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Beating Dyspraxia with a Hop, Skip and a Jump is result of this study, the heart of which is a very simple exercise program, based on running, jumping and hopping, which can be safely undertaken by any child under the supervision of a teacher, sports coach or parent. It eliminates weakness, improves neural control of movement by improving muscle activation and ultimately reduces the symptoms of dyspraxia.

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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 ...

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## **Geoff Platt, PhD on Beating Dyspraxia with a Hop, Skip and ...**

What others are saying Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program for Home and School (Paperback): Geoff Platt 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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