

01 CASE STUDY



Helping a young explorer build his focus, coordination and confidence through rhythm

EXPLORER PROFILE

- **Name:** Rory
 - **Age:** 8
 - **Interests:** music, football
 - **Challenges:** concentration, handwriting, fine motor coordination
 - **Starting point:** no previous drumming experience
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APPROACH

Fine motor exercises/drum lessons to build coordination, timing & focus.

- **Lessons:** 1 x 60 mins a week drum lesson with local tutor
 - **Practice:** 3 x 30 mins a week at home
 - **Equipment:** Electronic drum kit at home from Dec 2025
 - **Duration:** October 2025 to January 2026 – 12 week review
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RESULTS

- Clear improvement in handwriting (see appendices)
 - Improved concentration in class
 - Better coordination and improved football skills observed
 - Increased confidence and motivation to learn
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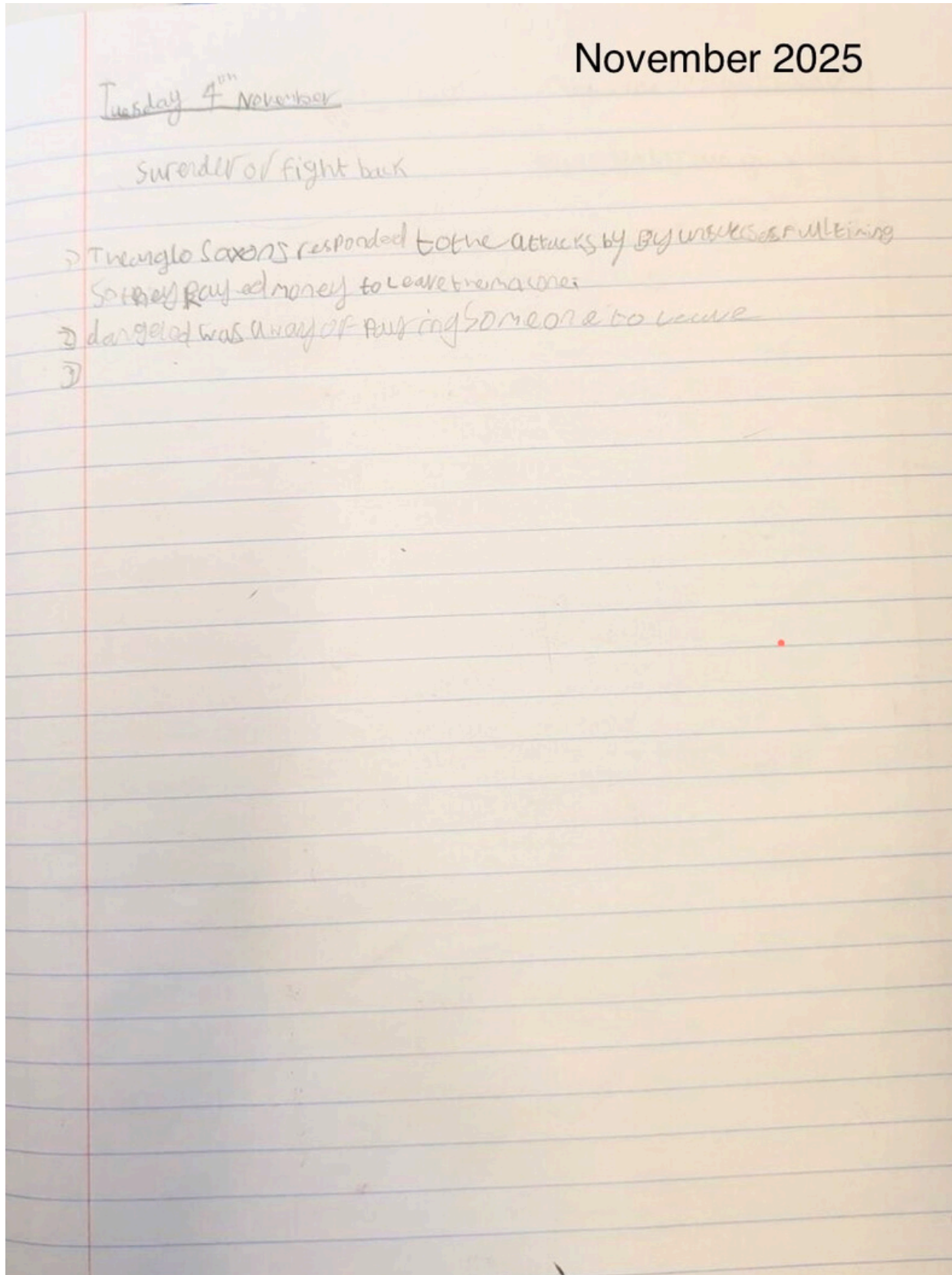
BENEFITS

- Sustainable practice routine that Rory enjoys
- Long-term improvements in focus and coordination
- A fun new hobby that supports emotional and academic growth



CASE STUDY 01

APPENDIX A: HANDWRITING BEFORE



CASE STUDY 01

APPENDIX B: HANDWRITING AFTER

January 2026

POLAR

to be a ^{pro} Arctic Explorer you need to be
well-organised and have a purpose-
mindset to explore the arctic.



Before your expedition you must ensure you have all the equipment you need
to explore the arctic first you need a compass to navigate where you need to go
Next you need a sleeping bag and a tent to sleep at night because it gets
below zero at night finally you need a med kit to heal yourself when you hurt yourself.

Exploring the arctic is dangerous and brutal. You might face brutal challenges
Such as mountainous wild life
these are the things
you will have to
face.



EXPLORE

CASE STUDY 01

APPENDIX C: SCHOOL TEACHER FEEDBACK

