

FINE MOTOR SKILLS UNVEILED

ALL THAT IS NEEDED FOR FINE MOTOR SKILL DEVELOPMENT



1 Core Strength

Lets begin at the root of everything, our core. The muscles in the middle of our bodies, our tummy and back. This is our foundation, where all movement originates. If our core is not strong and steady, it is nearly impossible to do anything coordinated and skilled with our legs,feet, arms and hands. Our core is also the tripod for our eyes. The platform on which we take the photo of our environment.

A steady base takes a clear shot! Skill acquisition starts here!

2 Shoulder Stability

The shoulder girdle is the anatomical structure that houses the arm. The muscles supporting this joint must be strong and brawny to enable the arms and hands to carry out precise movements.

3 Bilateral Coordination

Many fine motor tasks require the operations of two hands working in a concerted manner. Cutting with scissors, tying shoes, stabilizing paper while writing, cutting food....just to name a few!

4 Eye-Hand Coordination

This is another important team of body parts that need to work together. The body must coordinate controlled hand movement with controlled eye movement.

The brain must process the visual information that it receives to guide the movement of the arm and hand to execute a function.

5 Visual Perception

The ability of the eyes to send visual information to the brain. The brain then makes sense of what the eyes see.

6 Visual-Motor Integration

The ability to perceive and process visual information to deliver a motor response.

Being able to copy shapes and form letters requires visual -motor integration.

7 Proprioception

The ability of our body to know how it is moving and where it is in space.

For example, being able to close your eyes and touch your nose with the tip of your index finger.

8 Sensory Processing Skills

The ability of our body to receive and interpret sensory information and deliver an appropriate response to the sensory information.

9 Hand Strength

The ability to apply adequate force to push or pull objects, to grip and hold objects and to carry things. Adequate hand strength is necessary for pencil grip and many other fine motor tasks.

10 Motor Planning

Often referred to as praxis, this is the ability to know what steps to take, in what order, and then carry out the novel motor action needed to execute the plan.



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