



HEALTH AND WELLBEING

SPECIALISED FUNDAMENTALS

Specialised Fundamentals has been created to help the growing numbers of children whose delayed physical development is a very real barrier to listening and concentration, learning success and appropriate behaviour. It helps children who struggle with fundamental movement, fine or gross motor skills, co-ordination and core strength.

When this Key Stage 1 pupil joined the first session she struggled to sit up straight and keep still. When asked if she could do certain movements like 'rolling like a dolphin' she laid on her back and wouldn't even try to roll over. But with a little help and coaching from Jen...

At the final session she came in with more energy and was able to sit still for the whole session. The biggest improvement of all though came when she tried the fundamental movements she had tried in the first session. She was able to roll over unassisted. She also managed to successfully complete other moves which she struggled with in the first session



**INSPIRE
TOGETHER**



A healthier, happier, future generation