

Top access tips: Planning a PE

Lesson

It is a useful guide to planning to ask yourself the following questions:

- ◆ Will any assistance or support be needed?
- ◆ Which equipment is most suitable for the activity and is it accessible?
- ◆ If not accessible, what needs to be done to resolve the problem of access?
- ◆ Is the child already familiar with the equipment, or will I need to introduce it and allow the child time to explore and understand it?
- ◆ What instructions will I need to give to the child to help them to understand the new activity or the piece of equipment? E.g. does the child understand left, right, up, down, centre, mid, low, high, under, through.
- ◆ Do I need to adapt the environment and how will I do that, e.g. area marked off, with cones, benches etc?
- ◆ Can a smaller area be defined to enable the child to move more confidently and be able to hear what is happening?
- ◆ If I am teaching a new skill how can I break it down into small steps?
- ◆ Would I meet the child's needs more appropriately, if I gave them extra time to develop a particular skill rather than taking part in the whole group activity for the whole of the lesson?
- ◆ Does the activity need to be modified to give the child more time to react or complete a move?