

SEND Adaptations for Physical Education (PE)

PE has an important role in preparing children for adult life, employment and lifelong learning. It enables pupils - including SEND children - to develop confidence, teamwork, resilience and physical wellbeing, while fostering respect for others and celebrating individual differences.

Cognition and Learning	Communication and Interaction	Social, Emotional and Mental Health	Sensory and/or Physical
<ul style="list-style-type: none"> • Clear demonstrations and step-by-step instruction. • Use of shorter/less complex sentences in resources given <ul style="list-style-type: none"> • Visual cues and adapted equipment. • Extra processing time. • Reduced cognitive load. • Key vocabulary displayed. • Repetition and practice. 	<ul style="list-style-type: none"> • Clear transition signals. • Ensure modelling and sentence stems are used e.g. I enjoyed their gymnastic performance because...Next time they need to improve... • Allow children to discuss their answer with a partner first to allow processing time. • Provide alternative ways of expressing views e.g. written on a white board. • Ensure any written information is explained verbally too. • Use of simple instructions - small steps with modelling • Videos and modelling to demonstrate key skills. 	<ul style="list-style-type: none"> • Positive reinforcement. • Reduced competitive pressure. • Calm spaces. • Predictable routines. • Support with transitions. 	<ul style="list-style-type: none"> Adapted equipment. • Optional kit adjustments. • Clear boundaries. • Rest breaks. • Alternative roles.