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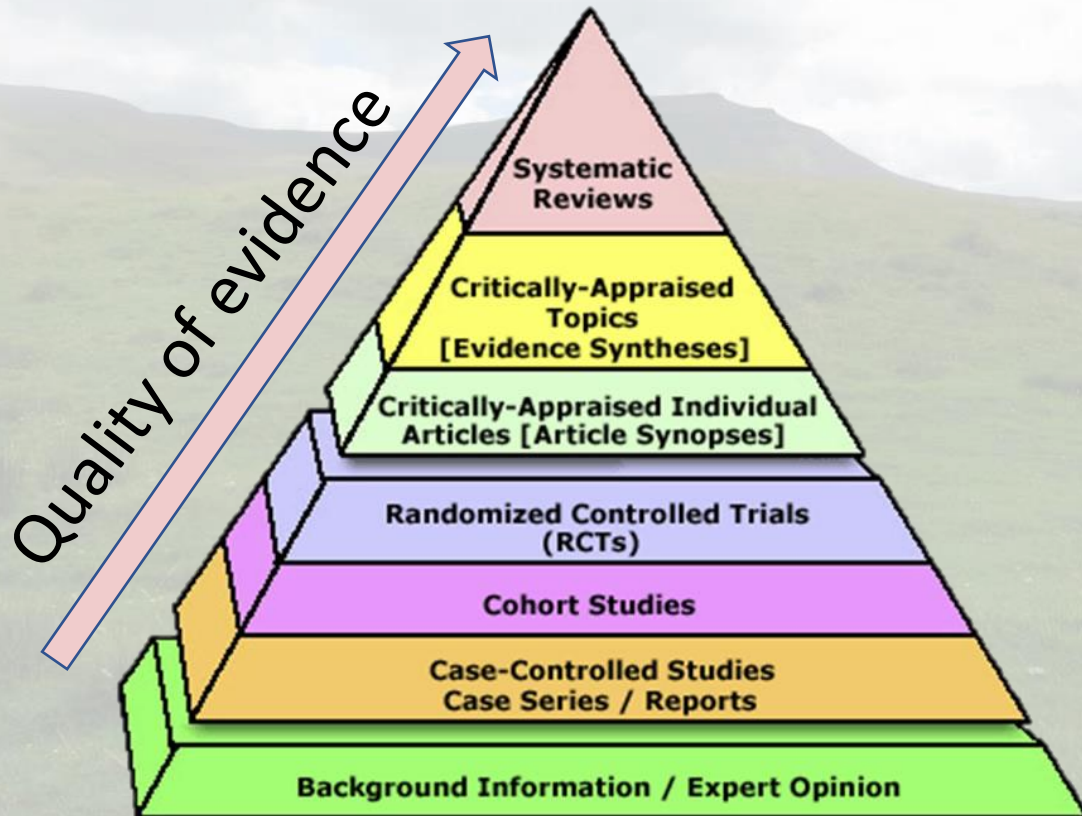


The Alps

Tackling Healthy Education: Accelerated Learning
of Playground Skills:

a programme of evidence-based physiotherapy activities
delivered in school for children with poor motor skills.

Finding evidence-based effective interventions



Finding evidence-based effective interventions

Original Article

 **CLINICAL
REHABILITATION**

A systematic review of high quality randomized controlled trials investigating motor skill programmes for children with developmental coordination disorder

