



# Sport / physical activity and its contribution to personal wellbeing and learning

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# Introductions

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# AoC Sport

AoC Sport is the membership organisation for colleges, leading the development of sport and physical activity in 16+ education. We believe that sport and physical activity are essential components of college life, giving students significant advantages in education, employment and health.

Our vision is for every college student to participate regularly in sport or physical activity.

Our purpose is to promote, support and deliver college sport and physical activity.

We also support Natspec with the organisation and the delivery of the Natspec games.





# AoC Sport

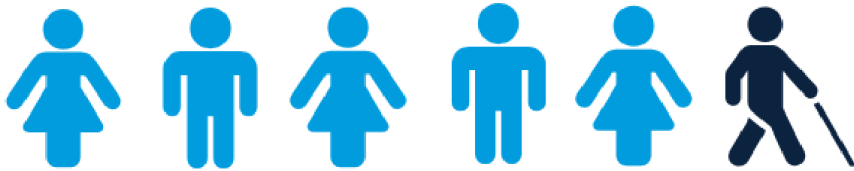
There is growing evidence highlighting the positive impact sport and physical activity has on disabled students' education, employment and health.

AoC Sport recognises the importance of this impact and conducted a comprehensive review into the current landscape of sport and physical activity for disabled students.

The review supported the publication of a specific disability sport strategy highlighting how AoC Sport will develop this area of work over the next few years to ensure every disabled college student is active for college, work and life.



# The facts



## One in six

FE students have a disability or learning difficulty which equates to 560,000+ students (17.9%)<sup>2</sup>

Ten years ago it was one in eight highlighting the growing percentage of disabled students in FE<sup>3</sup>

2x

Disabled people are more than twice as likely to be inactive compared to those without a disability...<sup>5</sup>



...but seven in ten disabled people say they want to be more active.<sup>6</sup>



## 1 in 13

students participating in physical activity and sport in college have a disability<sup>7</sup>



