

## COORDINATION PROGRAM

### **Rationale**

The development of gross motor coordination is closely linked to a student's development of fine motor skills, and in turn to academic achievement based on improved confidence and self-esteem.

All reception students are invited to participate in the program during their first term of school.

### **Aims**

- To encourage the child to gain confidence in his/her ability to perform physical activities.
- To develop a desirable self-image.
- To develop motor skills and coordinated body movements.
- To develop listening skills, concentration and short term memory.
- To encourage the child to communicate effectively and work with others.

### **Process**

All reception students are invited to participate. The program operates once a week. The program manager runs a series of tests as developed by the "Key Steps" consultants, to identify the abilities of each student. Suitable developmental exercises are then implemented, through which each student progresses.

Students are "passed" as they come off the program when they reach a level of proficiency. A congratulatory award is presented as an additional boost to gaining self-esteem.