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Elizabeth Andrews³, Sara M Ahern³ and
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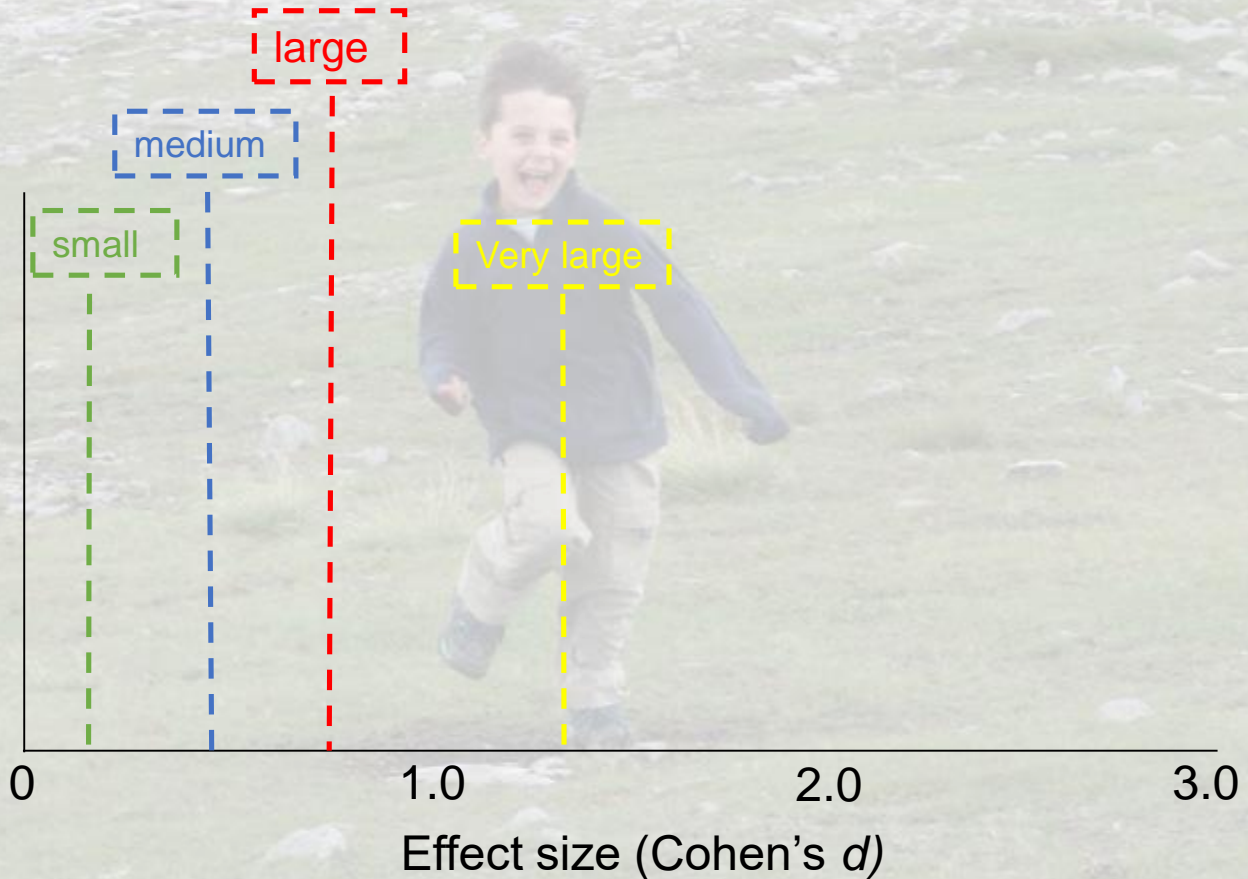
 **SAGE**

Abstract

Objective: To identify effective motor training interventions for children with developmental coordination disorder from research graded as high quality (using objective criteria) for the purpose of informing evidence-based clinical practice.

