

Access to PE for learners with a vision impairment

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QTVI

Think of the 5 reasons why PE is such an important part of the curriculum

Benefits of PE

- Develop physical skills
- Health and Fitness
- Social Skills
- Mobility Skills
- Access to leisure facilities and community activities
- Emotional wellbeing

Think of barriers that children with vision impairments may have during a PE lesson





It doesn't have to be like this

“I knew I was different from the other kids at an early age. There was a lot I couldn't do and I couldn't participate in and the divide seemed bigger in PE than anywhere else. And I think that was a really bad thing because I think it defined me for much of my life.”

Potential Barriers

- Lighting
- Acoustics
- Access to demonstrations
- Boundaries
- Equipment
- Obstacles e.g. around hall
- Inclusion by peers

Know your child

- Many different kinds of vision impairment – acuity, visual field, cerebral vision impairment

<https://www.youtube.com/watch?v=77fyMsRWrYs> (1.44-2.33)

- Read the QTVI report
- Talk to the child

Inclusion

- Adapt the delivery
- Adapt the equipment
- Adapt the rules
- Adapt the boundaries
- Adapt the curriculum

Emotional safety

- May want to talk to peers about VI but must discuss this first with CYP / parents
- Involve CYP in their adaptations
- Offer chances for them to develop independence and leadership skills
- Promote social interaction
- Consider class ethos – attitude to competition, teamwork, what does ‘good’ look like?

Environment

- Avoid clutter
- Do not have sun behind you
- Do they need to wear glasses / hat outside?
- Allow individual to position themselves in a place where they can see best
- Allow individual to explore the area so they become familiar with it: obstacles and boundaries.
- Speak to your QTVI about an environmental audit

Tactile diagrams

- These can be really useful to help explain layout.
- Can you use Lego bricks? Use string to show layout? Use different textures for different parts of the court or pitch?

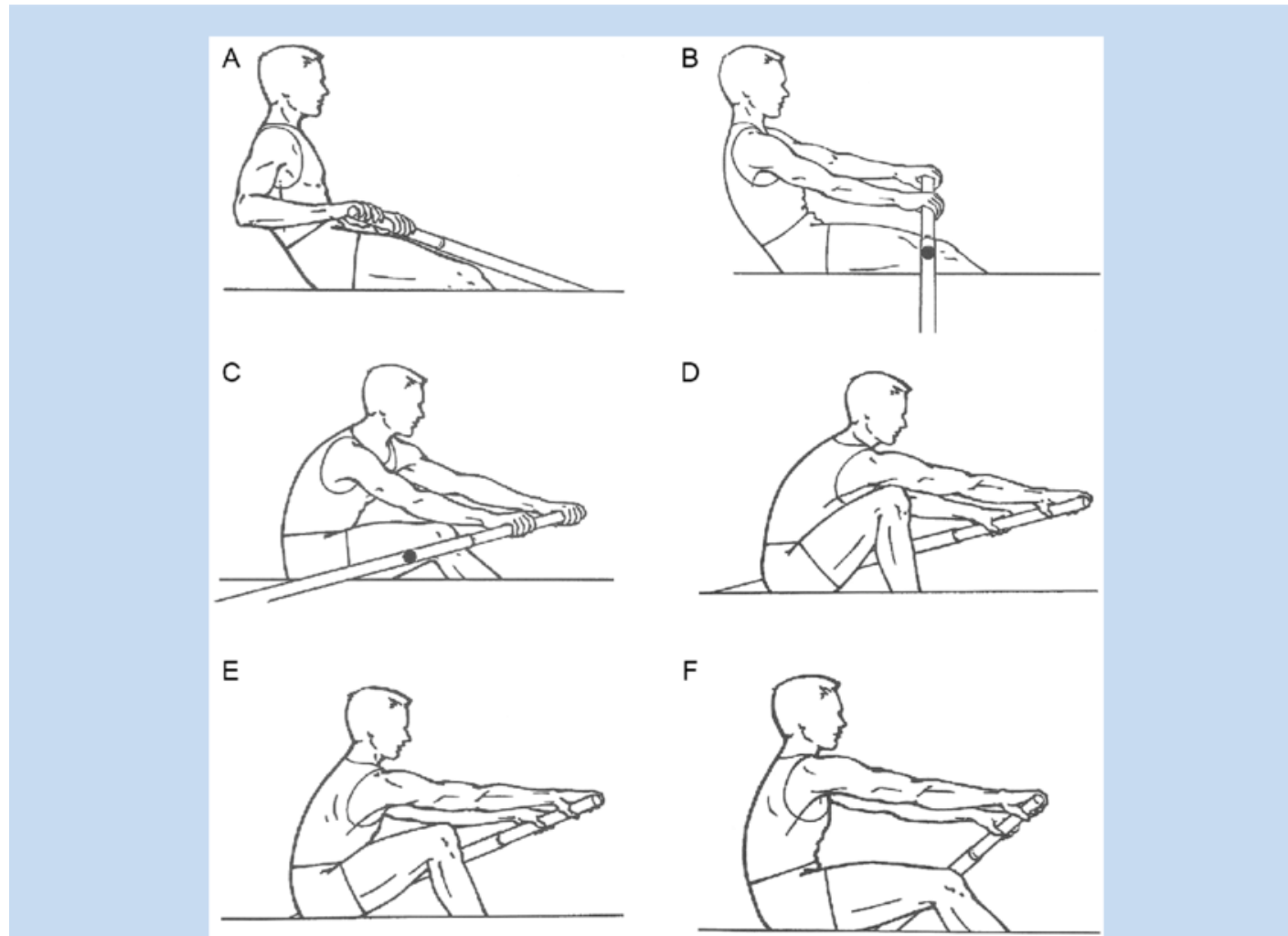
<https://www.youtube.com/watch?v=77fyMsRWrYs>

