

autism
spectrum
AUSTRALIA

Engaging Students with
Autism Spectrum Disorder (ASD)
in Physical Education

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Synergy 2015 Presentation

www.autismpedagogy.com



Hunter School for Children with Autism
Autism Spectrum Australia (Aspect)



- Summary of the Autism Spectrum
- Physical Health Overview
- Sensory - Gross and Fine Motor
- Classroom and Outdoor Ideas
- Physical Alternatives to Sports
- Role of Technology
- Mental Health Benefits
- Yoga and Emotional Regulation
- Facilitating Social Engagement



The Autism Spectrum

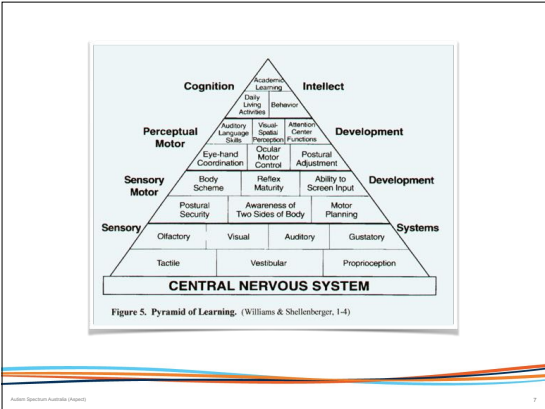
Deficits in social communication and social interaction:

- Deficits in social emotional reciprocity
- Deficits in nonverbal communicative behaviours
- Deficits in developing and maintaining relationships

Restricted, repetitive patterns of behaviour, interests and activities:

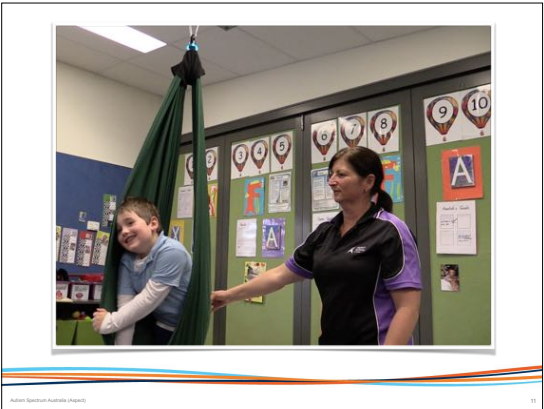
- Stereotyped or repetitive speech, motor movements, or use of objects
- Excessive adherence to routines or rituals
- Highly restricted and fixed interests that are intense
- Sensory sensitivities

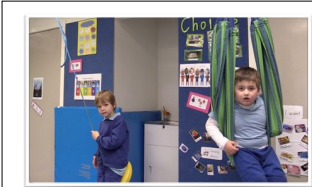




Play for Children of All Needs and Abilities

- gross motor
- fine motor
- social skills
- pre-academic
- oral motor
- bilateral coordination
- motor planning
- visual perception
- sensory processing
- eye-hand coordination



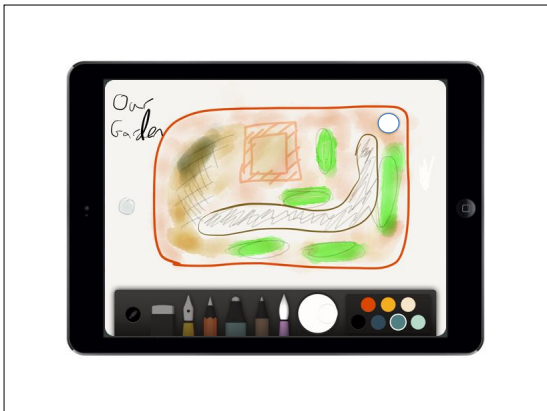
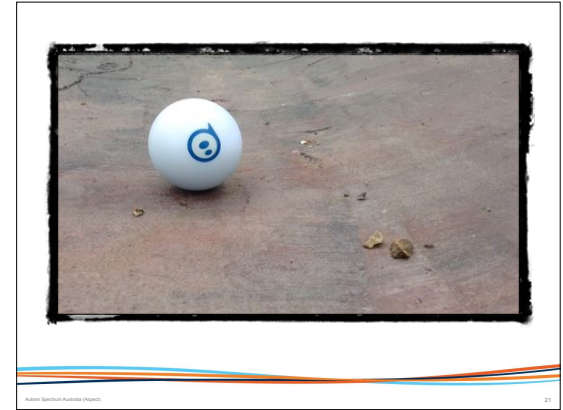