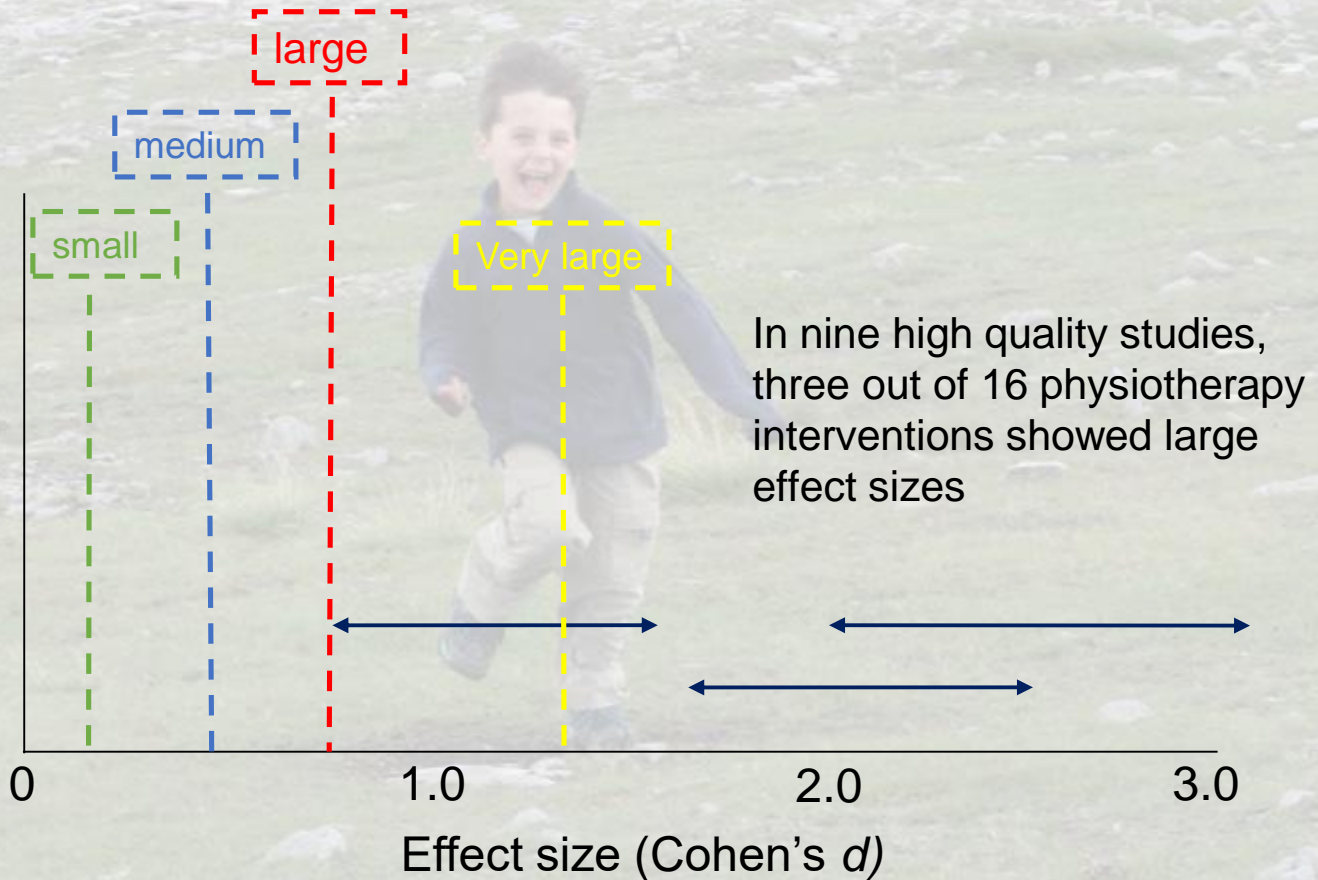
Effect sizes (Cohen's d)

Indicates the standardised size of a difference between two group means

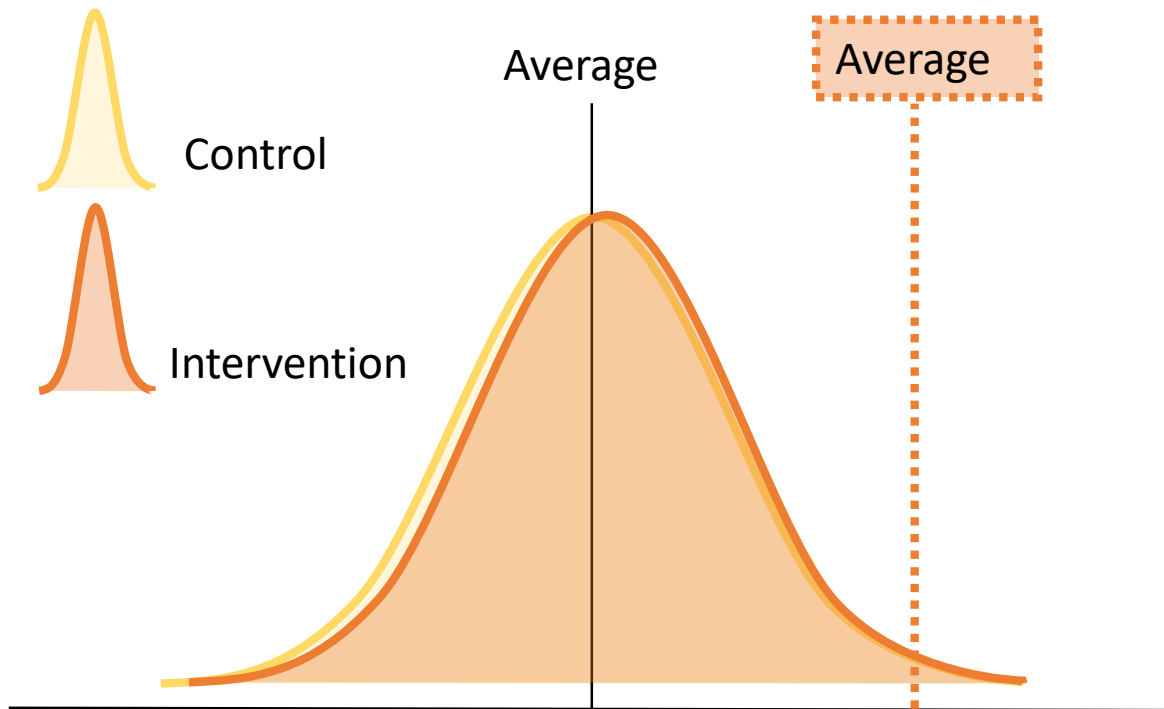


Effect sizes (Cohen's d)

