

# Fit to Learn

## A new approach to coordination difficulties in an Education Setting

6 Hour Master Class with Internationally Recognised Expert  
Heather Angilley

Paediatricians

Psychologists

Physiotherapists

School Health

Maternal & Child Health Nurses

Children's mental health

Occupational Therapists



Professionals who work in Childhood Obesity

Kindergarten & Primary School Teachers

### Learning outcomes and Objectives:

- Increase understanding of prevalence and implications of Developmental Coordination Disorder (DCD)
- Understand the improved outcomes when services work together
- Be able to correctly identify children with DCD from other conditions
- Recognise the value of providing intervention in schools
- Recognise the value of group intervention
- Understand the central role of the pathway
- Understand how Fit to Learn fits into curriculum framework
- Understand how to deliver therapy intervention in an educational environment
- Learn how to encourage other services to provide suitable activities

### About Fit to Learn

The programme is aimed at 5-11 year olds but can be used more widely. Some secondary schools have used the program with some extra, more age appropriate activities. There is also another version of the program called *Move'n Learn* that is currently being trialled with under 5's.





## Background and Rationale:

DCD historically has a low priority for intervention in physiotherapy and occupational therapy departments in the UK. The incidence of DCD is thought to be between 2-6% with boys affected 4:1.

Research has shown that these children are negatively affected by their difficulties and they often suffer from low self esteem, have difficulty making and keeping friends, can become disaffected with school and can go on to offend and suffer from mental illness as well as developing secondary health conditions such as obesity and diabetes.

The outlook for these children can be improved by simple, regular, targeted, group intervention, with research showing that regular intervention works.

The move to more inclusive intervention in the UK led to the development of a close working relationship between Health and Education leading to the development of the pathway and programme for use with small groups within schools.

This approach has increased the understanding and recognition of DCD within schools and gives them the resources to organise and run regular groups with the minimum of preparation.

Costs of providing therapy are reduced as the programme is integrated into the school day

Eventual referrals to therapy for the more specialised help are therefore, more appropriate.



# Heather Angilley

Clinical Specialist  
Paediatric Physiotherapist



Heather qualified in 1977, initially as a Remedial Gymnast, becoming a physiotherapist in 1985. She began work in paediatrics in 1978 in a special school in the East End of London as part of the physiotherapy department of the Royal London Hospital. The East End became her focus, working for Great Ormond Street Children's Hospital until moving to Yorkshire in 1992.

She has experience of most aspects of paediatrics but has specialised in the treatment of Developmental Coordination Disorder (DCD) since 2002, initiating a service in Leeds, and then Wakefield where she is to the present day.

In April 2010 she won an NHS award for "innovation in training materials". The programme she has developed in partnership with Education is "Fit to Learn". It incorporates a motor skills programme with a training package. It enables teachers and educational support staff to observe and identify coordination disorders and gives them the strategies to help the children improve.

She has three grown up children and a retired husband who helps her to keep the show on the road!

**Heather Angilley MASTER CLASS:  
Fit To Learn: A new approach to coordination difficulties in an Education Setting**

**REGISTRATION INCLUDES LUNCH AND A CERTIFICATE OF ATTENDANCE  
10.00– 16.00**



**Registration Form**

**Delegate No.1 Details** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_  
Given Name: \_\_\_\_\_  
Company/Organisation: \_\_\_\_\_  
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Telephone: \_\_\_\_\_  
Facsimile: \_\_\_\_\_  
Email: \_\_\_\_\_  
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**Delegate No.2 Details** Prof/Dr/Mr/Mrs/Ms/Miss:

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Telephone: \_\_\_\_\_  
Facsimile: \_\_\_\_\_  
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Do you agree to having your email address included in the delegate list?      Yes /      No

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Address: \_\_\_\_\_  
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### 5. Request an invoice

Name and position title of person responsible for the payment of the invoice: \_\_\_\_\_

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All invoices must be paid prior to the seminar.

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#### \*CONDITIONS APPLY

**You must pay on a credit card at the time you register** if claiming a discount for online registration and payment.

#### Delegate Cancellation Policy

A 50% refund will be offered for cancellations received up to 28 days before the seminar. As we are contracted for a specific number of delegates, no refunds will be given after this date. However, an alternative delegate name may be submitted. Sorry, there are no refunds on drinks/canapé bookings, so please don't ask. Applications for cancellations and substitutions of delegates are **only accepted in writing** by email to [changechampions@bigpond.com](mailto:changechampions@bigpond.com). The cancellation policy also appears at <http://www.changechampions.com.au> on the home page under terms and conditions.

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\_\_\_\_\_ signed \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_\_ date