



# PHYSICAL EDUCATION AND PMLD / COMPLEX NEEDS

**Top tips to support you in delivering Physical Education to children and young people that have PMLD / Complex needs.**



*\*Click where you see this icon for a direct link*



## WHAT ARE PMLD / COMPLEX NEEDS?

A profound and multiple learning disability (PMLD) is when a person has a severe learning disability and other disabilities that significantly affect their ability to communicate and be independent.

Someone with PMLD may have severe difficulties seeing, hearing, speaking and moving. They may have complex health and social care needs due to these or other conditions.

## KEEPING ACTIVE

Keeping active is important for all children and young people. It is important to recognise that physical activity may look different for children with PMLD / Complex Needs, and any activity will need to meet their individual needs. For some young people, being active may involve them working on fine motor skills such as grasping and releasing or for another walking with a support frame.

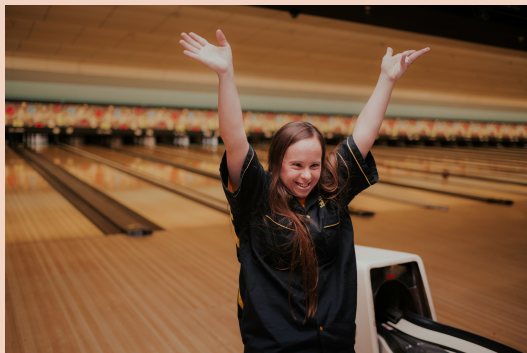


## MEETING INDIVIDUAL NEEDS

It is important that physical activity meets the needs of each individual learner. Physical activity can be used to support everyday activities for pupils with PMLD / Complex Needs. For example linking fine motor skills to feeding, dressing and other occupational therapy tasks.

**Remember to use STEP - you can adapt the: SPACE, TASK, EQUIPMENT AND PEOPLE**





# MEANINGFUL SCHOOL SPORT OPPORTUNITIES FOR CHILDREN AND YOUNG PEOPLE WITH PMLD / COMPLEX NEEDS

**ALL children and young people should have access to meaningful sporting opportunities. There are a number of opportunities available via your School Games Organiser.**



## PANATHLON

Panathlon is a national charity which gives thousands of young people with disabilities and special educational needs every year the opportunity to take part in competitive sport.

## SPECIAL OLYMPICS

Transforming lives through sport -Special Olympics Great Britain (GB), is a non-profit organisation and the largest provider of year-round sports coaching and athletic competition in summer and winter sports for children and adults of ALL abilities with intellectual disabilities.



## SCHOOL GAMES



MATP is now part of the School Games. MATP® is designed to prepare athletes with severe or profound disabilities for sport-specific activities that are appropriate for their impairment. It primarily uses movement and sensory stimulation programmes that are normally between eight and 12 weeks ending with a 'challenge day'.

<https://www.yourschoolgames.com/documents/429/MATP.zip>

FOR MORE SUPPORT CONTACT:  
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