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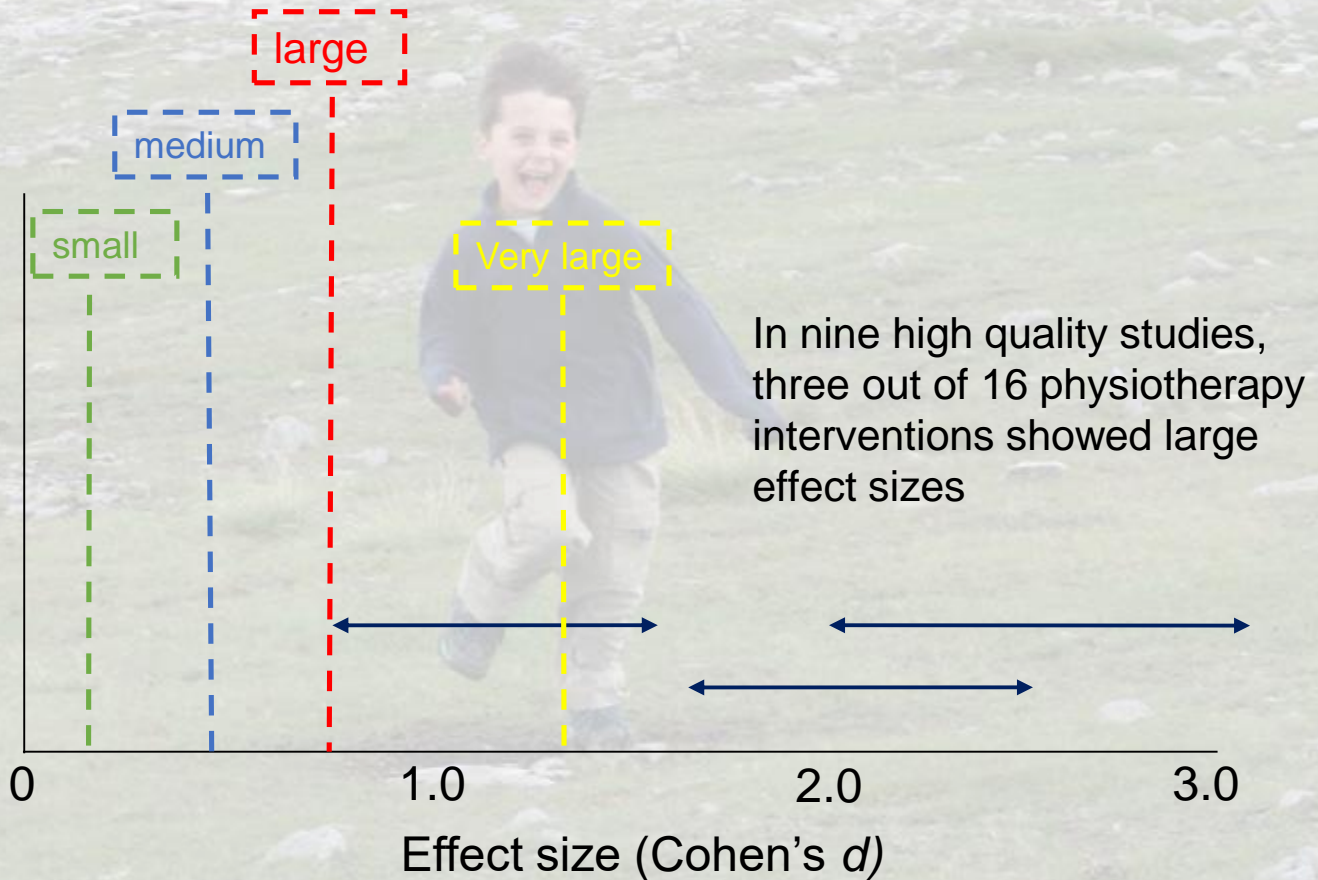
Evidence-based motor skills activities



