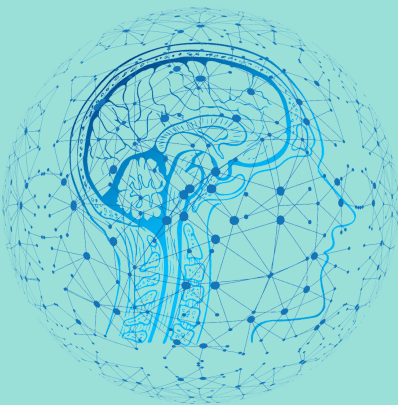


# PHYSICAL EDUCATION AND DYSPRAXIA

A Helpful guide to ensuring that PE is fully accessible for children and young people with Dyspraxia



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



## Dyspraxia

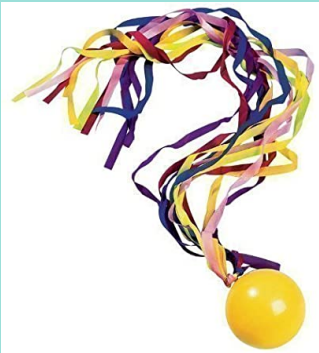
Dyspraxia is a developmental disorder of the brain in childhood causing difficulty in activities requiring co-ordination and movement.

## Fundamental Skills

Focus on the development of fundamental / physical movement skills as opposed to games. Fundamental movement skills should include activities that work on balance, co-ordination, throwing and catching, agility, running and jumping.

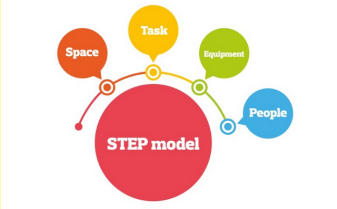


## Adapt Equipment



It is important to adapt equipment to suit learners needs. For example, a pupil with Dyspraxia may find it more difficult to catch a ball as they may have co-ordination difficulties. Use alternatives such as a ribbon tail ball or beanbags that will help the pupil to succeed with catching.

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



Check out the Dyspraxia Foundation here: [dyspraxiafoundation.org.uk](https://dyspraxiafoundation.org.uk)



# Positioning

A child with Dyspraxia may need support with positioning. This could mean hand over hand guidance to help a child feel the movements. For example, supporting and guiding a child to hit a ball with a bat.



# Fun and participation

The emphasis of lessons and activity should be on fun and participation rather than competitive sports. Consider activities that support fundamental skills and individual participation, including yoga, swimming, walking and cycling.



# Small Chunks

Breakdown each activity or task into small manageable steps / chunks. This should not be rushed - success is important before moving on. Practice individual skills in an un-pressurised environment.



# Use of spots

Use of marked spots, cones and lines, can support in directing a child with Dyspraxia. This may be arrows to support direction of movement or a spot as a starting point.

## Berkshire & Buckinghamshire Inclusive Series

