

## Extra Information About the Programme

The programme will be led by a Teaching Assistant in school who will follow the guidance from the Gloucestershire pack. They will be guided by the SENCo and the class teachers of the children concerned.

The sessions will be held 4 times a week and will last for no more than 30 minutes each.

Children will not miss any Literacy or Numeracy lessons to take part in the programme and every effort will be made to ensure they don't miss anything special going on in class.

The programme usually lasts for 2 terms initially but may be complemented by a referral to the Occupational Therapist. This would be carried out in consultation with you, the parent, first.

If you have any queries or concerns, in the first instance please speak to your child's class teacher. If you need additional advice, contact the school office to speak to the SENCo.

Enclosed is a leaflet with ideas for coping at home, written by the team who designed the programme.

Academy Head: Mrs Laura Bailey  
SENCo: Miss Lucy Nelmes



Lydney C of E Primary School  
Bream Road  
Lydney

Tel: 01594 842172

## Gloucestershire's Fizzy Co-ordination Programme



*Lydney C of E  
Primary School*

*A caring Christian community  
where every child achieves a love  
of life and of learning.*

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## The fizzy Training Programme

The Fizzy resource has been designed by Paediatric Occupational Therapists (OTs) working in Gloucestershire NHS Primary Care Trust and is used by our school to help children who experience some difficulties with coordination skills. At Lydney C of E, we adapt the programme to suit the needs of individual children and activities are graded according to each child's ability. The programme itself mainly works on gross motor skills and we supplement the programme to include some fine motor control activities. Supplementary ideas are taken from the Write From the Start programme and the Speed Up handwriting programme. Additional ideas have been given by the expert advice we have received (see below).

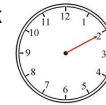


## Expert Advice to our School

As a school we have sought advice from an expert in children's development with handwriting, Julie Palmer. Through extensive research she (and many others) have found that children who find handwriting an issue, often have poor core strength. For example, they may struggle to sit upright at a table for any length of time and often need to support their head with their hand. This results in issues with the ability to coordinate using fine motor control.

## How can you help at home?

To be able to help your child get the most out of the Fizzy Training Programme, there are many things that you can do at home. Julie Palmer has provided us with ideas, which are listed below. One of the most important rules for the school's handwriting scheme is to remember the 2 o'clock rule! Nine letters of the alphabet are affected by the need to go right over to the 2 o'clock position.



## Ideas for home—Core Strength



Encourage your child, when watching T.V. to sit for half an hour on a space hopper.

Go swimming

Support your child to use the monkey bars and climbing frame at the park.



Encourage your child to crawl along the floor, army commando style! The floor ideally shouldn't be laminate flooring as this makes it too easy and doesn't build core strength very well.



Support your child to do press ups against a wall. They should stand with feet shoulder width apart and stand so that they can reach the wall with flat hands. Their bodies must be kept straight as they go in and out and arms should be bent from the elbow and must not lock in place when straight.

## Ideas for home—Fine and Gross Motor

### Control

Making circles which start and finish in the 2 o'clock position.

#### Outdoors:

On the path making concentric circles in pavement chalks or with an old paintbrush and water pot.



Blow bubbles and look at the circles they make when they land.

#### Indoors:

Use fingers to make circles in flour or icing sugar.



Add to an image as many circles as you can.

Make plasticine or playdoh circles, starting at 2 o'clock.

Muscle—Building Exercises to help control writing implements. *Some children's finger muscles aren't fully developed.*

Squeeze a sponge dry or squeeze playdoh through your fingers to make long sausages.

Pick up small things using fingers and thumb, tweezers or pegs.



Roll a piece of blue tac into a ball,

