

## ***Participation in Sports***

<b>What you might see</b>	<b>What this could mean</b>	<b>Strategies</b>
<ul style="list-style-type: none"> <li>• Child is unable to participate in sport.</li> <li>• Child has difficulty participating in sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Decreased confidence.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage achievable tasks to increase confidence and participation.</li> <li>• Break down tasks into smaller parts and practice parts separately.</li> <li>• Consider alternative activities/options if unable to participate directly in the game.</li> </ul>
	<ul style="list-style-type: none"> <li>• Decreased co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to Physiotherapy for assessment and individual strategies.</li> <li>• Reduce complexity of tasks, e.g. use mounted tee ball on stand.</li> </ul>
	<ul style="list-style-type: none"> <li>• Muscle weakness, fatigue.</li> </ul>	<ul style="list-style-type: none"> <li>• Regular rest breaks, use modified equipment, e.g. lighter balls, lighter bats.</li> </ul>
	<ul style="list-style-type: none"> <li>• Difficulty in following complex instructions.</li> </ul>	<ul style="list-style-type: none"> <li>• Simple or single step instructions.</li> </ul>
<ul style="list-style-type: none"> <li>• Child is falling over, or losing balance during sporting activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Decreased high level balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid multidirectional tasks, e.g. turning and bending over when running.</li> </ul>
<ul style="list-style-type: none"> <li>• Child has limited ball skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Poor co-ordination, decreased motor planning.</li> </ul>	<ul style="list-style-type: none"> <li>• Use larger sized or lighter balls or bean bags.</li> <li>• Use static postures for catching and kicking rather than running.</li> <li>• Reduce distractions.</li> <li>• Maintain safety.</li> </ul>