



# PHYSICAL EDUCATION AND AUTISM

A helpful guide to ensuring that PE is fully accessible for children and young people with Autism.



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

## Autism



“Autism is a lifelong, developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them”. (National Autistic Society)

## Space

Provide a set space for changing. This will allow for personal belongings to be kept in order. Routine and familiarity are key. A changing space could be labelled with names / pictures for all students.

Changing should be calm - be aware of lights and sounds in the changing space.

Use of a social story using pictures may aid changing.



## Time



Allow students additional time. This may be additional time to change, or time to process and adjust to the environment.

It is important not to rush your students - use their name to gain attention and simple language when providing instructions.

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



National Autistic Society



The National Autistic Society are the UK's leading charity for people on the autism spectrum and their families.

# Support

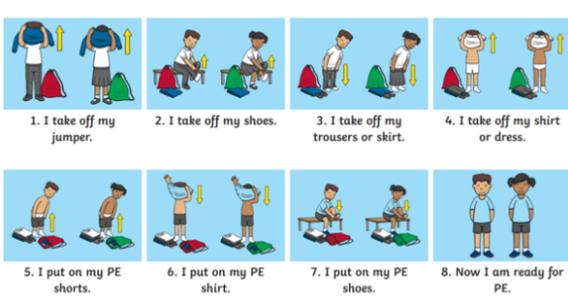
Knowing your students individual needs is key. What are their motivators? What might they find challenging that you can adapt / support with? Establish a routine to check individual understanding. It is important to be clear and concise with all instructions.



# Use Visuals

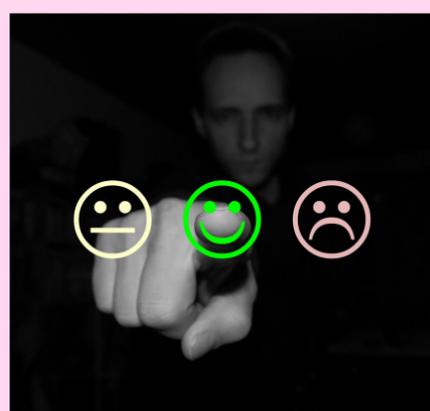
Visual resources are useful for all PE and School Sports and supporting a range of learners. Use visual schedules to break down the stages of a session. Use simple words / phrases and pictures to support learning and other tasks such as changing.

## Getting Changed for PE



# Praise

Praise is important for every child in a class. When praising a child with Autism it is important to gain their attention. Use verbal praise and a physical action such as a high five. Be specific and enthusiastic - focus on the positives. Praise will help to build self esteem and confidence.



# All About Autism, All About Me

We know there are a number of key barriers to inclusion in PE and sport for young people with autism that collectively our teachers and sports professionals should consider. These are addressed in an exciting new E-Learning 'All about Autism, All about Me' resource. Developed by the Youth Sport Trust, and endorsed by the National Autistic Society, this is a digital and practical toolkit, building upon knowledge of autism spectrum conditions (ASC) and some of the key considerations for making PE and sport inclusive to all. It is free for schools across England to access throughout 2020-21



## Berkshire & Buckinghamshire Inclusive Series

YST INCLUSION SCHOOL