

## CPD & Learning Opportunities

# Inclusion for the Autistic Young Person within Physical Education & Sport

A 3 phase CPD training programme delivered through:

1. A 1 hour virtual introductory taster session
2. An e-learning opportunity enabling a learning process around strategies and tools to support your PE delivery
3. An opportunity for a practical application session for your school, or a group of schools

The training programme develops an understanding of Autism and how to utilise the power of PE and Sport to support the autistic child to develop physically, emotionally and socially.

### Content

- An introduction to Autistic Spectrum Conditions and the 4 areas of need from which young people display difficulties
- Understanding processes which help regulate and enable effective participation in practical sessions
- Reflection on the environment, tasks and equipment
- Strategies to ensure structure and routine within teaching and learning
- Practical ways to build understanding, confidence, participation and progression in inclusive PE sessions

**Target audience:** All practitioners, primary and secondary.

## YST INCLUSION SCHOOLS

### Session Details & Booking

Course Provider: **Hilary Stephenson**  
**YST Inclusion Schools**

Duration: **4.00pm – 5.00pm**

Cost: **FREE**

**Wednesday 18th**  
**October 2023**

MS Teams  
(a link will be sent prior to event)



**Wednesday 6th**  
**March 2024**

MS Teams  
(a link will be sent prior to event)



**Follow the QR code to book now!**

You can find more about our Support for Schools on our website:

**[www.activecumbria.org/  
support-for-schools](http://www.activecumbria.org/support-for-schools)**