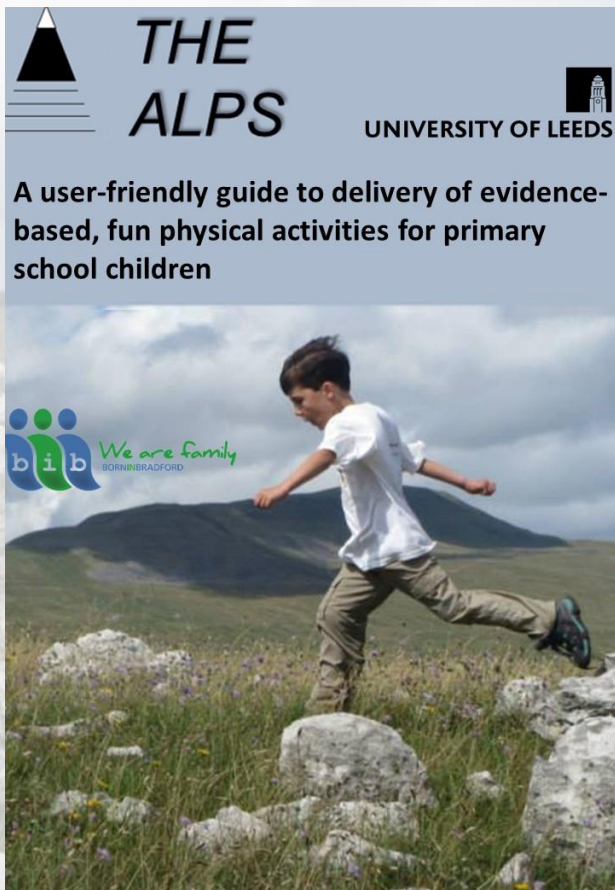
Very large effect size (Cohen's $d = 1.4$)

Effect sizes (Cohen's d)

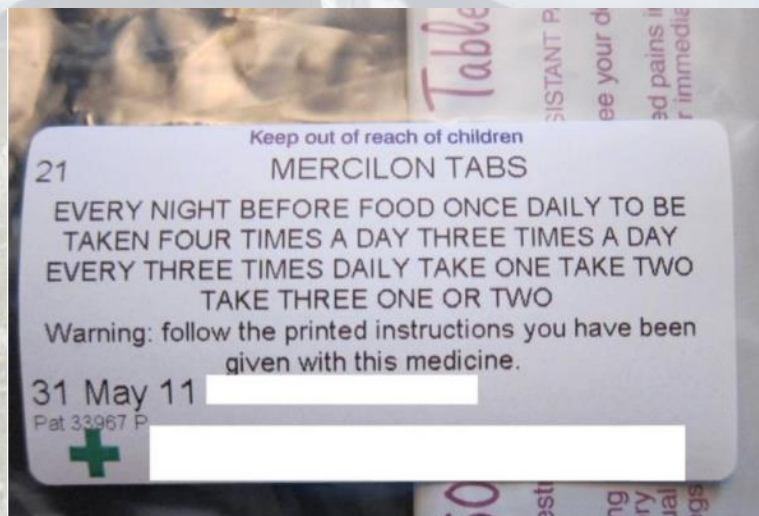
Indicates the standardised size of a difference between two group means



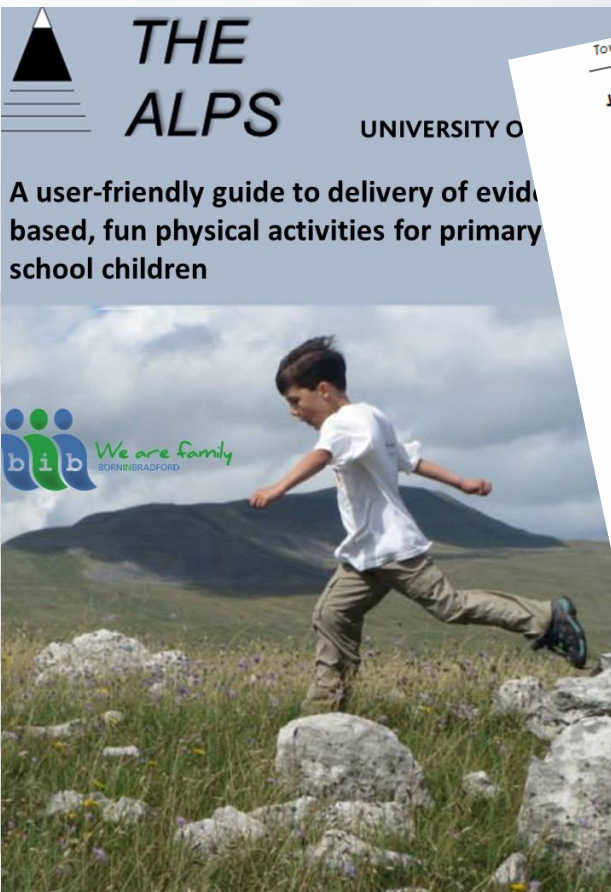
A user-friendly manual for delivering evidence-based motor skills activities



