

## The Importance of Physical Integration

Physical integration refers to the development of good coordination with a particular focus on the development of precise gross and fine muscle control. Physical integration provides an extensive array of exercises that at first are performed lying on the back and then progress through a series of stages (i.e. lying on the front, sitting, hands and knees) culminating in an upright posture in preparation for travel.

Physical integration develops the capacity of children and young people to develop automatic motor control. As with all movements, conscious control is required in order to learn and then consolidate new experiences. Performed consistently and with precision, the conscious control over the movements becomes more automatic and provides an opportunity for the development of subconscious motor control to be achieved.

Used throughout the BMT programme, physical integration should facilitate improved access to the following key areas:

- Body awareness and kinaesthetic awareness
- Spatial awareness and directionality
- Inhibition of unwanted movements
- Balance and postural control
- Alternating movements
- Rhythmical movements
- Stimulation and integration of moving and listening skills
- Eye control, and visual-motor integration
- The ability to move and think simultaneously
- Multi-processing and multi-tasking capabilities

The inclusion of physical integration throughout the BMT programme helps to ensure that children and young people have the capacity to actively engage in the learning process through stimulating increased connectivity between the brain and the body. This increased connectivity supports all learners at all stages to develop and improve key attributes like coordination, rhythm and timing etc.