



# ACTIVE FOR COLLEGE, WORK AND LIFE

A strategy for physical activity and  
sport for disabled college students



in partnership with



# Introduction

This AoC Sport-led strategy is the first of its kind in the FE sector and builds on the findings published in AoC Sport's review *'The current landscape of physical activity and sport for disabled students'*.

It aims to create a step change in physical activity and sport\* for students with disabilities and reveals how AoC Sport will support colleges and partner organisations to achieve the vision of every disabled college student active for college, work and life.

## DERWEN COLLEGE

Derwen College delivers physical activity and sport sessions to ensure students are living a healthy lifestyle and learning about teamwork, fair play, respect and adhering to rules.

"Sessions have had a positive impact as students are more motivated to attend lessons and display less behaviours of concerns"



Maryanne Evans MBE, Foundation & Creative Studies Programme Manager at Derwen College (MBE for Services to Special Education)

\*In the context of this document, physical activity and sport relates to any activity which involves bodily movement that raises the heart rate and requires energy expenditure.

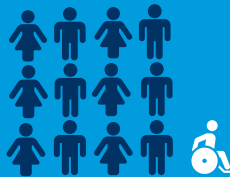
# Current landscape

Key findings from *'The current landscape of physical activity and sport for disabled students'*



## One in six

FE students have a disability or learning difficulty which equates to 560,000+ students (17.9%)



## 1 in 13

students participating in physical activity and sport in college are disabled



## 1 in 13

sports at the AoC Sport regional tournaments & National Championships has a disability section

## Positive Impact of Physical Activity & Sport



### Health

Being active increases happiness and feeling worthwhile and the impact is greater for disabled people



### Education

Being active has been shown to improve students' attendance, behaviour and grades



### Employment

Being active has a positive impact on employment opportunities. This is especially true for disabled people

For the full review findings please visit [www.aocsport.co.uk/disability](http://www.aocsport.co.uk/disability)

# STRATEGY

The diagram below provides a visual representation of the college's vision, mission, targets and outcomes.

## VISION

Every disabled college student active for college, work and life.

## WALSALL COLLEGE

Walsall College established a disability football academy in 2016, providing disabled students with greater training and competitive opportunities.

Some of the students have gone on to play for the college first team and staff have seen an increase in disabled students' attendance and attainment since the academy was launched.

## MISSION

Use physical activity and sport as a vehicle to:

- 1) Improve health**
  - 2) Enhance educational outcomes**
  - 3) Boost employability skills**
- of disabled students.

# OVERVIEW

provides an overview of the strategy including our  
and how these will be achieved via six objectives.

## TARGETS

Increase the number of  
disabled students:

- 1) Participating**
- 2) Competing**
- 3) Volunteering**

in physical activity and  
sport.

## OBJECTIVES

- 1)** To increase and upskill workforce delivering physical activity and sport to disabled students.
- 2)** To increase competitive opportunities in physical activity and sport for disabled students.
- 3)** To increase volunteer opportunities in physical activity and sport for disabled students.
- 4)** To improve promotion of physical activity and sport for disabled students.
- 5)** To build partnerships with organisations who can support colleges with delivering physical activity and sport to disabled students.
- 6)** To improve the inclusivity of physical activity and sport for disabled students.



## AoC Sport support for colleges and partners



Increase the number of events and competitions for disabled students.



Work with NGBs to provide competitive opportunities for disabled students and link in with their talent pathway.



Increase volunteer, training and leadership opportunities for colleges and their disabled students.



Deliver workshops to help college staff and students to adapt sessions for disabled students.



Promote the positive impact of colleges and their physical activity and sport for disabled students.



Share best practice, research and case studies with colleges and partners.



Secure support from organisations to help colleges with their physical activity and sport provision for disabled students (e.g. funding, resources and training).



Improve the accessibility and inclusivity of AoC Sport mainstream competitions, events and volunteer opportunities for those with disabilities.

## NEWHAM SIXTH FORM COLLEGE

The college's Ability Counts Ambassador Programme provides sports qualifications for disabled students.

"We see a tremendous improvement in confidence and communication throughout the disabled student's journey as part of the Ambassador programme.



"The opportunity to take on Ambassador responsibilities externally and to run events and officiate at school competitions instils a sense of pride in their achievements. Better yet, this allows a number of disabled students to find a voice that may well have remained hidden within a classroom environment."

Beth Harris, New Vlc Sports Academy Manager

## Conclusion

This strategy aspires to create a step change in physical activity and sport for disabled students in colleges by building on the work already being delivered in the sector.

Colleges are an influential environment to reduce inactivity in over 16-year-olds and now is the time to support more disabled students to be active for college, work and life.

If you represent a college or an organisation from the sport or disability sectors and would like to be involved in getting every disabled student active for college, work and life please visit **[www.aocsport.co.uk/disability](http://www.aocsport.co.uk/disability)** or contact **[sports@aoc.co.uk](mailto:sports@aoc.co.uk)**. Full versions of the review and strategy are also available on the website.



[www.aocsport.co.uk/disability](http://www.aocsport.co.uk/disability)

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