



# Sport England Secondary Teacher Training Programme

## Inclusive PE – resources

Please find below several resources that might be of use to you and your schools. This isn't an exhaustive list by any means but hopefully a good starter:

### The Sainsbury's Active Kids for All Inclusive PE Training

The Sainsbury's Active Kids for All Inclusive PE Training provides free training to support teachers, trainee teachers and school staff to provide a high-quality PE curriculum ensuring that all young people are included and progressing in lessons. As part of the programme, we have launched an online platform which is free for all teachers, trainee teachers and school staff to access. The platform allows users to access a range of free online resources and eLearning modules regardless of whether or not they have attended a face-to-face workshop.

[www.inclusivepe.org.uk](http://www.inclusivepe.org.uk)

### School Games Inclusive Health Check

The School Games Inclusive Health Check, allows schools to self-review their provision of inclusive School Games opportunities. The resource supports schools to reflect on how inclusive their current School Games provision is for all young people in their school. The school will be provided with a personalised action plan as how to make their School Games provision more inclusive in the future.

[www.yourschoolgames.com](http://www.yourschoolgames.com)

### Top Sportsability

This is a unique inclusive activities programme developed by the Youth Sport Trust in partnership with National Governing Bodies of Sport. It can be utilised by schools to help engage young disabled people in physical education, school sport, and to support their first step into the School Games. This is a free online resource aimed at schools. It consists of video clips and downloadable content showing ideas and strategies around the inclusion of young disabled people in physical activity.

[www.topsportsability.co.uk](http://www.topsportsability.co.uk)

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## Step Inclusion Resources

Activity Alliance have shared ways to adapt activities so more people can stay in and work out during the current context. Disabled people and providers can access new social media graphics and tips on the STEP tool. STEP stands for Space, Task, Equipment and People.

[STEP](#)

## Talk to Me Principles

In October 2014, Activity Alliance released their Talk to Me report which outlines 10 principles that activity providers could follow to help make their activity more appealing to disabled people. These principles can be used to drive participation in both PE lessons and extra-curricular activities.

[Talk to Me Principles Video.](#)

## Inclusive Communications Guide

Launched in 2014, Activity Alliance's Inclusive Communication Guide supports providers to reach a wider audience, including more disabled people through inclusive communication. It aims to address the main communication barriers that many people experience in sport and activity, which also stop disabled people from accessing some opportunities. The guide can be used by schools to better engage and promote extra-curricular activities to SEND students.

[Inclusive communications guide](#)

## Active in Mind

This programme offers support to young people experiencing mental wellbeing issues, using psycho-social tools and stress-busting strategies for young people as well as creating innovative peer mentoring and physical activity opportunities. Training is delivered by Athlete Mentors (Olympian, Paralympian, World champion) leadership opportunities for a group of mentors (pupils) to support young peers to cope with adjustment, possible mental health issues. Mentors develop a programme of fun physical activity.

<https://www.youthsporttrust.org/active-mind>

## All About Autism All About Me

This free guide is designed to be a practical toolkit, building upon knowledge of autism and some of the key considerations for making PE and sport inclusive to all. The guide will help support practitioners to develop an understanding of autism, including Language and communication difficulties, Social interaction and Sensory processing within the context of PE and sport.

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

## Motor Activities Training Programme

The Motor Activity Training Programme (MATP) is a unique programme specifically designed for individuals with profound, multiple learning disabilities and complex health needs to gain access to meaningful physical activity and sport.

<https://www.specialolympicsgb.org.uk/motor-activities-training-programme>

## YST Lead Inclusion Schools

A network of 60 YST Lead Inclusion Schools from across England have been established, each selected for their recognised expertise in engaging young people with Special Educational Needs/Disability (SEND) to participate, compete and lead through PE and School Sport.

<https://www.youthsporttrust.org/lead-inclusion-schools>

### Further information

The following websites / networks might be of use to you and the schools that you support:

- **Activity Alliance:** Activity Alliance enables organisations to support disabled individuals to be and stay active. As well as resources and programmes, Activity Alliance offers information on events and links to local contacts.

Find out more on the Activity Alliance website: [www.activityalliance.org.uk](http://www.activityalliance.org.uk)

- **National Disability Sports Organisations (NDSOs):** There are eight NDSOs, who support people with specific impairments. They offer advice and resources, and some provide activities and competitions.

Find out more about NDSOs on the Activity Alliance website:

[www.activityalliance.org.uk/ndsos](http://www.activityalliance.org.uk/ndsos)

- **Special Olympics GB (SOGB):** Special Olympics provides coaching and competitive opportunities for children and adults of all abilities with intellectual disabilities. They lead on Unified Sport for curriculum development and the Motor Activity Training programme (MATP) – teacher training to support a movement-based programme and personal challenge activities, aimed at young people who have severe and complex impairments.

Find out more about Special Olympics and the work that they do here:

[www.specialolympicsgb.org.uk](http://www.specialolympicsgb.org.uk)