In the Classroom

Gross Motor

- Physical Movement Lesson Transitions (Bear walks, Crab walks, etc)
- Yoga / Tai-Chi
- Brain Gym
- Regular outdoor play breaks
- Dance
- Concrete problem solving tasks









In the Classroom

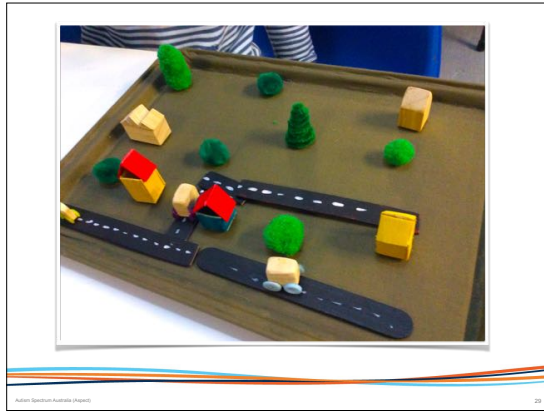
Fine Motor

FUNNY FINGERS

- Bubble Wrap
- Tweezers (pick up objects)
- Play Dough
- Cutting with Scissors
- Pipe Cleaners
- Tracing
- Pegs
- Sticky Dots
- Threading
- Magnetic Boards



Autism Spectrum Australia (Autism)





In the Classroom

The **ALERT** PROGRAM®

NEW!

THE **ZONES** OF REGULATION®

My Green Cards Too!box

Outdoor Games

- Dodge Ball
- Fruit Salad / Receptive Processing
- Form-A-Group / Partnering
- Throwing / Catching Objects
- Obstacle Courses

Notes

- Competitive games need to be well supported
- Explicit practice regarding winning / not winning
- Anticipate and model problem solving strategies
- Keep language simple, visually support understanding

Soccer is a game played in a team.

A team is a group of people playing together.

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There are rules for playing soccer. Rules tell us what you **can** and **cannot** do when playing soccer.

Before you practice skills or play soccer you should stretch or warm up first.

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In soccer there can be winners.

The winning team is the team that get the most goals.

If your team are not the winners you can say 'Well done' and shake the other team's hands.

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Dance

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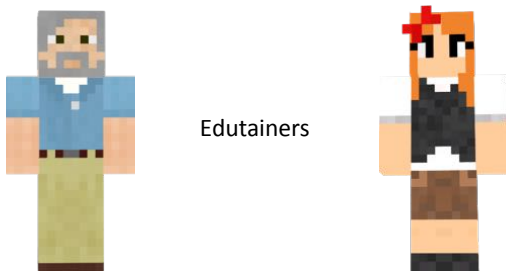
Outdoor Activities

- Orienteering Activities
- Geocaching
- Cartography
- Photography, such as Bird Watching, capturing Street Art
- Film / Time Lapse footage
- Sketching buildings / Landscape painting

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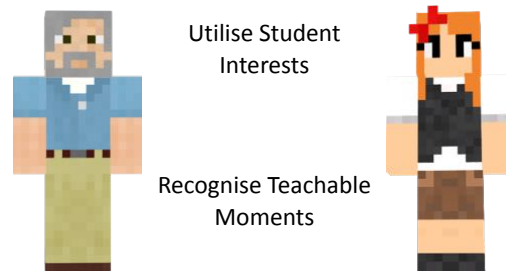
Lesson Topic
Local Sounds

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Edutainers

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Utilise Student Interests

Recognise Teachable Moments

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Purpose: To create a soundscape composition using sounds from in and around the school. Skills associated with mapping will be incorporated into the project.

