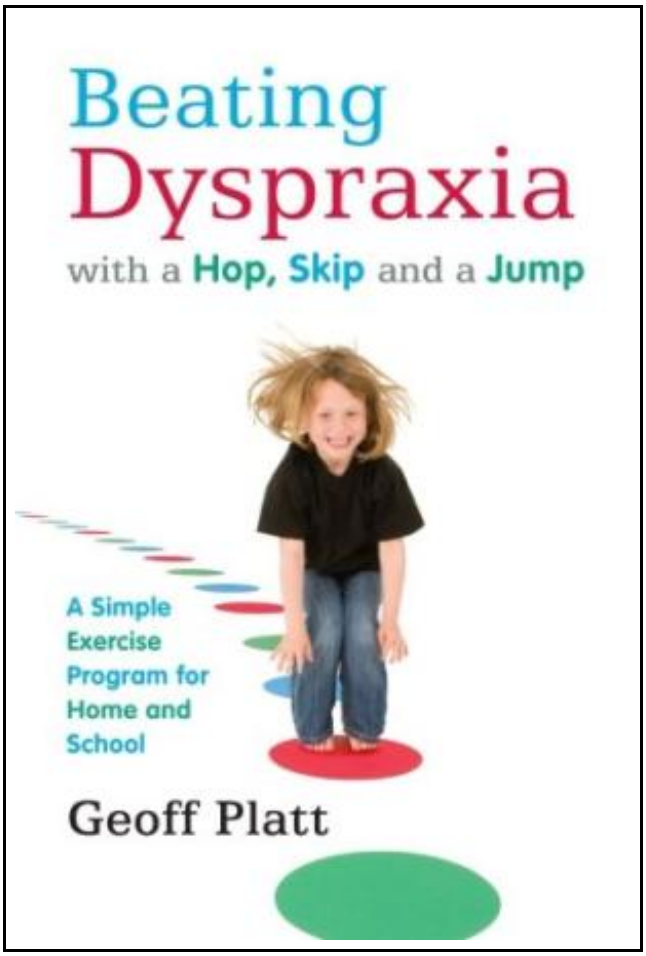
Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program for Home and School



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Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.
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BEATING DYSPRAXIA WITH A HOP, SKIP AND A JUMP: A SIMPLE EXERCISE PROGRAM FOR HOME AND SCHOOL

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Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program for Home and School, Geoff Platt, Children with dyspraxia often have reduced motor skills including balance, timing and coordination, as well as weak muscles - something recent research suggests may be not only a symptom but a cause of the condition. It is no wonder then, that they will do everything in their power to avoid gym class! By encouraging children with dyspraxia to take part in an easy and fun exercise program, teachers and parents can help them to overcome their symptoms, enjoy physical activities, and become as active as their friends and classmates. Geoff Platt's highly effective program aims to improve strength and fitness by focusing on familiar activities such as running, jumping and ball play. These simple exercises can be taught by anyone and no specialist supervision or equipment is required. This book demonstrates how regular exercise routines that are tailored specifically to the needs of children with dyspraxia can make a real difference, eliminating weakness by improving muscle activation, neural control and overall movement skills. This practical guide will be an essential resource for parents, Physical Education teachers, and other teachers of recreation and games classes who are looking to help children with dyspraxia to reduce weakness and improve motor skills.

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