



## **Fine and Gross Motor Skills**

Get involved with Joe Wicks' PE sessions or do some Cosmic Yoga each day.

Dough Disco is great for fine motor skills -

[https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj\\_pRw](https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw)

BBC Dancemat helps typing

skills: <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Miss Gore has lots of additional resources linked to this area of need. Please email her at

[c.gore@northcote.liverpool.sch.uk](mailto:c.gore@northcote.liverpool.sch.uk) if you would like for her to send you some.