

### 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.

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 difficulty with bilateral skills can be included in academic delivery.

- Marching on the spot (lower primary) – this requires both sides reciprocally.
- Cross crawling (upper primary) – this involves reciprocal movement and midline crossing .
- Crawling on obstacle courses or similar – this involves reciprocal movement and requires sequencing.
- 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.
- Learning to skip using a hula hoop before a skipping rope– using the hula hoop will reduce the complexity of the task.
- 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.
- Dough activities including rolling, pulling, and pushing – this will promote the use of both hands together.
- Arts and craft activities – this will promote the use of hands together and promote one hand to stabilise while the other does the activity
- Tracing using stencils – this promotes the use of a stabilising hand and a working hand and can support the development of hand dominance.

- Clapping to pop bubbles – this promotes bilateral hand use and hand eye coordination.
- *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.