

1) Top Sportsability:

This is a free online resource for all practitioners within our schools. It consists of video clips, sports adaptations, resources for PMLD and a new section on Limbpower. There is a webinar introduction on Topsportsability from Niamh Morten who talks through Inclusion and how to navigate this website.

<https://www.youthsporttrust.org/top-sportsability> -

REMEMBER THE CODE IS: YSTINCLUSION41

2) All About Autism, All About Me:

<https://www.youthsporttrust.org/all-about-autism-all-about-me>

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 and highlights;

- **Language and communication**
How do professionals use pupils' names to gain attention? The use of visual prompts can be a good way to support instruction for pupils with ASC in sport, as in other areas of school life. Teachers should also consider how they provide feedback on performance and reassurance to pupils.
- **Social interaction**
Many young people, particularly girls with ASC find group/teamwork in sport to be challenging, so it's important to evaluate friendships and group pupils accordingly. Specific instruction and practice around turn taking can also help.
- **Sensory processing**
People with autism generally experience difficulties with taking in and regulating sensory stimuli that others may find normal. Sensory overload can be a very big issue, so it's important to consider how pupils with autism will respond to the often very noisy environment of a sports hall, as well as all the smells, bodily contact and rapidly changing visual information they have to deal with.



3) Suggested courses:

<https://www.derby.ac.uk/short-courses-cpd/online/free-courses/understanding-autism-aspergers-and-adhd/> - learn more about autism, Asperger's and ADHD, their differences and the importance of understanding the classification, assessment and diagnosis.

4) Boccia

Links from Carina T –Chadsgrove Special School

<https://youtu.be/XZ-uQYhj2Q8> Equipment needed to play Boccia at home.

<https://youtu.be/uiXxhYa72aI> Boccia Hoop Challenge

<https://youtu.be/L7FGKz9Wzps> Boccia Skittle Challenge

<https://youtu.be/liVoNegbtUM> Boccia Balloon Challenge

<https://youtu.be/hfBoo3QHbh8> Boccia Game

Boccia England have also developed a range of opportunities to participate at home:

1. The Rainbow Cup

The Rainbow Cup will begin on **Monday 11 May** for an initial period of 4 weeks. Each week, we will be setting a boccia related challenge on Monday morning. Those taking part will then have until Thursday to practise the activity and submit their score before we publish our leader board every Friday. The Rainbow Cup is free to enter and open to everyone; from experienced boccia players, to those who have never played boccia before.

For more information about The Rainbow Cup, [click here](#) and keep an eye out on Boccia England's social media channels for more updates.

2. A range of activities available to play at home

We have made a number of resources available to clubs and have adapted the activities for people playing at home without boccia knowledge, experience, or equipment. These are [available to download for free by clicking here](#) and will introduce you to boccia. The adapted versions are attached.

5) This is PE (#ThisisPE)

Working in partnership with Special Olympics GB, we have created a suite of 12 videos and supporting resource cards designed for individual young people with profound, multiple learning disabilities and complex health needs to gain access to inspiring, accessible and meaningful PE.

<https://www.youthsporttrust.org/free-home-learning-resources-inclusion>



Water Safety:

[Firefighter Fit Kids - Water Safety HIIT \(Part 1\) - YouTube](#)

[Firefighter Fit Kids - Great Fire of London HIIT \(Part 1\) - YouTube](#)

Sensory Circuits (daily Monday-Friday at 930am)

Parkside School, Sensory Circuits:

<https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g>

Sensory Circuits:

Meadowgate Academy, Living Room Sensory Circuits: https://youtu.be/5faHPCxQ_0w