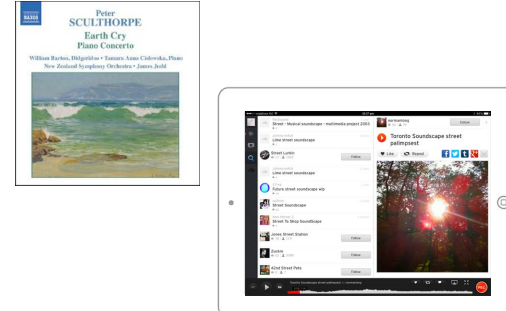
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Introduce the Topic

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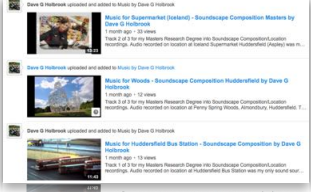


Peter SCULTHORPE
Earth Cry
Piano Concerto
William Marcks (Organist) - James Ross (Conductor), Flute
New Zealand Symphony Orchestra + James Jord

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Dave G Holbrook

Music for Supermarket
Music for Woods
Music for Huddersfield Bus Station






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Paper

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Explain Everything

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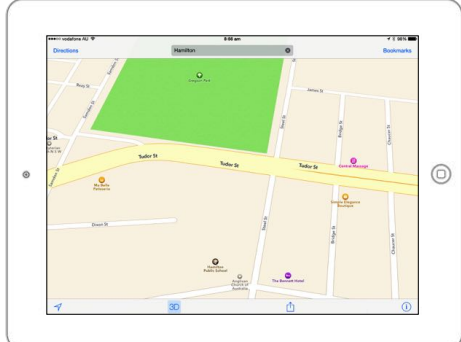



Maps

Audio Spectrum Australia (Project) 52



Audio Spectrum Australia (Project) 53



Audio Spectrum Australia (Project) 54






Sketchbook
Ink






Build Understanding




GarageBand

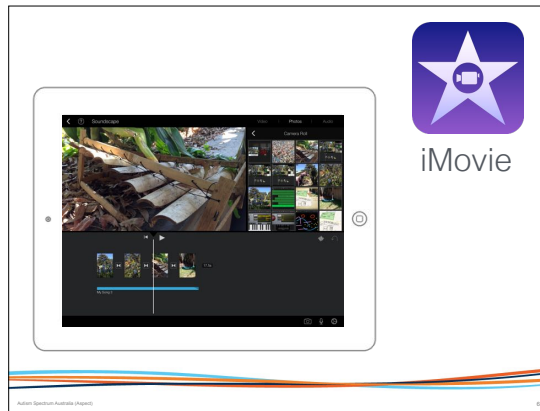
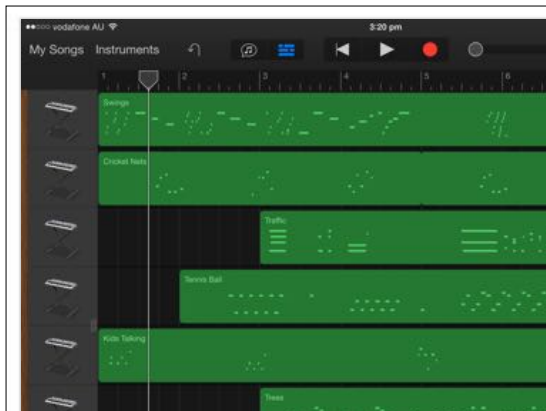
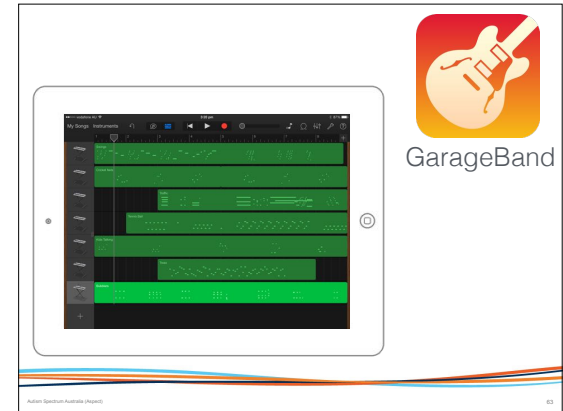
Camera

