

Bilateral Skills

This presentation will help staff:

- **Understand what bilateral skills are**
- **Know how you might notice if someone is having difficulties with bilateral skills**
- **Select activities to support those who are having difficulties**

About Bilateral Skills

- Bilateral skills are required for most tasks.
- This includes the ability to use both sides of the body at the same time or to alternate sides of the body during movement.
- Bilateral skills are required to enable establishment of eye, hand and foot dominance.



Challenges with Bilateral Skills

Children with challenges in this area often have difficulty:

- Catching a ball
- Kicking a ball
- Handwriting – not stabilising work
- Unable to ride a bike
- Unable to skip, hop or jump
- Difficulty with scissors skills
- Dressing difficulty
- Difficulty accessing PE



Activities to Support Bilateral Skill Development

- Marching on the spot (lower primary)
 - This requires both sides reciprocally.



Activities to Support Bilateral Skill Development

- Cross crawling (upper primary)
 - This involves reciprocal movement and midline crossing



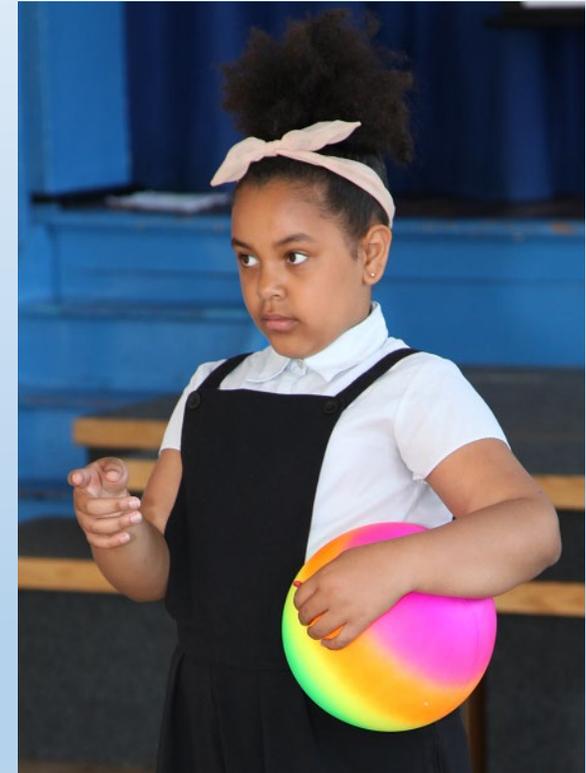
Activities to Support Bilateral Skill Development

- Crawling on obstacle courses or similar
 - This involves reciprocal movement and requires sequencing.



Activities to Support Bilateral Skill Development

- Use a balloon or beach ball to develop catching skills before using standard and small balls.
 - This will make the task easier to start off with and promotes success, therefore increasing the motivation to try.



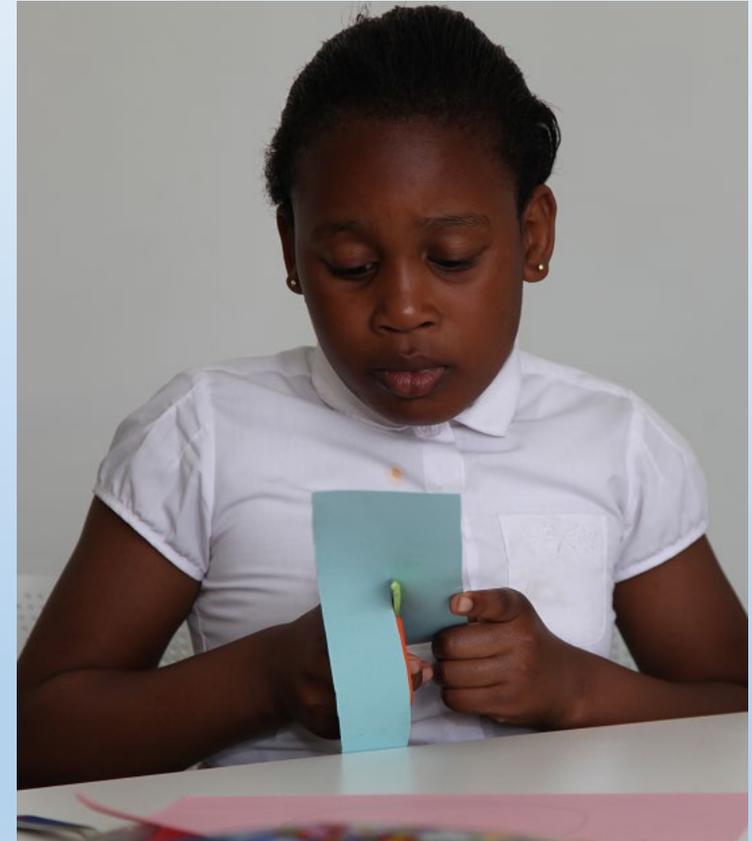
Activities to Support Bilateral Skill Development

- Learning to skip using a hula hoop before a skipping rope
 - using the hula hoop will reduce the complexity of the task.



Activities to Support Bilateral Skill Development

- Learning to snip with scissors on card before moving on to complex scissor skills
 - Snipping card will reduce the need to control paper which will bend, making the task harder.



Activities to Support Bilateral Skill Development

- Dough activities including rolling, pulling, and pushing
 - This will promote the use of both hands together.



Activities to Support Bilateral Skill Development

- Arts and craft activities
 - This will promote the use of hands together and promote one hand to stabilise while the other does the activity



Activities to Support Bilateral Skill Development

- Tracing using stencils
 - This promotes the use of a stabilising hand and a working hand and can support the development of hand dominance.



Activities to Support Bilateral Skill Development

- Clapping to pop bubbles
 - This promotes bilateral hand use and hand eye coordination.



Activities to Support Bilateral Skill Development

- *Simon Says* or similar games requiring movement imitation
 - This will increase body awareness and support the ability to complete simple movements in different parts of the body.

