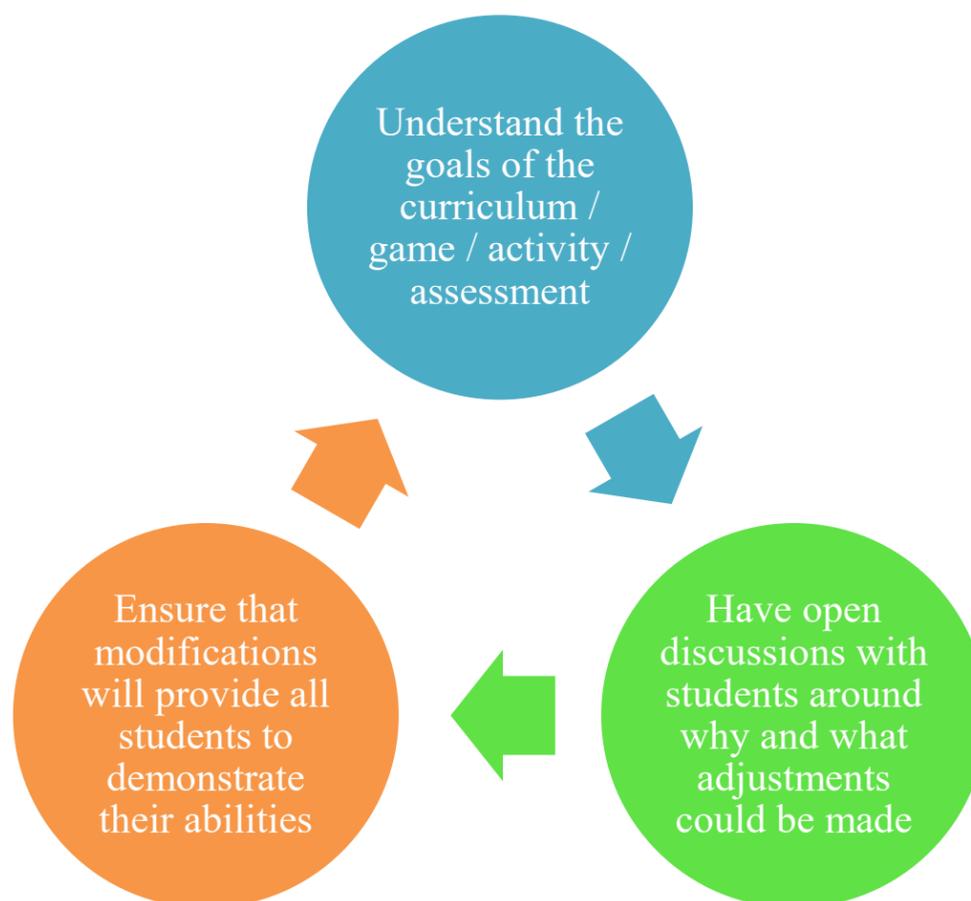


# SBH SCHOOL TIPS

This month's newsletter is focussing on how to make adjustments during sports and physical education lessons. Research has shown that purposeful engagement in sports is both beneficial to your student's health and learning in the classroom. In order to achieve these benefits, an inclusive environment is imperative to help student succeed and thrive. Inclusion is the ability to engage purposefully in learning and experiences - facilitated by reasonable adjustments and teaching strategies. This is important as all students should have access to the same opportunities as their peers and be able to demonstrate their skills and capabilities

## Guide to Modifications in Physical Education & Sports



1. Understand the goals of the curriculum / game / activity / assessment that you are running. For instance, is the goal to assess a student's ability to work as a team, analyse and read a situation, demonstrate balance and/or co-ordination?
2. At times students may feel embarrassed if they are doing a completely different task to their peers. Having a conversation on why an activity might be adjusted or explaining why rules may be altered with the students can help everyone to understand the importance of these modifications. Also encouraging and providing students with the opportunity to come up with their own adjustments / rule changes helps to draw upon that critical thinking and further expand their awareness on inclusive activities.
3. As you start to begin and implement adjustments - you need to ensure that you are still providing an activity that challenges all participants. You still want to create an environment where all students can showcase their skills and understanding without being restricted from it being too easy or difficult.

## What Areas Can You Adjust?

Adjustments are typically made in three areas – rules, environment & equipment!

- A change in rules for instance may be allowing a student to catch a volleyball or let it bounce compared to having to hit the ball on the full
  - A change in equipment may look like using a larger racquet or bat, having a different sized ball
  - An adjustment in the environment may be changing the height of the net or the dimensions of the court

For further information regarding this topic please don't hesitate to contact the SBH Education team at [education@sbhqueensland.org.au](mailto:education@sbhqueensland.org.au)