

Vision Training

at

Chase Lane Primary School and Nursery



Mrs Kneeshaw, the Special Educational Needs Coordinator (SENCO) can be contacted via the school office on 01255 502416 with any concerns regarding your child and Special Educational Needs and Disability at Chase Lane.

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Chase Lane Primary School and Nursery
'Nurturing Success'

What is Vision Training?

Selected children are invited to attend three sessions per week to build upon existing skills in five key areas: Tracking; Memory; Fine Motor Skills; Listening & Attention and Motor Sequencing. Children with difficulties in some or all of these areas are likely to find some tasks difficult, for example, being able to hold an instruction or task in their head so they are able to execute the task or maintaining focussed attention for longer periods of time. By practising these skills through specific targeted games, children are improving skills that will directly help in the learning environment and throughout their lives.

More detailed information on the five key areas follows:

Tracking

Tracking is the ability for your eyes to move smoothly across text. Tracking can slow the development of normal reading skills. It can make reading an uncomfortable and tiring process.

Why practise this?

A child's eyes are constantly in use in the classroom and at play. Children need to have the ability to keep their eyes on target when looking from one object to another, moving the eyes along a printed page, or following a moving object like a thrown ball.

Improving tracking skills helps the reading process become more comfortable and enjoyable. Activities to practise this skill are usually adult led and include games such as "Dot cards" and the "Brock String".

Memory

Memory refers to the ability to store, retain and recall information, events and procedures. Working memory is short term memory responsible for temporarily holding information for processing.

Why practise this?

Imagine a child in a maths lesson and a mental maths question is given out. The child has to keep all the numbers in his or her head, work out what operation to use and create the maths problem to solve. Children with weak memory skills will find it difficult to grab and hold on to the information they need meaning they will have less material to work with to carry out the task.

The working memory helps children hold on to information long enough to use it and it plays an important role in concentration and in following instructions. Weak working memory skills can affect learning in many different subject areas including reading and maths. In Vision Training, children play memory games such as "In my bag I packed..." and "Off to the shops" to help build working memory.

Fine Motor skills

Fine motor skills are small movements such as picking up small objects and using tools like pencils, scissors, cutlery and managing a range of fastenings.

Why practise this?

When a child's fine motor skills are still developing, tasks can be difficult in many areas of school life. For example, it ranges from holding a pencil so they can write, to opening a container in their lunchbox to confidently changing for P.E. Improving fine motor skills helps children be confident and independent in writing, cutting, gluing, drawing and dressing. In Vision Training, children play various games that require pincer movements such as games with tweezers, Speedy Fingers game or building towers with small blocks.

Listening & Attention

Listening is the ability to focus on an auditory event and make sense of it.

Attention is the ability to focus on a specific item, transfer focus from one item to another and maintain that focus for a specific length of time

Why practise this?

Children with attention difficulties often have problems with listening accurately. Weak attention and listening skills may impact on a child's ability to learn. A child needs good attention and listening skills, to remember what has been said. They are then more likely to understand and evaluate and therefore respond appropriately. It is important to develop listening and attention skills so that children can stay on task and follow instructions. An adult will help children practise these skills by playing games requiring listening and attention, for example, games that include two, three or four fun instructions to follow.

Motor Sequencing

Motor sequencing involves planning and ordering motor actions and carrying out the actions.

Why practise this?

Planning and sequencing is important to enable a child to perform many everyday tasks such as walking, running, playing on a playground and playing sports. Poor planning and sequencing can influence skills required in an academic setting such as writing, drawing and cutting. Games such as Simon Says help develop these skills with the aim that that he or she will confidently approach new physical tasks in life.