

# Sainsbury's



## Case study: Primary Teacher

In November 2013 Anne Saunders, a primary school teacher from Kings Road Primary in Rosyth attended an Active Kids for All Inclusive PE Training workshop delivered by Scottish Disability Sport. Anne had attended the course to gain ideas on how she could support a specific young person in her class that uses a wheelchair, to access PE.

Inspired by her attendance at the course, Anne wanted to introduce a disability sport to PE that all of her pupils could enjoy regardless of their ability or impairment, she approached Disability Sport Fife, a branch of Scottish Disability Sport, to borrow equipment that would enable her to deliver Boccia. The Fife Sport Development Officer visited the school and introduced Boccia to the pupils, showing them a range of progressive skills for them to master. During the visit they worked specifically with the young disabled pupil to develop a throwing technique which matched his ability and with Anne to support this young person to access sports sessions both within and outside of school hours, the later through links with local voluntary organisations.

The Active Kids for All Inclusive PE Training workshop has had a positive impact on Anne's confidence and competence to deliver inclusive PE. As a result of this training, the disabled pupil is experiencing and enjoying meaningful PE and is also now engaged in a weekly community sport session. In addition, it has supported the development of a partnership linking PE with the wider community through Disability Sport Fife.

Anne Saunders said "At primary school one of the main aspects of PE is getting the children to work together as a team, so making everybody feel included is crucial. On the course I was introduced to Boccia, usually played by wheelchair users. I've started teaching this to my class and it's fantastic because all the children can get involved. It's great the children have had this exposure to a new sport and hopefully this will spark a lasting interest in being active."

Overall, as a result of the Active Kids for All Inclusive PE Training Programme Anne has gained the knowledge to sustain inclusive PE in her school and a young, disabled pupil is benefitting from positive PE and sport activities, which will hopefully support him to remain active for life.

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 and to book a place on a workshop please contact the AK4A team on [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) / 01509 227751.

