

Inclusive PE, Games and Sports Days in Mainstream Schools

Inclusive Sports for children with physical needs in mainstream schools

SENCOs and teachers in mainstream schools often ask how they can make PE and sports days more inclusive for pupils with physical needs. Parents are also seeking advice on ideas for inclusive games to pass on to schools or to use at home during family activities.

Teachers seeking advice on **making PE lessons and Sports Days more inclusive** can ask for support from their **local authority's team of specialist teachers of pupils with physical disabilities**.

Your **Local Offer in England** may also contain useful information.

In addition, there are a number of **charities and organisations**, which give advice to schools about inclusive PE lessons.

Professionals can gain free advice and training about modifying games to suit a range of abilities from:

- **English Federation for Disability Sports** provides tips and training for staff
<http://www.efds.co.uk>
- **Sainsbury's free inclusive** PE and sports training for schools is linked with EFDS:
<http://www.efds.co.uk/inclusivecommunitytraining>
- **Chance to Shine** free cricket coaching for schools and free key rings with coaching cards for teachers - <https://www.chancetoshine.org/teaching-resources>
- **Go Kids Go** runs full day sessions for children with or without mobility difficulties in schools, bringing with them a team of instructors and wheelchairs so everyone can experience wheelchair sport: <http://www.go-kids-go.org.uk/>
- **Whizz Kidz** runs inclusive wheelchair skills classes in schools -
<http://www.whizz-kidz.org.uk/get-our-help>
- **The Back-up Trust** has a **school inclusion toolkit** with a various ideas for inclusive sports -
<https://www.backuptrust.org.uk/support-for-you/children-young-people/school-life/school-inclusion-toolkit>
- **CP Sport** offers **free table cricket coaching**: <http://www.cpsport.org/sports/table-cricket/>
- **Scope** has advice about inclusive games and play activities -
<https://www.scope.org.uk/support/families/play/games>

- **NHS** offers an inclusive 10 minute shake-up activity for all children in schools - <https://www.nhs.uk/10-minute-shake-up/shake-ups#xslDT2IPKCouHiS6.97>
- **Change 4 Life** Train like a Jedi - <https://www.nhs.uk/change4life/activities/train-like-a-jedi>
This video has a wheelchair user demonstrating the moves and actions with an unimpaired person.
- **Youth Sport Trust**
<http://inclusion.youthsporttrust.org/page/disability-sport-activities/index.html>
- **Youth Games Group** give advice to clubs and schools about inclusive games - <http://www.youthgroupgames.co.uk/youth-group-games-for-disabled-children.html>
- **Daisy Inclusive UK** focuses on sports in educational settings, Disability Awareness courses and creating pan-disability groups. Follow the link for more information: <http://daisyuk.com/>

Top Tips for PE

(taken from PD Net website)

1. Importance of taking part and planning with the specific child in mind
2. Discuss options with child/parent
3. Seek advice from OT/Physio
4. Use alternative equipment
5. Refer to:
 - STEP framework from Norfolk (space/task/equipment/people) <http://www.schools.norfolk.gov.uk>
 - Wilson Stuart School Top Tips - <http://wilsonstuart.co.uk>
 - English Federation of Disability Sports - <http://www.efds.co.uk> training for staff
6. Individual pupil's Physio/OT warm up programme could be used for whole class
7. Think about complexity of instructions offered. KISS – Keep it short and simple
8. Remember children with PI will probably tire more easily so need to position seating off side
9. Consider dignity in changing and showering
10. Zoning

11. Equipment: think about alternative equipment for tasks
12. Sports Day: Plan well in advance – “anticipatory duty”
13. Teacher to ensure they partner pupils sensitively
14. LSA/teaching assistant should wear appropriate clothing
15. Further advice/guidance: “Implementing the DDA in schools and Early Years settings” – essential viewing and reading -
<http://dera.ioe.ac.uk/6040/1/Implementing%20the%20DDA%2C%20Improving%20Access%2C%20Early%20Years.pdf>
16. Inter school links – eg. Boccia league, New Age Curling, Archery, Fencing
17. Youth Sport Trust – assessment ideas and rules for adapted sports
<http://inclusion.youthsporttrust.org/page/disability-sport-activities/index.html>
18. Recognising + promoting skills – ‘playground to podium’ programme
19. Link up with your local Disability Sports Officer
20. Signpost local Disability Sports Clubs or other inclusive clubs
21. Wheelchair sports certificates

