

**Leisure activities for the older child with co-ordination difficulties:**

Children with co-ordination difficulties shun most sports as they find the typical sports too difficult and competitive. Over the years parents have included their children in different activities that do not have “therapeutic benefit” however these activities are useful as children enjoy them, achieve a feeling of success and generally a better level of fitness. As children get older it is important to include them in the decision about what they are going to do. Like adults the motivation has to be there otherwise it is too hard and boring. Here are some of the non-competitive activities that you may want to encourage:

- Swimming
- Bowling/ skittles
- Horse riding (try your local Riding for the disabled)
- Karate/judo/martial arts/ tai chi/ tae kwon do
- Yoga
- Hiking/ orienteering
- Gymnastics
- Trampoline club
- Assault course/ obstacle course
- Cross country running
- Low impact aerobics
- Gardening – digging, raking leaves, using a watering can to water plants
- Wheeling a wheelbarrow
- Rock climbing