

Can't Write/ Won't Write

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Improve gross motor activity

We recommend teenagers have access to activity to break up their study time throughout the week.

This can simply be accessing the outdoor gym in the park, shooting some basketball hoops or carrying in the shopping (this last option may not be too popular!)

Here you can download packs with ideas for home.

Shoulder strength

<http://redbridgeserc.org/resources/category/shoulder-strength-and-stability>

Core stability

<http://redbridgeserc.org/resources/category/trunk-postural-control>

Balance ball activities

<http://redbridgeserc.org/resources/category/balance-ball-activity-pack>

Typing

Free games and links can be found here:

<http://redbridgeserc.org/resources/category/typing>



Improve hand strength

Many students lack hand strength and dexterity, often complaining of hand pain or fatigue.

Here are some useful exercises and ideas to help:

Thera Putty ideas

<http://redbridgeserc.org/resources/category/thera-putty-ideas>

Pincer/ finger strength ideas

<http://redbridgeserc.org/resources/category/finger-manipulation-pincer-grip-development>

Hand strength

<http://redbridgeserc.org/resources/category/hands-strength>

Pressing too hard?

<http://redbridgeserc.org/resources/category/pressure-difficulties>

Tools

Recommended writing tools for older students

These can be purchased from Amazon/ WHSmith and other stationary suppliers.

- Uni-Ball
- Pilot
- Swash
- Staedtler

Advice for gamers

- <https://www.redbull.com/za-en/hand-exercises-for-gamers>



IT Tricks

Videos showing simple IT tricks everybody can use rather than write

Google dictate

<https://www.youtube.com/watch?v=Unwa4fYxwJo>

Immersive Reader

<https://www.youtube.com/watch?v=KVIXk3BsLVE>



Chromebook information

Why consider a Chromebook?

<https://www.understood.org/en/articles/7-chrome-tools-for-kids-with-writing-issues>

How to access the free 'extensions' to support writing and spelling

<https://support.google.com/chromebook/answer/177893?hl=en-GB>

Great study and revision apps

Quizlet- FREE

Can be used on a laptop, tablet or phone. Very easy to use and lots already pre-prepared.

<https://quizlet.com/en-gb>

CHEGG- FREE

CHEGG do a great range of study support apps- well worth a look

<https://www.chegg.com/mobile/>

PODCASTS

These are often forgotten by students, but there are a wide range now available to help summarise key subject matter- well worth a look and easy to listen to when travelling or taking a break from writing/screen.

<https://player.fm/podcasts/Gcse>

YOUTUBE

There are YouTube summaries and videos for all aspects of the curriculum in KS3 and KS4. Also, lots of helpful revision and summary videos by Teachers and Students.

Well worth a look if you are a visual learner



S.E.a.T.S.S are a very large **Specialist Advisory Team based in East London.**

You have a **YouTube** Channel with over 70 videos on:

<https://www.youtube.com/c/RedbridgeSEATSS/playlists>

Please subscribe to see our latest videos as they are updated.

We also have a large **FREE resource website**

www.redbridgeserc.org

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