

Sporting Chance



Hosted by
AS Alfriston School
Learning For Living

The South Bucks School Sport Partnership Newsletter

Girls Football Festival October 2021

Face to face festivals have never felt so good! It was incredible to welcome 125 girls from Chiltern and South Bucks to our Girls Football Festival hosted by Gerrard's Cross and Fulmer Football Club.

It was wonderful to see all of the girls taking part and having fun with football through the Disney Inspired Shooting Stars Programme.

We are so lucky to have such wonderful clubs and



coaches in our area of the county and we'd love to see even more girls take part in girls' football, both for fun and competitive opportunities.

Despite the forecast and grey start, we even ended up with some sunshine for our

fun filled morning of football.

Check out GX & Fulmer FC: <https://www.gxffc.co.uk/>



Pledge to give girls access to football

The Football Association and Barclays, supported by the Youth Sport Trust have a vision to give girls equal access to football in schools by 2024.

www.girlsfootballinschools.org/

We are extremely proud to be part of this positive movement and host a joint partnership between South Bucks and Dr Challoner's Sports Partnerships.

Are you committed to growing girls' football in your school? Join thousands of schools across



England who have already made a pledge to ensure every girl has equal access to football in school by 2024.

To get involved or find out more, please contact me: rachel@alfristonschool.com and sign up for free at **#LetGirlsPlay**



Girls Football Partnership – South Bucks & Dr Challoners

10 TOP TIPS FOR INCLUSIVE PHYSICAL EDUCATION

WHY INCLUSIVE PE?

An inclusive PE curriculum should give every student the opportunity to participate in lessons, feel valued, experience success and hopefully improve their confidence. Check out our 10 Top Tips below for making PE accessible for EVERY student

1. PLAN, PREPARE AND ANTICIPATE

Planning is a huge key to success for any lesson. Plan for individual needs and additional support you may need. Prepare any resources or adapted equipment you may need in advance e.g. Visual changing story. And anticipate what might not go to plan, and how you can solve any potential barriers.



2. KNOW YOUR AUDIENCE



Knowing your learners and understanding their needs is important. Take the time to read any EHCPs, speak to parents, SENCO's and any other staff that know that particular students needs.

This will help to inform your planning and ensure that you are to meet individual needs.

3. ENVIRONMENT

Have you ever stopped and stood to take in the learning and changing environments? Have you considered the lighting, acoustics, sensory elements and temperature, and how they may impact individual students? Complete a sensory audit of each of the working environments and consider any changes that could be made.



4. BREAK DOWN BARRIERS



Barriers like to get in our way, but no barrier is unbreakable. You may need to break barriers down piece by piece. The barrier could be changing in a noisy changing room - can you offer a quieter space for changing? Is

communication a barrier - can your create a visual timetable for the lesson?

5. CURRICULUM DESIGN



The curriculum is wide open for interpretation, which in turn allows creativity, and the opportunity to try new things. Your design should allow for some personalised options to meet the needs of all of your learners.

Consider the starting point for EACH individual and where they can get to. This is where adapted versions of activities may come into play.

6. ADAPTED EQUIPMENT



There may be times that you need adapted equipment to meet individual needs, such as a ball with ribbons or textured balls that light up. Equipment doesn't have to be fancy and expensive. With creativity, you can utilise equipment that you already have. There may be some adapted equipment that you may want to invest in, such as specific ramps e.g for Boccia, but this will be dependent on your students needs.

7. STEP MODEL

STEP stands for Space, Task, Equipment and People.

It is a simple system for making changes to activities so that everyone can be included and participate together. Examples of Space include; increase or decrease the size of the activity area; vary the distance to be covered to suit different abilities or mobility levels; use zoning, e.g. where participants are matched by ability and therefore have more opportunity to participate.



8. VOICE



Student voice can be a very powerful tool. Do you know what your students like or dislike? Do you understand how they feel about certain activities and barriers? Ensure their voice is heard via a suitable communication method. Asking both the students and parents what they can already do is a great starting point - focus on the positives.

