A Perceptual Motor Program is an exciting and a rewarding program which aims to give children experiences in seeing, hearing, touching, processing, making perceptual judgements and reacting through carefully sequenced activities which children enjoy doing like running, hopping, skipping, jumping, balancing, crawling, climbing, throwing, catching, bowling, sliding, etc., using a variety of common and specially designed equipment.

The motor skills of balance, locomotion and eye / hand / foot co-ordination are thoroughly explored to enhance fitness to function effectively.

Children look forward to this fun and stimulating program twice a week. It provides them with lots of interaction and personal achievements. Each session runs for 40 minutes.