

# P.E for People with Sensory Needs

## Online Training

This **NEW** course focusses on how we can plan and provide interactive and fun Physical Education sessions for people with sensory needs.

### Overview:

- This training takes approximately 4 hours
- It is aimed at education & care professionals as well as support staff
- On completion you will be awarded with a certificate



### You will learn:

#### The importance of sensory processing for learning

This course will teach you what Sensory Processing Disorder is and how to understand individual needs before starting a P.E session.

#### How physical activities can be helpful throughout the day

We know that providing regulating activities throughout the day will support a student in all aspects of their learning, not just during P.E lessons.

#### How to motivate students

We will explore how to encourage your students to take part in activities by considering their specific needs, interests and motivations.

#### How to plan your P.E class

We will explore how you could consider planning your P.E sessions to meet the needs of all students.

#### A range of activities to meet different physical needs.

We include a range of activities which you could consider and a break down of the sensory aspects relating to them. This breakdown helps you to consider the sensory support the activity can provide for your students.



**Supporting people with SPD**

Training | Insights | Resources

[www.sensorspectacle.co.uk/online-training](http://www.sensorspectacle.co.uk/online-training)