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Occupational Therapy Handout

STRATEGIES TO HELP IN P.E.

- Try to keep the structure of the session the same each time i.e. warm up, activity, etc.
- List what you are planning to do on a white board (in picture form if needed).
- Start some activities the same way as previously started.
- Position him/her near people he/she can watch and copy.
- Use very simple verbal instructions and simple physical demonstration to help instruct children what to do.
- If he/she struggling, pair him up with someone who is patient and who he is happy to copy.
- If the activity is too hard, try and give him/her a job of scoring part of it etc. – so that he/she feels involved and a valued member of the group.
- Give lots of praise – particularly keeping the focus on participation, as opposed to the level of success!

