

Adapting Activities

for Pupils with Additional Needs

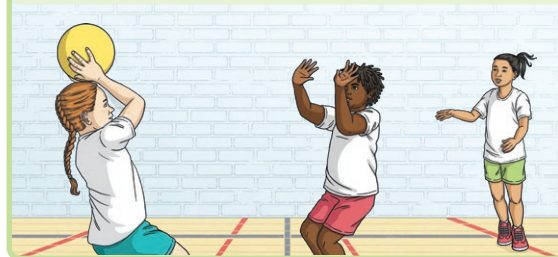
Use these tips and approaches to adapt, extend and differentiate your PE lessons.

Space - where the activity takes place

- Hard floors and surfaces can make movements easier.
- Soft surfaces such as grass or sand are more challenging to navigate, consider using cushioning where possible.
- Increase or decrease the space available to suit children's needs and abilities.
- Increase or decrease the distance travelled.
- Adapt the number of targets. Having more will increase the chance of success.
- Place the targets nearer or further away.

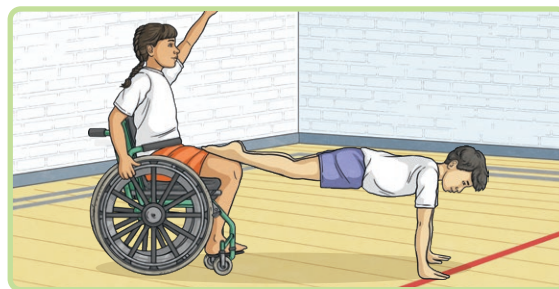
More space enables more reaction time for children to practise or perform a skill.

Less space increases the level of difficulty and requires a quicker reaction time.



Task - what is taking place

- Change it up. Sit rather than stand, use one hand rather than two.
- Make it easier - simplify the rules.
- Make it harder - add additional rules.
- Adapt the amount of time - allow more or less time.



Equipment - what is being used

- Vary in size, shape, texture, colour and weight.
- Use larger items where possible to create greater surface area.
- Lighter, larger balls can be easier to catch.
- Avoid whistles, instead use hand signals and voice countdowns.



People - who is taking part

- Fewer defenders can make it easier for attackers.
- Smaller groups enable more opportunities per individual.
- Consider grouping children based on ability, height and role.
- Work in groups, pairs or independently.
- Create groups focused on winning and others on enjoyment.

