

## Dyspraxia

(may affect up to 10% of the general population to some degree)

### Key characteristics:

- issues with the timing and sequencing of movements, which can affect fine-motor control and/or gross motor control and balance
- sequencing generally may be weaker-than-typical
- spatial awareness can be compromised, making judging distances difficult
- temporal awareness (sense of time passing) can be weaker, making it difficult to estimate how long tasks might take
- slower-than-typical speed of processing

### Organisations that offer information and support

- [ELT well](#)
- [The British Dyslexia Association](#)

