

## What is Autism Spectrum Disorder

Autism falls under a spectrum of disorders, and is believed to have a range of neuro-developmental disorders of which the symptoms can occur in any combination and varying degrees of severity. Generally characteristics are; extreme aloneness, isolation from their environment, insistence on sameness, disordered personality, speech delays, ritualistic behaviours and impaired relationships. According to research, it is estimated that 21-100% of children diagnosed with Autism Spectrum Disorder (ASD) display a number of notable motor deficits. This makes it all the more essential for children with ASD to have some form of gross motor therapeutic intervention. Gross motor developmental difficulties can be seen when a baby learns to crawl already, and then subsequently leading to walking and other vital motor developments.

## Kinetix Autism Dance Programme

Typically an intervention will aim to oversee the holistic development of a child, however due to the specialised field of Kinderkinetics, the nature of the intervention will be gross motor development, and sensory motor integration. A new and exciting programme will soon launch which will include all the above mentioned in a fun programme which children love, and has been scientifically proven to have many developmental and neurological benefits. A dance programme which allows a child move (regardless of their abilities) through which they can express their emotions and social interaction means.



## Programme Benefits

Gross motor skills benefits of the dance programme:

- Locomotion (walking, running, hopping, galloping and skipping)
- Coordination (bilateral coordination, hand- eye coordination and foot-eye coordination)
- Core strength
- Static and dynamic balance
- Spatial awareness
- Proprioceptive and vestibular stimulation
- Visual motor integration
- Tactile discrimination
- Motor planning
- Object manipulation