9. ENJOYMENT

When children and young people have fun, they are more likely to want to do an activity again. Be creative and step out of the box - what can you do every lesson to ensure it is fun and engaging for ALL? Positive reinforcement to build confidence is crucial. Believing in each individuals ability will boost confidence and enjoyment.



10. EXISTING RESOURCES

While curriculum and lesson design needs your own creativity and individual stamp, there is no need to recreate the wheel. There are lots of great inclusive resources for you to use to support your lessons. Click on the icons to explore some inclusive options and further support.

TOP Sportsability

National Autistic Society

step into sport



activity alliance
disability inclusion sport

CONTACT US

For more support on making sure Physical Education and Sport is accessible for all children and young people, contact us here:

Buckinghamshire - rachel@alfristonschool.com
Topsportsability code: YSTINCLUSIONS

What's been happening so far this year...

It has been a busy start to the year, but we are certainly not complaining! Here is a little snippet in pictures of what we have been up to so far!



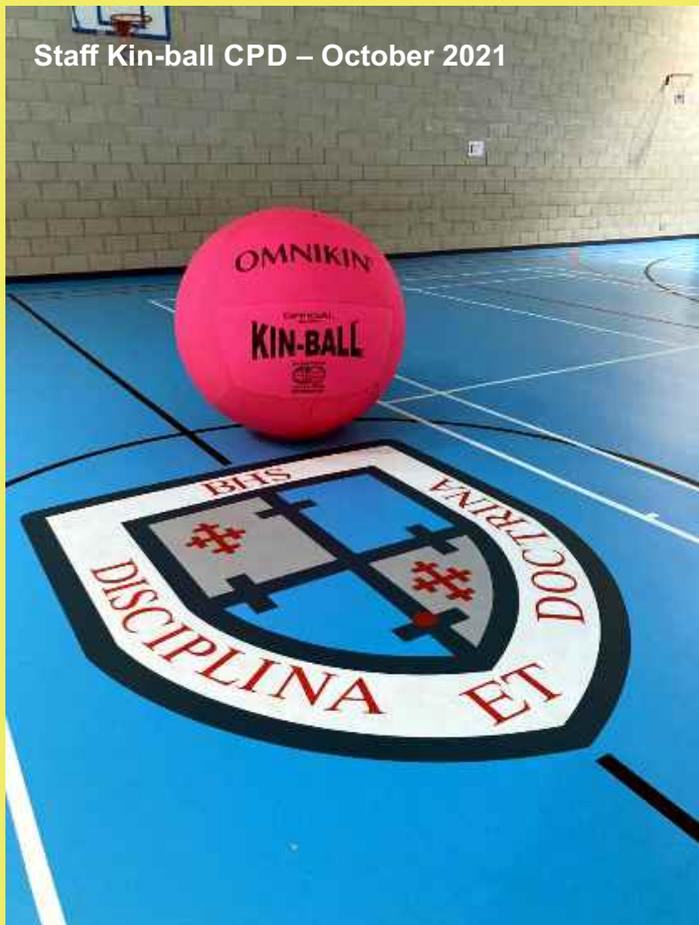
SEND Bowling @ Rogue Leisure - October 2021



SEND Tennis @ Halton – October 2021



Girls Football Festival @ GX & Fulmer FC – October 2021



Staff Kin-ball CPD – October 2021



Adapted Cycling @ Little Marlow - September 2021

Send us your stories

If your school isn't featured in this first edition of Sporting Chance make sure you send us your stories to ensure your sporting achievements get the attention they deserve.

Your stories and news items could feature classroom work, your successes in competitions, the special achievements of pupils and staff or just some tales of the funny things that can happen in sport.

We prefer to have articles submitted in MSWord (.doc) or Open Office (.odt) and photos as separate jpegs. Looking forward to seeing YOU in the next edition of **Sporting Chance**.

