

Inclusion of Students of All Abilities in School-Based Physical Activity Experiences

Identify and Address Physical Activity Barriers for Students with Diverse Abilities

Barriers

Solutions



Intrapersonal

Negative feelings about oneself, thoughts about one's inability to participate or feelings of being considered less than others.

- ✓ **Communicate with students.** Ask students about their strengths, barriers, goals, and preferences.
- ✓ **Focus on students' abilities and strengths.** Choose activities that use familiar skills and communicate that physical activity is more than physical skills.
- ✓ **Encourage new experiences in a supportive and inclusive way.** Establish a community of acceptance and implement non-competitive games.
- ✓ **Modify the activity to prevent fatigue.** Consider modifying the intensity, space, and roles if needed.



Interpersonal

Negative feelings or attitudes from others, or a lack of support from teachers, parents, friends, or other social networks.

- ✓ **Provide activities with different levels of challenge.** Modify activities so there are different participation options where students can choose the level that challenges them.
- ✓ **Normalize and convey the importance of people having different abilities.** Incorporate adapted activities and different ways to perform skills and highlight the importance of acceptance and inclusion.
- ✓ **Be flexible.** Be open to modifying activities as needed and encourage student voice and choice.



Structural

Obstacles that create inaccessibility including the design and layout of facilities, transportation, financial resources, and available programming.

- ✓ **Ensure the space is accessible.** Consider facility access, lighting, noise levels, and organize additional supports and equipment as needed.
- ✓ **Choose appropriate equipment.** Use equipment that will support the optimum participation of everyone or plan activities with little to no equipment required.
- ✓ **Do not require students to change in order to participate.**
- ✓ **Use accessible transportation.** Research and use accessible transportation options that are low-to-no cost for students.



Sociocultural

Social norms and cultural values including stereotypes, stigma, and expectations regarding people with diverse abilities.

- ✓ **Be mindful of language.** Learn about and use inclusive language in relation to students of all abilities and physical activity.
- ✓ **Provide leadership opportunities.** Embed opportunities for students of all abilities to take on leadership roles in class.
- ✓ **Begin with the basics.** Focus on fundamental movement skills before combining movements or introducing strategies and tactics.
- ✓ **Seek professional development or partnership opportunities to further enhance programming.**

Want to learn more? Download the full guidebook at www.phecanada.ca/allabilities



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