

# JUMP AHEAD

## WHO IS JUMP AHEAD FOR?

Jump Ahead is a motor skills programme designed to help any child struggling with co-ordination and motor skills. Within school it has been suggested to support students who struggle with gross motor skills, children who struggle to cross the mid line and children who ultimately struggle with handwriting. It develops skills in gross motor skills which in turn help support the development of fine motor skills later on which children need to develop to gain good handwriting.



## JUMP AHEAD HELPS CHILDREN DEVELOP:

- Body awareness—fluid movements of their body
- Balance—it increase the child's ability to balance in a variety of ways and develop core muscles skills used later in other activities.
- Visual tracking—supports reading development and writing development
- Motor planning skills—helps children think through how their body needs to respond to information it is receiving. Follow the ball to enable them to catch. How to navigate around objects without bumping into them.
- Spatial awareness—how to judge distance, movement and direction.
- Develops muscles in various parts of the body to support pencil skills.
- Co-operation skills and beginning to work together.
- Auditory and sequential memory skills—understand information in a series of instructions to help in class and the ability to complete tasks in the correct order



# 1

Stage 1 looks at Body awareness, balance, visual tracking, basic fine motor skills and motor planning.

## BODY AWARENESS

This is the ability to have knowledge of where any part of the body is and how it is moving through space without the need to look.

## BALANCE

The bodies ability to maintain a static/fixed position.

## VISUAL TRACKING

The ability to focus on and follow a moving object. E.g. a line of writing.

## BASIC FINE MOTOR

The motor control needed to make small, precise movements usually involving control of hands and fingers to write,



# 3

Stage 3 looks at visual perception, visual motor, co-operation skills, Ball skills as well as auditory and sequential memory.

## VISUAL PERCEPTION

The ability to make sense of information received visually.

## VISUAL MOTOR

The ability to interpret what you see and act upon it e.g. look at something and copy it.

## AUDITORY AND SEQUENTIAL MEMORY

The ability to order information received through Hearing and be able to sequence the actions e.g. recall a series of instructions.

# 2

Stage 2 looks at Bilateral integration, Hand eye co-ordination, pencil skills, Balance and sensory perception.

## BILATERAL INTEGRATION

Is the ability to perform purposeful movements that require the interaction of both sides of the body in a smooth and refined way e.g. using a knife and fork.

## EYE - HAND CO-ORDINATION

The ability to organise hand movements in response to visual information e.g. catching a ball.

## SENSORY PERCEPTION

Ability to gain information about your surroundings through information from your senses e.g. visual (sight), auditory (hearing), and tactile (touch).