Co-developed with
teaching assistants



A user-friendly manual for delivering evidence-based motor skills activities



Towards Healthy Education – Accelerated Learning of Playground Skills: The Alps

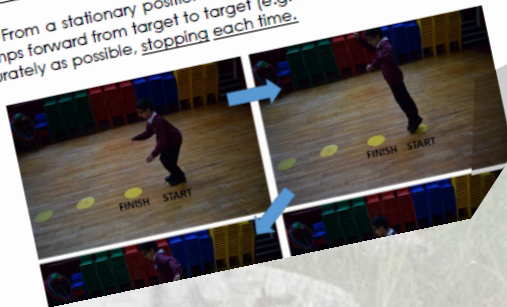
Jumping

Equipment: targets e.g. mats, squares, rubber tiles or rubber circles about football size that are safe for jumping from and landing on.

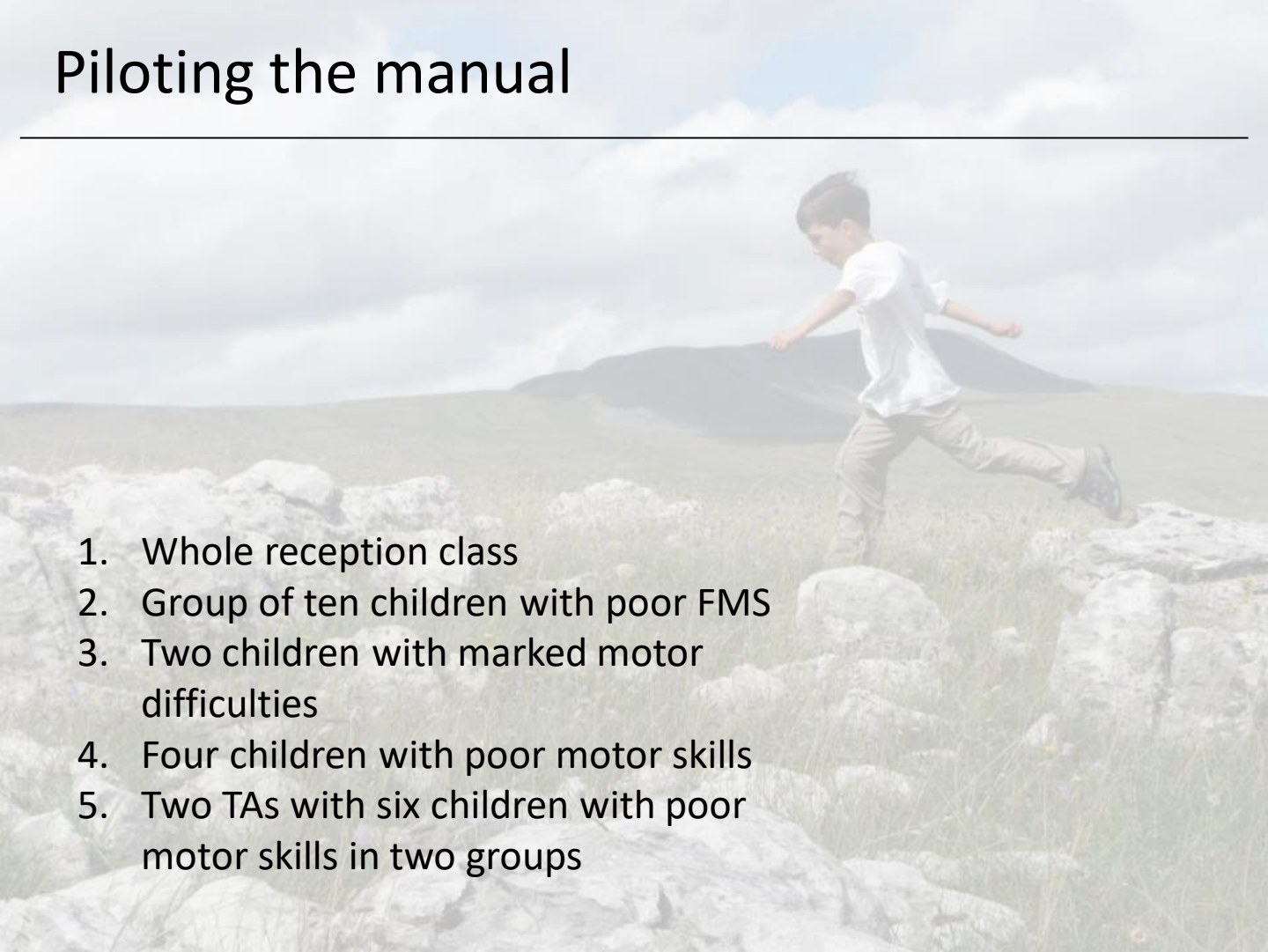
This activity focuses on dynamic balance.

