

Sainsbury's

Active Kids

For All

Inclusive PE Training Programme



Case study: Secondary PE Teacher

In February 2014, Elaine Brady a Physical Education (PE) Teacher at Ulidia Integrated College attended a Sainsbury's Active Kids for All Inclusive PE Training workshop delivered by Disability Sport Northern Ireland. This workshop has had a large impact on Elaine's delivery of PE to her students and as a result has enabled students who previously would have sat out to become fully included in PE lessons, as Elaine explains.

The workshop made me more aware of the difficulties that pupils face in PE and gave me a number of ideas on how I could amend my teaching to help these pupils to progress and feel valued in lessons.

One of the key things that I have changed is to adopt the STEP model and modify activities to suit the needs of all students. For example, in my Rounders lessons, I now have a number of pupils using different sized balls. This approach has helped them to develop their hitting and catching skills as well as providing them with more opportunities for success.

One of the pupils I teach has cerebral palsy and before I attended the course she sat out of PE lessons involving team games. Instead, I now deliver team games using a zone format, for example zone football. This approach has meant that the pupil is now much more included in PE lessons and has the opportunity to control the ball at her own pace before passing to another player. The pupil said:

"I really enjoy taking part in the team games now. Everyone wants to pass me the ball and I can take my time to pass it back without players trying to take it off me".

Since learning about zone games, I have been able to use this approach to the benefit of all students. I found that many of the girls I teach find team games daunting, but this format has given everyone the freedom to develop and the opportunity to be successful. As a result, the students are now enjoying the lessons more and do not feel as isolated.

The Inclusive PE Training workshop also taught me about different disability sports and we have now taken part in indoor curling. This activity was played from a kneeling position and was a great success with my students as it enabled many of the pupils who find PE difficult to take part on a more even level.

Overall, I found the Sainsbury's Active Kids for All Inclusive PE Training course interesting, useful and very informative. Through my learning, I hope to further develop the confidence and skill level of the pupils in our care.

The Sainsbury's Active Kids for All Inclusive PE Training Programme has been developed by the four Home Country disability sport organisations and Sainsbury's with the support of Paralympics GB and the Youth Sport Trust. For further information about the programme please contact the AK4A team on AK4A@efds.co.uk / 01509 227751.

