

## **TRANSCRIPT: Impact of developing functional movement**

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It is very, very important that children are taught functional motor skills because movement is the whole heart of being able to learn and as much independent movement as possible enables the development of other cognitive and learning skills.

We're undertaking quite a large piece of research at the moment, looking at the progress of children through the MOVE programme and what we're finding is that the programme is having a major effect on communication, cognition and learning.

So, it's not whether you sit well or stand well or can walk well, it's the transitions between each stage, so the ability to transfer yourself from sitting to standing, standing to walking, walking to stopping, standing to sitting. It's being able to transfer yourself between each stage, so just because you can stand well and supported, it doesn't mean that you are going to develop cognitively as quickly as if you can do the functional activities between each one. Get yourself to standing, get yourself back down into sitting and we're finding there's a huge correlation between that and the greatest improvement made when you're looking at educational achievements on P-scales, for example.

We know it is because of an ability of the brain to re-pathway itself. We're actually finding that the repetitive movement patterns of doing sit to stand or stand to sit, that's re-pathwaying the brain, or for those children who've got extensive brain damage it is actually creating new neural pathways around lesions in brain, for example, that enables you to do the skills functionally and the more functionally able you are, the better your skills for learning.