

Where are the groups run?

Get Set Go is run in primary schools in Forth Valley, by specially trained Support for Learning Assistants.

The groups are supported by the Motor Skills Therapy Service (Physiotherapy and Occupational Therapy).

How was Get Set Go developed?

Get Set Go is a clinically proven movement programme, developed by Occupational Therapy and Physiotherapy Services.

It provides appropriate children with the extra help required to develop their fine and gross motor skills.

Get Set Go promotes partnership between Education, Health and parents in meeting children's Health and Wellbeing needs.

What is Get Set Go?

A programme of fun activities designed to improve fine and gross motor skills.

Activities are individualised to the child's developmental level.

These activities promote skill development in: ball activities, balance, strength / stability, visual perception and functional tasks (e.g. cutlery, buttons, laces, fine motor skills)

Aims of the group

- To provide regular opportunities for children to focus on and develop fine and gross motor skills.
- To enhance children's functional performance in school and at home.
- To improve children's ability to access the curriculum and carry out daily life skills.

Who attends Get Set Go?

Children who have difficulties with both fine and gross motor skills.

Children who would benefit from practicing these skills in a small-group setting

Children can be referred to the programme by school staff or therapists.

How often do they attend?

Children attend a six week block of Get Set Go, 3 – 4 times per week for 30 – 45 minutes.

Blocks of frequent exercises are more effective than continuous weekly sessions.

Get Set Go is run in a small group setting with high staff to child ratios. Schools can opt in by contacting our team to arrange training for staff.

How can I get my school involved?

Regular, fun practice of motor skills at home is essential to develop a child's abilities.

How can parents get involved?

Encourage active play via clubs and family leisure activities.

Contact Numbers:

Motor Skills Therapy Service

01786 454551

We are happy to consider requests for this publication in other languages or formats such as large print or Braille.
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If you can't go let us know!
Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES
This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

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Get Set Go!

Movement group for primary school children