Camera Keynote Maps Sketchbook Ink



Apply Learning



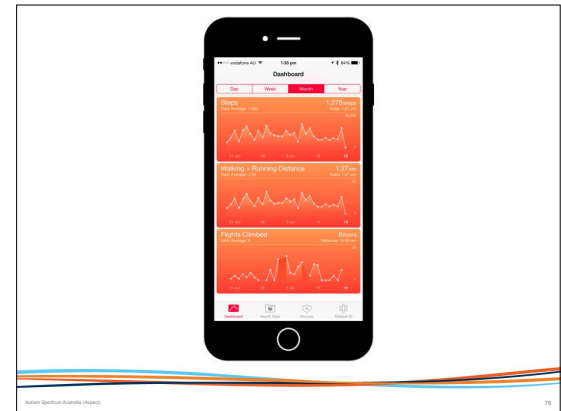
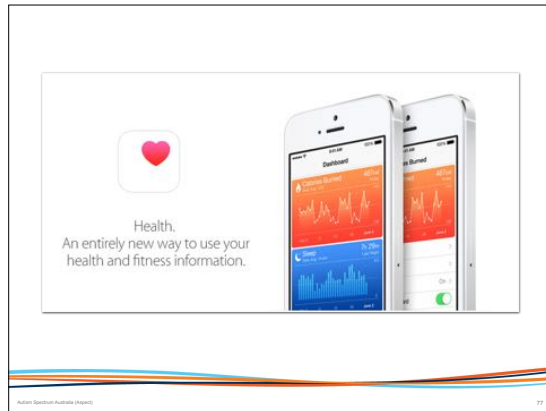
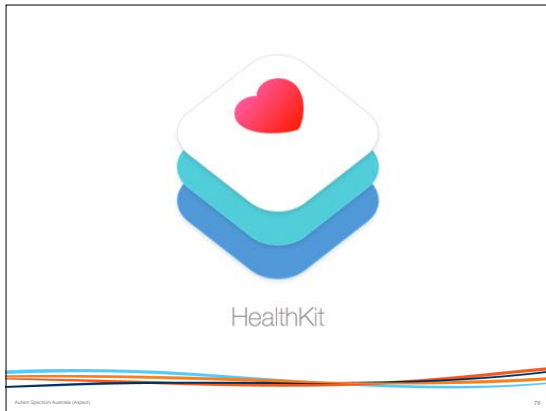
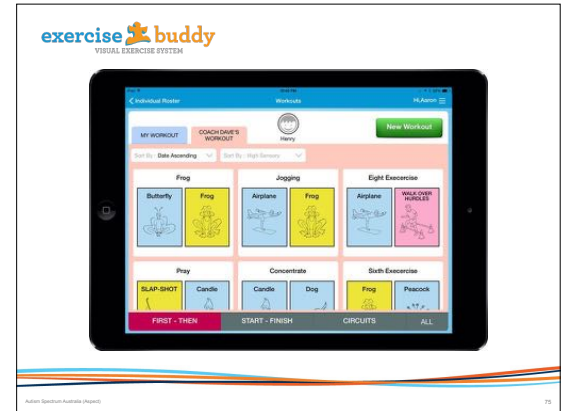


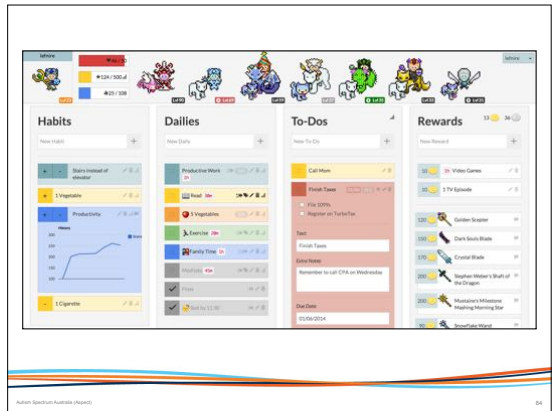
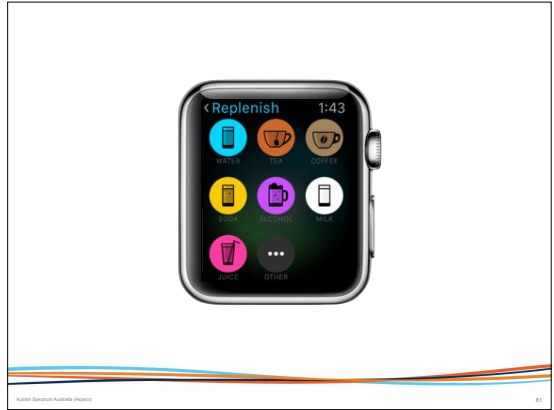
Pokéwalker

