

INCLUSIVE ACTIVITY AT HOME

IDEAS FOR STAYING ACTIVE AT HOME FOR CHILDREN AND YOUNG PEOPLE WITH SEND

SENSORY CIRCUITS WITH IAIN MILLS

Sensory circuits are designed to work on the fundamentals of learning and senses. By doing these regularly you should build up your strength and proprioceptive, vestibular and tactile senses. They also get you ready for learning.



SPECIAL OLYMPICS - SCHOOL OF STRENGTH

Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times per week to help you stay fit. Watch them in order starting with video 1. Once you can do the exercise correctly, it is time to move on.

CHANGE4LIFE ACCESSIBLE ACTIVITIES

There are lots of ways to keep disabled children and young people active. Start off by choosing activities your child is interested in and adapt them.



#THIS IS PE

Each #ThisIsPE SEND PE activity comes with a downloadable learning card. All of the activities on this link are specifically designed for Special Schools.

WHEELPOWER

Wheelpower have released 10 new online workouts, aimed specifically at primary and secondary aged disabled children. They provide new and exciting opportunities for disabled children to stay fit and healthy during this challenging period.



#SPORT4ALL



YST INCLUSION SCHOOLS



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PANATHLON

Panathlon have set students multi-skills challenges to do in their homes and gardens using everyday household items such as jam jars, rolled-up socks, tin cans, buckets and plant pots.

ACTIVITY ALLIANCE

Activity Alliance is sharing the top ways to adapt activities so that more people can stay in and work out. The STEP tool is one of the most effective ways to use household items to be active. STEP stands for Space, Task, Equipment and People.

**activity
alliance**
disability
inclusion
sport



MATP

What is MATP? (Motor Activity Training Programme) MATP® was developed by Special Olympics and is a movement-based sports programme that provides meaningful sport and physical activity for young people with severe/profound, multiple impairments (PMLD) and Complex Support Needs.

BBC BITESIZE

A resource that explains how physical activity can support children with special educational needs and disabilities to stay active at home.

BBC
Bitesize



SOCK - IA

A School Games activity card from Boccia England adapted so that you can still take part at home.

TOPSPORTSABILITY

This is a free online resource aimed at schools. It consists of video clips and downloadable content showing ideas and strategies around the inclusion of young disabled people in physical activity. Free sign up required.

TOP
Sportsability



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