Motor skills

Motor skills are skills involving movement and motion , this skills are a function, which involves the precise movement of muscles with the intent to perform a specific act. Most purposeful movement requires the ability to "feel" or sense what one's muscles are doing as they perform the act. Motor difficulties occur when an individual lacks the ability to move in the way he or she originally intended, This can have a significant effect on classroom performance and motivation in school.

There are two type of motor skills exist:

1.Gross motor skills: Gross motor skills are the bigger movements — such as rolling over and sitting — that use the large muscles in the arms, legs, torso, and feet.

2. Fine motor skills: Fine motor skills are small movements — such as picking up small objects and holding a spoon — that use the small muscles of the fingers, toes, wrists, lips, and tongue.

A child with motor impairments has trouble moving in a controlled, coordinated, and efficient way. Occupational and physical therapists will work to strengthen a child's motor skills, with occupational therapists dealing primarily with fine motor skills and physical therapists concentrating on gross motor skills .

Motor difficulties can be addressed in variety of ways. Some motor skills difficulties can be overcome through development and maturity. In education, a frequent response to motor difficulties is to refer the child to special education services. This is not always necessary or appropriate. Some students just need to be taught a simple activity or strategy, which they practice to remedy the problem. Others, whose difficulty is more involved, may require the intervention of a professional in special education.

1. Movement.

2. Function.

3. Muscles.

4. Difficulties.

5. Effect.

6. Gross motor skills.

7. Fine motor skills.

8. Therapists.

9. Activity.

10. Special education