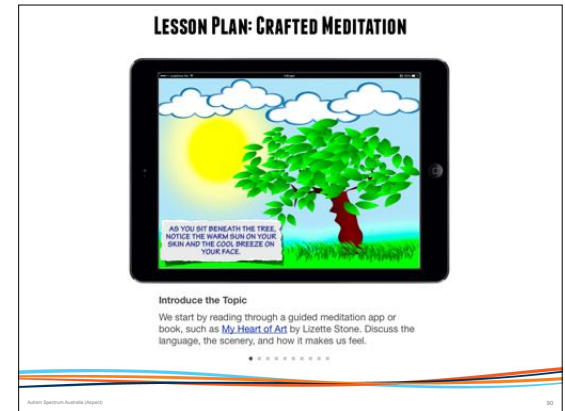
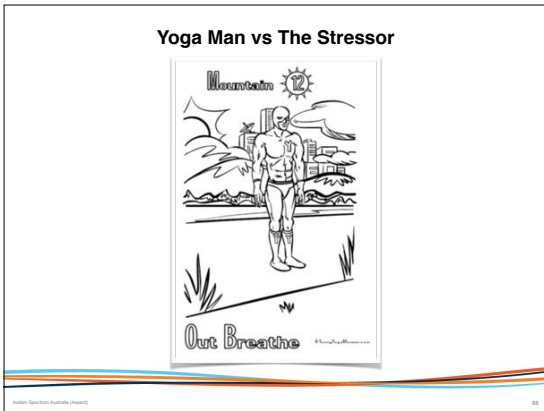
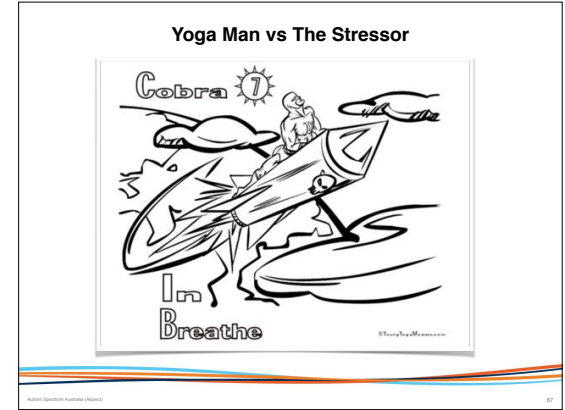
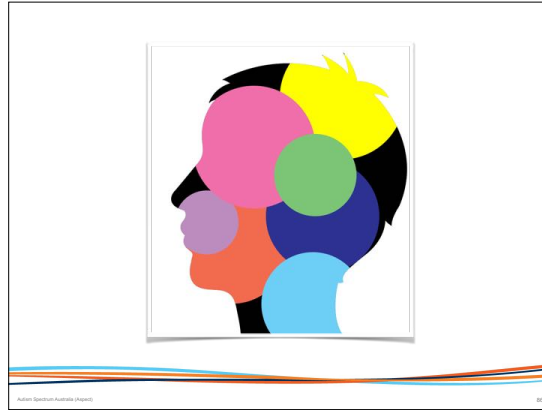
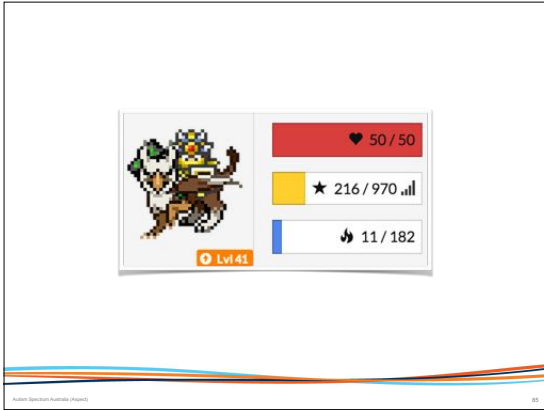


