

## **Recommendations to aid inclusion in PE classes**

- Ask the pupil what they are able to see and which objects and conditions present problems. Check which distance objects are visible.
- Allow them to position themselves where they are able to see the best.
- Make sure indoor areas are well lit but check with the pupil as dim light may be preferred.
- Keep the instructional areas as uncluttered as possible. If major changes are made in the environment, the pupil should be told and allowed to explore the new area before the session starts.
- Provide discrete arm support if needed for jumping or balancing activities.
- The main avenue of learning for many vision impaired children is through hearing, so verbal instructions should be given when demonstrating a skill. Give clear, concise, and consistent directions and ensure the pupil has understood each step before moving on. Ensure pupil has a centre front viewing position.
- If you are speaking directly with the pupil, say their name first so they know they are being spoken to. Remember if they are a distance from you, they may not be able to see that you are looking directly at them.
- Stand near the pupil when possible so that instructions and demonstrations can be seen and heard.
- Use touch to demonstrate body movements if needed.
- Use descriptive verbal instruction. Say what it is you are actually doing in body oriented language. Example: When teaching to hop, say "Stand on your left foot, raise your right foot, and jump in the air on your left foot."
- Use movement as a mode of learning. Guide, but do not over protect.

- Vision plays an important part of maintaining balance. A lack of vision affects the movement and coordination of a vision impaired student so close observation is needed when balance may be an issue.
- Use a buddy system when starting new skills or during fast paced activities. In many activities and games, a partner can greatly enhance the enjoyment and safety for the vision impaired pupil.
- Ensure equipment being used is visible. Bright coloured, contrasting balls should be used. Alternatively a ball can be taped with bright yellow/orange fluorescent or black tape, so that it contrasts with the floor and walls. A shuttlecock can be painted a bright colour to contrast with a playing court. Contrasting colours can also be used for table games.
- A beach ball can be used to play volleyball as a pupil with an acuity loss may be able to see the object when further away if it is larger than regulation size. Also, targets can be made larger and nets highlighted with bright ribbons.

These are all general guidelines to aid inclusion. If you require advice on personalised adaptations for your pupil or require any other support in this area, please don't hesitate to get in touch.