MODEL	PLAN	EVALUATE
<ul style="list-style-type: none">In a demonstration, show them how to jump on the mats: forwards, feet and knees together.Talk them through the PLAN: what they should be doing and why, e.g. jump once on each mat.Emphasise things they need to pay attention to, e.g. to jump inside the boundaries.	<ul style="list-style-type: none">Look at the mats all the time.Jump on the mats, inside the edges or any lines.Jump once on each mat.Keep the feet together whilst jumping.	<ul style="list-style-type: none">Did they jump inside the boundaries/once on each mat?Do they need reminding to keep the feet together/look at the mats?What problems did they find?How many times did they manage to jump on the mats in a row?

Stage 1: From a stationary position on the first target, with feet together, the child jumps forward from target to target (e.g. mat to mat, square to square), as accurately as possible, stopping each time.

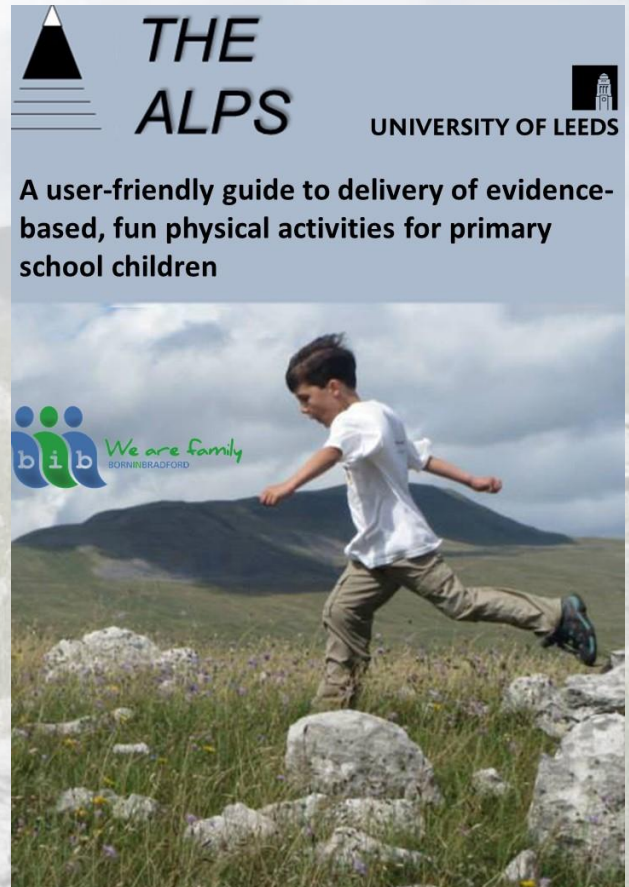


Piloting the manual

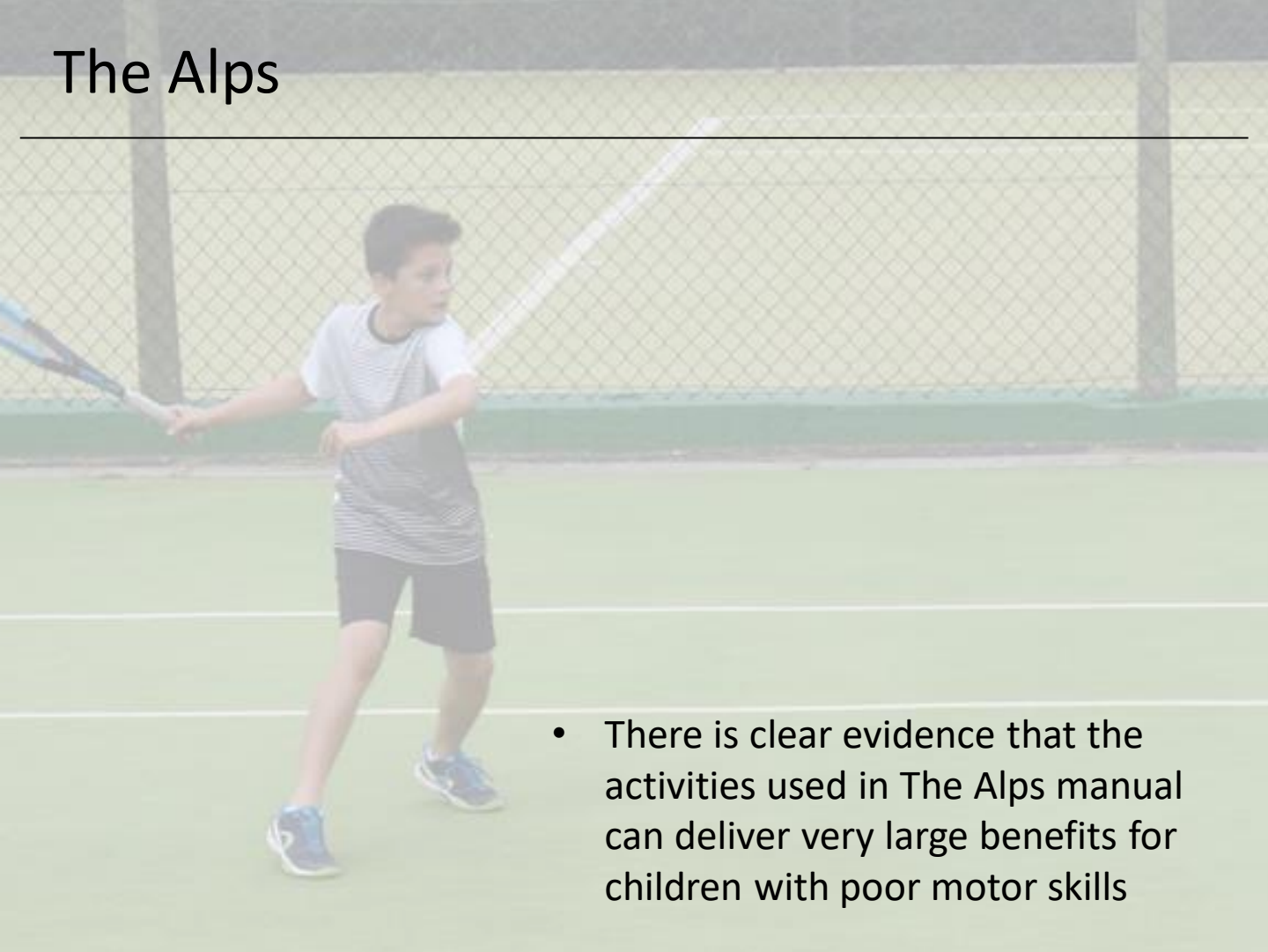
- 
- A young boy in a white t-shirt and khaki pants is running over a field of large, light-colored rocks. In the background, there are rolling green hills under a cloudy sky. The image is slightly faded to allow the text to be visible.
1. Whole reception class
 2. Group of ten children with poor FMS
 3. Two children with marked motor difficulties
 4. Four children with poor motor skills
 5. Two TAs with six children with poor motor skills in two groups

A user-friendly manual for delivering evidence-based motor skills activities

- 30 – 60 minutes per session
- 2 – 3 sessions per week
- One term or longer



The Alps



- There is clear evidence that the activities used in The Alps manual can deliver very large benefits for children with poor motor skills

The Alps



- There is no evidence yet that the same large benefits are seen in children when The Alps activities are delivered in schools by school staff

The Alps

Thanks to participating schools:
the children, head teachers,
teachers and teaching assistants

Atlas Community Primary School
Beckfoot Heaton Primary School
Dixons Manningham Primary School
Haworth Primary School
Horton Grange Primary School
Horton Park Primary School
Lilycroft Primary School
Thackley Primary School
Worthinghead Primary School




What can schools do?



- The Alps is freely available from January 2023 to schools wanting to incorporate activates into their children's weekly routine
- If using The Alps, please email with any comments about its ease of use
- Please consider participating in our research to further develop or test the benefits of The Alps and FUNMOVES

The Alps and FUNMOVES


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The Alps

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