Edit Reward	
REWARD DETAILS	
Reward	1hr Video Games
Activity Type	Medium or Heavy Activity
Amount Needed	60
Max Earned / Day	2
Expires After	7 days
Create Timer / Alarm	60m
Save Changes	









LESSON PLAN: CRAFTED MEDITATION



Introduce the Topic

Allow students to explore an app like [Epic Zen Garden](#), which provides students with a wordless visual exploration of a serene zen, meditative garden space.



LESSON PLAN: CRAFTED MEDITATION



Introduce the Topic

As a whole class, listen to some of the soundscapes contained within an app like [NatureSpace](#) to get a feeling for the aural sense of time and space that meditation engages.



LESSON PLAN: CRAFTED MEDITATION



Build Understanding

Students create their own meditative garden space, reflecting what they found peaceful about the scenery and environment of the books and apps just explored.



LESSON PLAN: CRAFTED MEDITATION



Build Understanding

Consider the impact of time of day on meditative states. Stand on top of a mountain and watch the sun rise, and talk about how this makes us feel. Take screenshots.



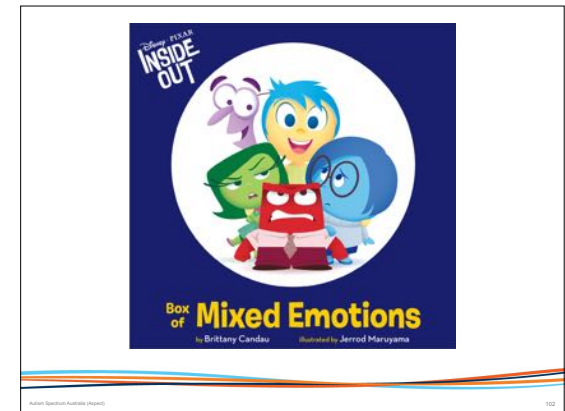
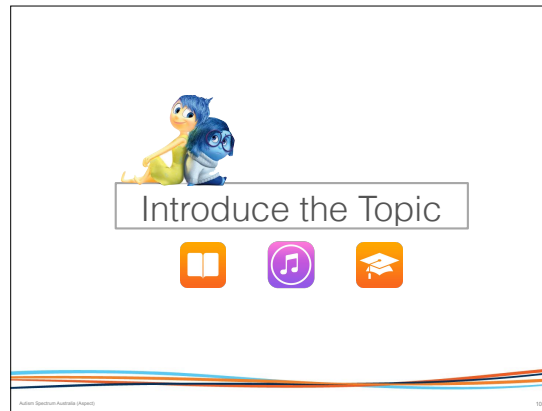
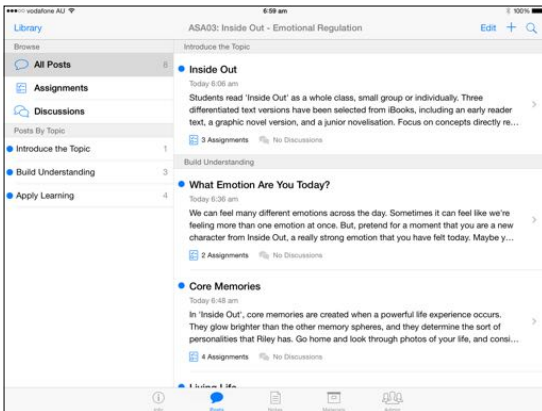
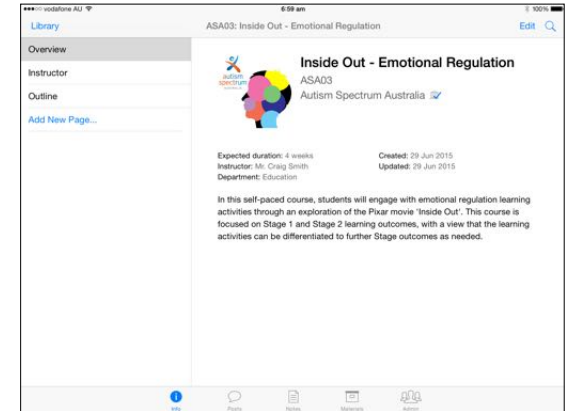
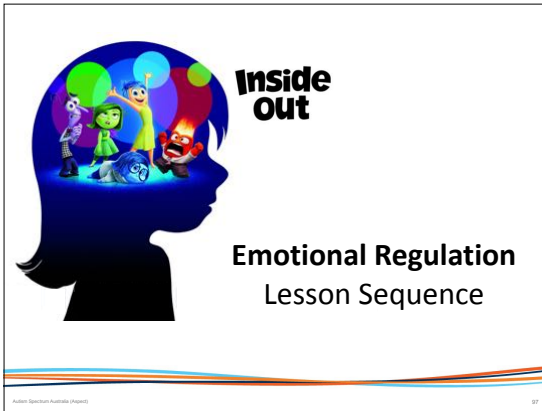
LESSON PLAN: CRAFTED MEDITATION

