

SCHOOL MOBILITY AND GROSS MOTOR

STRATEGIES FOR THE CLASSROOM


These strategies are intended for students for whom you have gross motor concerns.

Please try a minimum of two strategies for each area of concern.

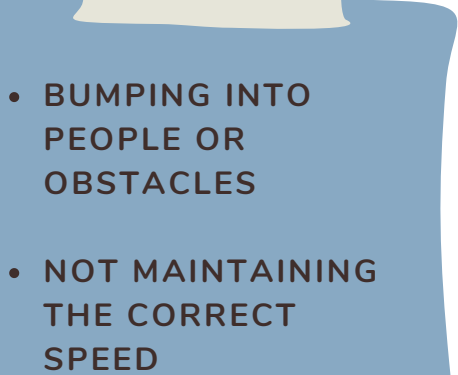
Document all strategies attempted and their impact on the gross motor concern.

STRATEGIES TO TRY:

- Check shoe fit. If too big or too small:
 - Ask parent to provide appropriate-sized shoes
 - Check with PE teacher for shoes (do NOT send home with student)
- Cue the student for upcoming tripping hazards (thresholds, low obstacles)
- Increase awareness of feet/gait:
 - Add rhythm (sing, clap, march, etc.)
 - Adjust speed as needed
- Hold the student's hand or allow him/her to trail hand on the wall. Try to fade the amount of assistance or support

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- WALKING DIFFICULTY
 - TRIPPING
 - FALLING

STRATEGIES TO TRY:

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- BUMPING INTO PEOPLE OR OBSTACLES
 - NOT MAINTAINING THE CORRECT SPEED
- Change student's position in class line
 - Allow student to hold a responsible peer's hand (side-by-side)
 - Keep student close to you for cues to visually attend, maintain space or "bubble"
 - Have student carry an object (possibly weighted) with both hands at tummy

DECREASED PARTICIPATION IN PE AND RECESS ACTIVITIES

STRATEGIES TO TRY:

- Provide 1:1 verbal, visual and/or physical cues
- Have a peer model or partner
- Adjust setting: smaller group size, smaller space, decrease noise/volume and lighting
- Try different sizes/weights of balls, bats, or other equipment used
- Note if lack of participation is due to attention/distractions or due to skill ability

- DECREASED SEATED POSTURE
- DECREASED ENDURANCE TO COMPLETE TABLETOP TASKS

STRATEGIES TO TRY:

- Ensure proper fit of desk and chair. Ask custodian or therapist for assistance.
- Trial of:
 - Standing desk or table (in addition to their classroom desk and chair)
 - Wiggle cushion, hokki stool, etc.
 - Alternative work positions (ex. laying on tummy)
 - Slant board

