

Case Study: SC17 Eastbourne SD SEND Sessions

Summary of the project:

The club has been designed to provide the foundation learners of Sussex Downs College who have a variety of disabilities, learning difficulties and behavioral issues the chance to get positive experience from physical activity.

By engaging the group in a safe location and working with the college to understand the needs of the cohort activity was designed to engage them no matter their ability.

A schedule of different activity was designed for the groups including cricket, golf, adapted netball, fitness sessions, dance, dodgeball, new age kurling and other games.

The sessions are run first thing in the morning before the start of their college day and all foundation learners are invited to attend.

The site of the club holds sessions/ other clubs for young people with disabilities on various days and in various sports - that was the pathway to activity beyond the club.

Main issues or challenges:

With groups attending of up to around 20 participants with varying needs, adapting games and ensuring maximum engagement was key.

For this to work we designed a schedule of activity and shared it with them so they could identify when certain activities were being delivered.

The college timetable worked on a bi weekly basis so often we had a swing of attendees every other week. There were exceptions as all were invited but it tended to depend on their location to the college as to whether they would attend when not 'in college' that day.

Action:

Designing a schedule of activity so they knew what was being delivered this helped in a couple of ways;

Some of the participants with autism or anxiety were able to prepare themselves and didn't feel the pressure of change.

We had the chance to design the games knowing the group and how to best engage the individuals.

Impact & Outcomes:

The engagement from the children has been fantastic and it's definitely something that they have enjoyed and looked forward to. What was especially pleasing was the engagement between the individuals and how they would work together in certain activities and help their teammates who might not have been as confident or able.

The college noted that they had found 1 specific student who enrolled in September really hard to engage, he had autism and wouldn't take his hood down. During the multisports sessions while he didn't say much he removed his hood got really involved and was interacting with the other participants and coaches really well.

Feedback:

"They really like trying all the new sports and this was a great hit
If we can keep it going it would be amazing!!! They really have benefited from having it."

Anissa Aous
Foundation Learning
Course co-ordinator General Foundation

"I can't wait until next week. I hope we get to play dodgeball again"

Kai – participant

"I've been really enjoying these sessions I was never good at sport at school"

Chloe - participant



Thematic area(s) covered:

Mental wellbeing

Physical wellbeing

Individual development

Economic development

Social and Community Development

Yes – friendships and engaging with others

Yes – physical activity

Positive experiences

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