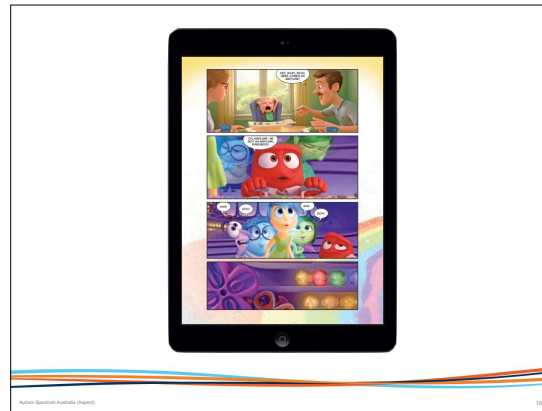
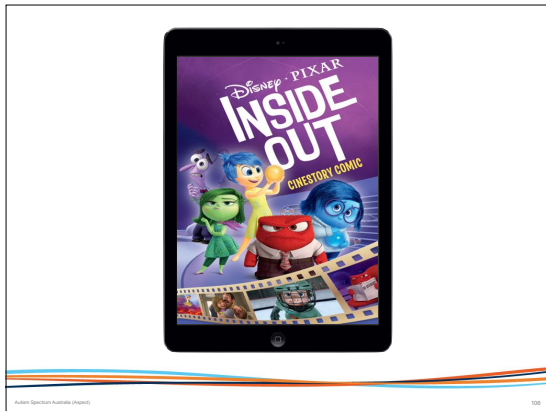
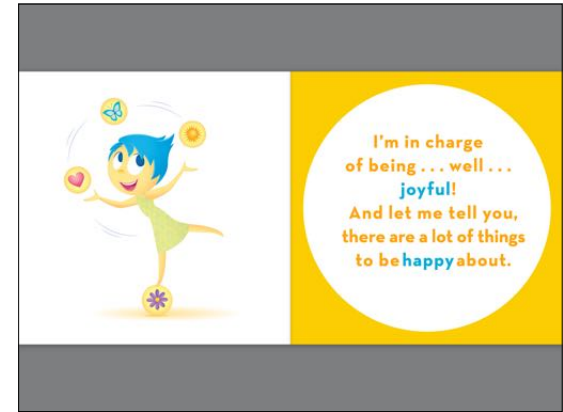


