

Eight Top Tips for Education Practitioners to ensure P.E. and School Sport is Inclusive for Blind and Partially Sighted Students.

This resource has been created by blind and partially sighted (BPS) students from Thomas Pocklington Trust's Young Voices and Goalball UK's Youth Forum because of their mixed experiences of P.E. and Sport at school. This Guide will walk you through some simple steps to help you make your sessions inclusive and accessible for BPS students which can make all the difference to their experience and attitudes towards Sport and improve their overall wellbeing.

1. Consider how you're going to ensure your lessons are accessible for a BPS student. For example, giving a detailed, verbal description of a skill rather than showing them through a demonstration.
2. Tailor your teaching style to what the student wants. Speak to the student about their own preferences as not all BPS students are the same. For example, ask if they prefer verbal instructions e.g. throw to your 2 o'clock.
3. Ensure your lessons are inclusive and suitably adapted. It is not acceptable to leave a BPS student in a corner with a teaching assistant (TA). As a P.E. teacher, you're the expert - they need to learn from your skills and experience.
4. Encourage others in the class to offer support if they're happy to. Pair a BPS student with a buddy/partner rather than them always having to be with their T.A. Could you train others in the class to be a sighted guide?
5. Always consider lighting whether you're inside or outside and how this may impact the student's vision. For example, there could be more glare on a sunny day which might make their vision worse.
6. Know what equipment you will be using in advance so you can explain it confidently to a BPS student. You may want to consider adapted/accessible equipment (e.g. [Goalball](#) or blind football), high contrast equipment (e.g. different colour ball to surface) and [safe equipment](#).
7. Ensure risk assessments are completed considering the needs of a BPS student but make sure they still feel included and can take part as much as any other student. For example, use a running [tether](#) for cross-country and athletics.
8. Ask the national governing bodies for different visually impaired sports, such as Goalball, for advice, guidance or training within that specific sport.



Further Resources to help ensure your P.E. lessons are inclusive for blind and partially sighted students

- Goalball UK has partnered with PE Office to offer [FREE Goalball resources](#) for secondary schools including videos and lesson plans
- Thomas Pocklington Trust (TPT) has created a [free toolkit](#), in collaboration with UK Coaching. It contains videos and resources providers can use to train their staff. It is free to use and ideal for induction and ongoing training and provides information on how to make a facility accessible.
- TPT, RNIB and University of Birmingham have worked on the [Curriculum Framework for Children and Young People with a Vision Impairment \(CFVI\)](#) which has lots of useful information, resources and tools.
- British Blind Sport has [various toolkits](#) to ensure sport is inclusive for BPS people as well as sport specific adaptations and ideas.
- Activity Alliance has an '[Inclusion 2024 inclusive education hub](#)' which brings together all the essential resources for inclusive PE and school sport in one space for education practitioners.
- Youth Sport Trust has a number of [PE resources](#) for in-school and remote learning for SEND students.
- The PE Office blog has a [webpage](#) outlining reasonable adjustments in P.E. for students with an EHCP as well as a [webpage](#) with further suggestions for BPS students.
- Exam board OCR [outline reasonable adjustments](#) and access arrangements for sport exams.
- 'Teaching Students with Visual Impairments' have lots of suggestions [and links to equipment](#) to ensure sports can be adapted and inclusive for BPS students.
- Macular Society provide some [additional top tips and resources](#) to support students when teaching sport for BPS students.
- Nystagmus Network has a [top tips for sport](#) both in and out of school.
- Your local Vision Support Team may have additional support and resources to share with you or available on their website. Here is an [example from Leicestershire County Council](#).
- Guide Dogs Australia has [produced a really helpful guide](#). Some of the language differs to the UK but a lot of the advice still stands.