than ever for kids to get moving. Throughout the book, Johnson and Jones offer practical strategies on how to transform the physical classroom, how to manage the classroom with movement, and how to integrate fitness and technology. They break down research on how movement can

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help stimulate brain function and improve skills such as critical thinking, organization, focus, engagement, and achievement. They also offer a variety of movement-based activities for English-language arts (ELA); social studies; science, technology, engineering and math (STEM); and more. This updated second edition includes even more exercises and activities that can be used daily and incorporated into the content areas. No matter what grade level or subject you teach, you'll find easy to implement activities you can use immediately to increase your students' energy and enjoyment of learning.

In this much-needed book, you'll learn how incorporating physical activity into the classroom can improve students' engagement, achievement, and overall wellness. Students typically spend most of

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the day sitting at their desks, and many don't have recess or PE, yet research shows that regular exercise helps stimulate brain function and improve skills such as reading, critical thinking, organization, and focus. Authors Brad Johnson and Melody Jones, who have consulted with schools across the globe on fitness issues, offer a variety of games and activities you can use to integrate exercise into any class or subject area. You'll learn how to: Create an "active classroom" with active workstations and fitness areas to keep students alert and engaged throughout the day; Gradually introduce physical activities into your everyday classroom routine; Use interactive technology to teach your students about health and fitness; Try out a variety of activities and exercises to reduce stress, help students focus, promote teamwork, build core strength and balance, and more; Make STEM classes more exciting with hands-

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on activities, projects, and real-world problems, all while getting your students up and moving. These activities are easy to implement and are designed to improve one's physical and mental capabilities, as well as increase enjoyment of learning for happier, healthier, higher-achieving students.

Help children with motor coordination difficulties to develop their gross motor skills in a fun way with this guided programme for children and young people aged 5-18. Activity worksheets provide detailed descriptions of how gross motor tasks can be accomplished through incremental stages, culminating in the achievement of the specific task. The step-by-step programme is divided into two sections: * learning basic skills, which includes balance, jumping, climbing, skipping, ball skills, riding a bike and more * developing

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specific sports skills, which includes football, badminton, basketball, netball, tennis, bowling and more. The Stepping Stones Curriculum will enable adults to chart the progress of a child and allow children to become engaged in mastering motor coordination skills. Supplementary aids such as warm up and cool-down activity sheets, an initial assessment tool and a certificate of achievement will help parents and professionals to deliver the programme effectively at home or at school.

With more than 20 years experience, Lois Addy emphasises the importance of understanding dyspraxia so that effective support can be given to children with coordination and perception difficulties. The author presents a series of ideas and strategies to support this special group of children.

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This practical guide provides those working with dyspraxic and DCD children with 100 ideas of how to support and develop their learning. Lists cover the entire school age range and range from developing fine and gross motor skills to preparing children for the next stage of schooling or for future careers.

Offers practical strategies and advice for helping children with coordination difficulties.

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