# Benefits of sport and physical activity

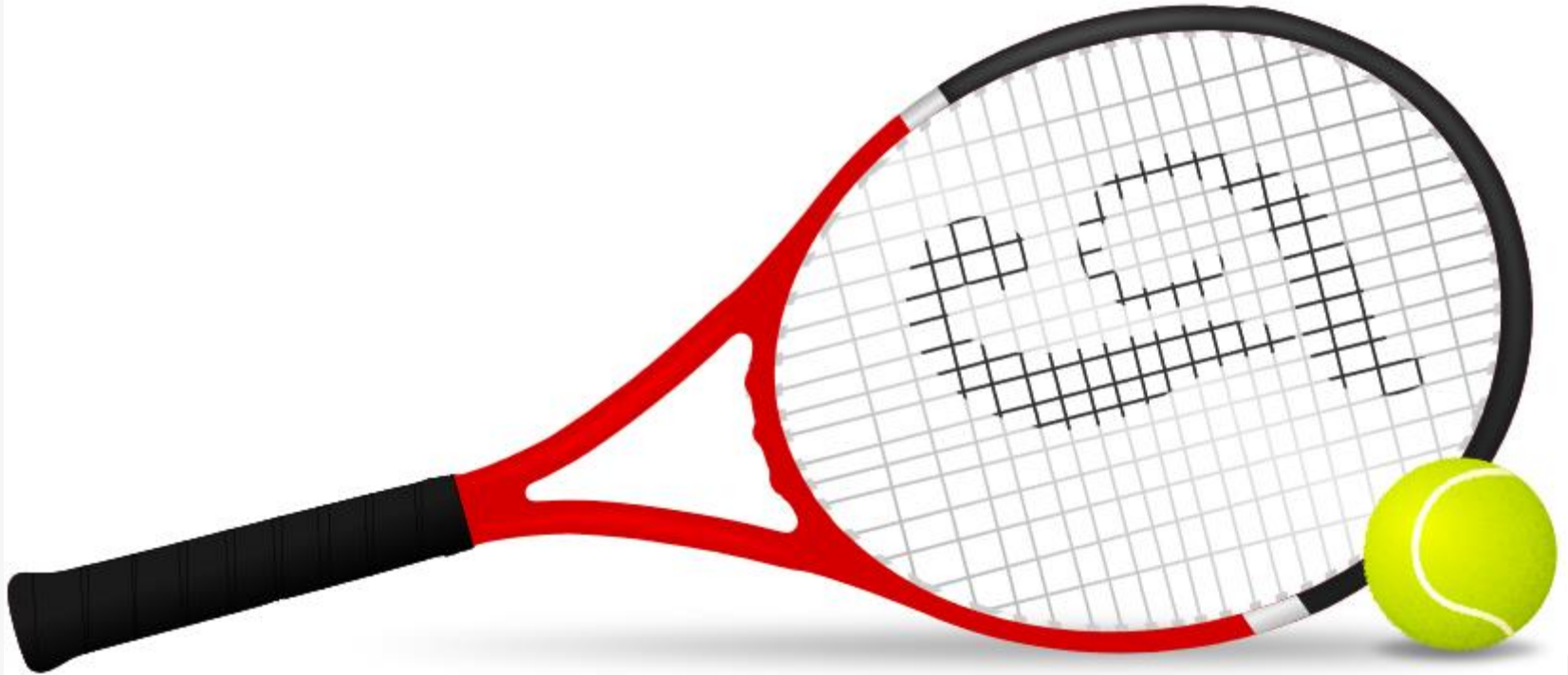
Education

Employment

Health



# Benefits of sport and physical activity



## Education



Improves grades and attainment<sup>10</sup>

Improves attendance<sup>11</sup>

Improves behaviour

## Employment



Improves skills and experience

Improves employment opportunities<sup>12</sup>

Improves career progression<sup>13</sup>

## Health



Increases happiness<sup>14</sup>

Increases self-esteem<sup>14</sup>

Reduces risk of death<sup>15</sup>

Sports competition contributes to a healthy lifestyle<sup>16</sup>



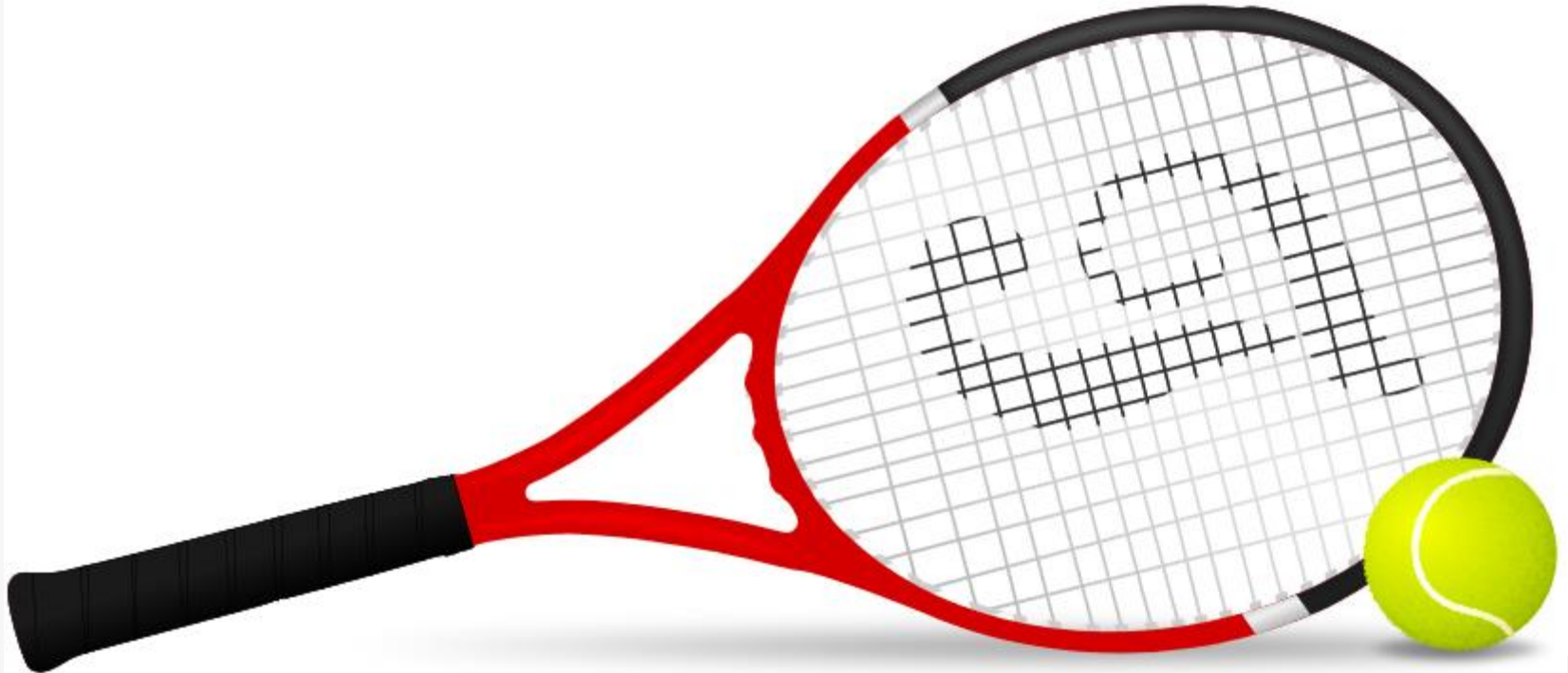
# Barriers to physical activity and sport for disabled students

Logistical

Physical

Psychological

# Barriers to physical activity and sport for disabled students



# Barriers to physical activity and sport for disabled students

## Logistical



Limited workforce



Limited time



Limited funding



Travel

## Physical



Lack of facilities



Lack of equipment

## Psychological



College: sport isn't a priority



Staff: not qualified to deliver disability sport

# Sport/Physical Activity and learning

All of our sports and physical education activities at the Seashell Trust are about incorporating the following themes of learning.

