



**LIME LEGENDS**  
 Allied Health service for kids



# Confident Movers

A Physiotherapist Led Group Program 

**Gross motor skills are important for performing everyday activities such as walking, climbing stairs, jumping, running and having FUN. By encouraging your child to participate in different gross motor activities, you are providing them with an opportunity to practice using their muscles. Through play, games and through sport, children can develop their gross motor skills to lay a foundation for school skills such as handwriting, concentrating, following instructions, sport skills and team work.**

**Our Physiotherapist will provide a specialised group designed around individual goals that aim to:**

- Improve balance and coordination
- Increase muscle strength and muscle endurance
- Practice and promote motor planning
- Improve body awareness (up, down, in, out, around, near, far, heavy, light)
- Increase awareness of effective social skills and team work
- Improve confidence to catch and throw a ball
- Develop skills to participate in team sports eg. Aus kick and netball



**Confident Movers aims to teach children how to use their body and coordinate their muscles so that they feel confident to participate in sports, play and have fun.**

Participants can be children through to adolescence who identify having difficulties with any of the above or who want to consolidate already existing skills, form social connections and most importantly have fun.

Our physiotherapist will allocate participants into groups according to school year level, maturity and goals.

## Register

To register or enquire please contact our Paediatric Team Leader, Lilly Pointon on 03 5022 0955 to discuss referrals or email [limelegends@lime-therapy.com.au](mailto:limelegends@lime-therapy.com.au)

## Program

- 45 minute pre-assessment and goal setting
- 6 x 1 hour group sessions
- 45min post-assessment (including recommendations)



**Funding available through NDIS, Medicare, TAC**  
 Private paying individuals please contact us to discuss fees.