(5.26-5.54)

Delivery

- Pre-teaching <https://www.youtube.com/watch?v=77fyMsRWrYs> (6 – 6.40)
- Be aware of language
- Whole – part – whole <https://www.youtube.com/watch?v=77fyMsRWrYs> (6.40 – 8.19)
- Verbalise – be clear and precise in your language e.g. not ‘over there’
- Task analysis <https://www.youtube.com/watch?v=77fyMsRWrYs> (8.25 – 9.14)
- Tactile teaching – modelling, coactive movement, physical guidance <https://www.youtube.com/watch?v=77fyMsRWrYs> (9.28 – 13.13)
- If using tactile modelling / physical guidance be sure to ask permission and explain what you are going to do.

Imagine how you would teach this skill just using words.



Ready to move?

I will give you some verbal instructions. Please follow them closely.

?

Equipment

<https://www.youtube.com/watch?v=uKVUN389mGg>

I will give you a section of the video to watch. Please write down 3 ideas which you can take away with you.

Please share them in the chat.



Equipment

- Ask your child what works for them. Read the QTVI report.
- Audible equipment e.g. balls, or clapping next to a target
- Contrasting colours
- Clearly marked boundaries
- Using a larger or softer ball
- Add sound sources
- Deflate a ball to slow it down
- Use balloons or scarves that are light and will stay in the air longer

Running

Imagine running but not know where you're running to or how far you've got to go.

- Use a guide wire <https://www.youtube.com/watch?v=77fyMsRWrYs> (3.17 – 3.30)
- Using an auditory marker or a cue e.g. someone clapping a beeper at a certain distance.
- Guide runner

Table tennis

- Try poly bat?



Swimming

- Counting strokes
- Swim on the side of the pool
- Tapper



<https://britishblindsport.org.uk/membership/bbs-sports/swimming/>

<https://visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/swimming-6126/>

Adapt the curriculum

- Goalball

<https://britishblindsport.org.uk/membership/bbs-sports/goalball/>



VI specific sports

- Athletics - <https://britishblindsport.org.uk/membership/bbs-sports/athletics/>
- Cricket – <http://www.bcew.co.uk/>
- Blind tennis – <https://www.tennisfoundation.org.uk/play-tennis/blind-visually-impaired-tennis/>
- Football - <http://www.thefa.com/get-involved/player/disability/grassroots-disability-football/blind-football>
- Goalball - <https://goalballuk.com/>

We have a responsibility

“Research shows most kids with a vision impairment have a lower level of fitness than their peers, are less physically active and as adults they tend to have more associated health conditions.

That’s unacceptable.”

Extra-curricular opportunities

- Sailability – based at Ferry Meadows. Can book sessions during school time or promote for holidays.
- Tandem cycling based in March (with volunteer pilot)
- Goalball available in March (13+ years)
- Power to inspire – run inclusive sports days and festivals

Contact details

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Other useful websites

Equipment - <https://www.youtube.com/watch?v=uKVUN389mGg>

Some home-made resources -

<https://www.youtube.com/watch?v=PB9eCkh4Ryk>