- Numeracy
- Literacy
- Life skills
- Social skills
- Health and mental wellbeing

All P.E lessons are personal centered and adapted to the young persons learning.

# Adaptation

All of our sport and physical activity is adapted so that those with even the most complex needs can participate. We use specialist equipment, and also a lot of imagination and creativity to create lessons and learning.

## Leaf blower skittle



Number, shapes or colours are places on the skittles to help students to count or identify a score and how many skittles have been knocked down.

# Communication






## Switch boards


To help communicate to our visual impaired student what is happening during their P.E or activity sessions, a switch board of sound is created. These also can include an object of reference.

## Visual timetables

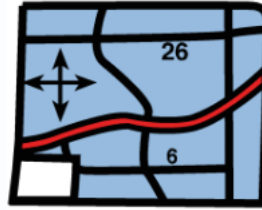
Activities are broken down into smaller actions or skills.

P.E.

run	walk	jump	play game	move
				

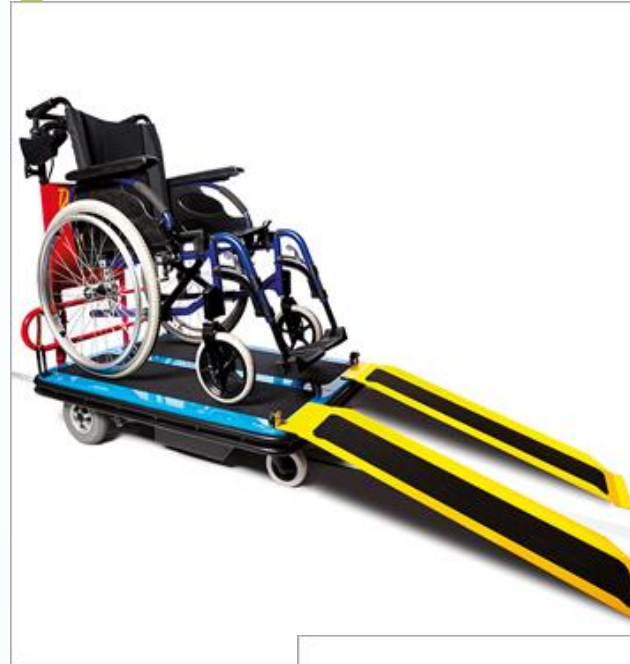
5	<b>5</b>
4	<b>4</b>
3	<b>3</b>
2	<b>2</b>
1	<b>1</b>
 all done	

# Orienteering



- Simple visual maps and instructions
- Fit bit - maps, speed printouts
- Stethoscope – student listen to their heart beat through a stethoscope when they have exerted energy.
- Staff record the effort of the students to see improvements and if targets are reached.

# DRIVEDECK



- Switch control
- Follow a measurement
- Cause and effect



**Drivedeck** encourages proactivity through the personal fulfillment of independent movement. Inclusive and flexible, the **Drivedeck** is accessible to all users regardless of existing seating provision.



# Fitness



Students workout in our fully inclusive fitness suite.

- All equipment is full inclusive and accredited by the IFI
- Each student or young person has a programme tailored to their ability and targets
- Students are encouraged to follow a timeline of activities and to count repetitions

## **MOTOmed**

For arms and legs this piece of equipment is to help people gain muscle strength and achieve therapy goals.

**Motorized/ Passive** – This allows for motor driven smooth movement to help relax your muscles

**Motor assisted** – Even with minimal muscle strength and little or no effort or strain on the muscles you can achieve an easy transition from passive to active training.

# Inclusive event

At the Seashell Trust we are striving to be one of the leading specialists in Inclusive sports, we are developing partnerships, organising events and sharing the knowledge of what we have learnt.

- North West Inter-college sports day in partnership with NATSPEC
- Inclusive Triathlon
- Developing Inclusive training with LUSU sports
- CADS holiday and weekend events




**GO TRI Seashell**  
Sunday 15th July 2018

**£10 entry per person**

**Supported Triathlon**  
For people with complex learning, communication & physical disabilities. Age 15+

**Children's Triathlon**  
Fully inclusive, all abilities and disabilities. Age 8 - 14

Start time 11am, registration from 10am

Participants will compete over distances that suit their capabilities, with specialist bikes, trikes and wheelchair-accessible DriveDeck to support athletes with more complex needs.

**To Register:**  
On-line: [www.seashelltrust.org.uk/go-tri-seashell](http://www.seashelltrust.org.uk/go-tri-seashell)  
Email: [maureen.wilkins@seashelltrust.org.uk](mailto:maureen.wilkins@seashelltrust.org.uk)  
Phone: 0161 610 0153

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**Thank you**

**Any questions?**

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