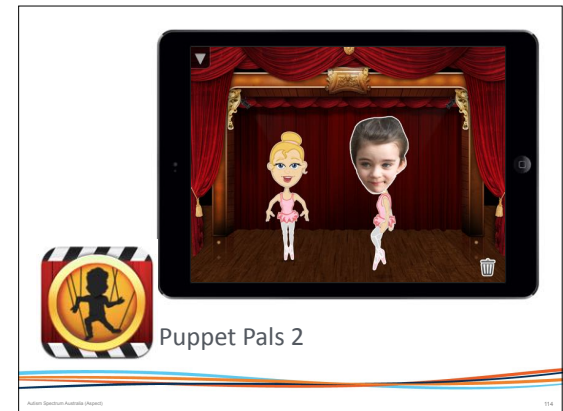
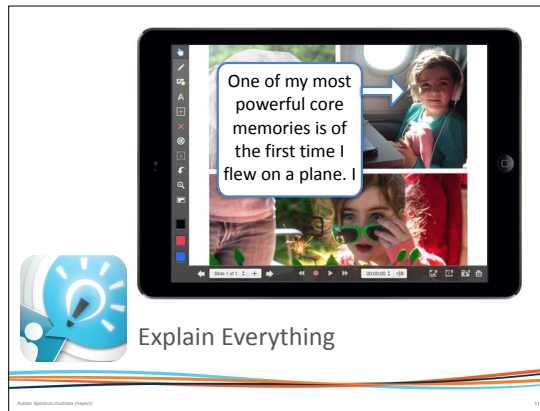
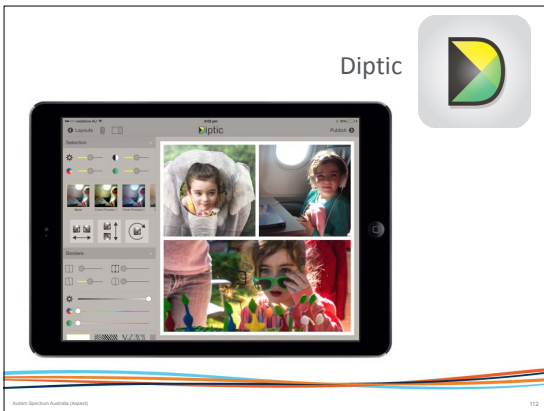
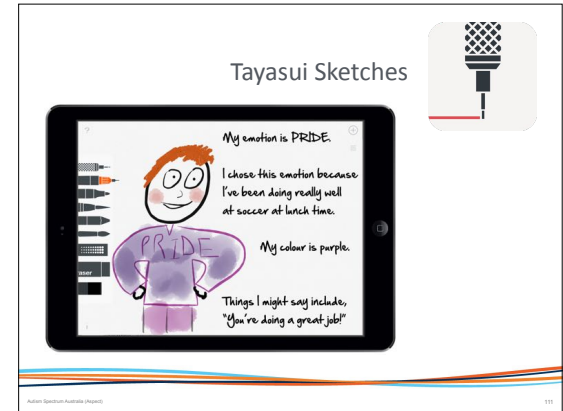
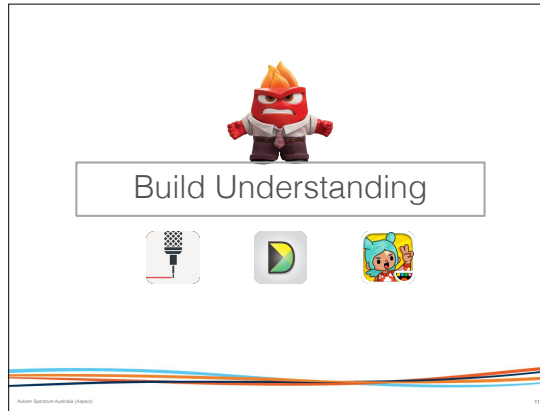
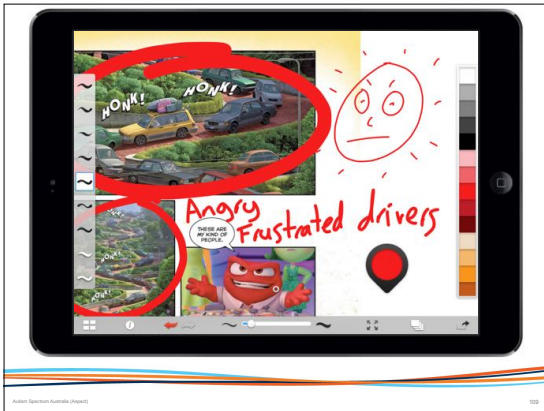
Apply Learning

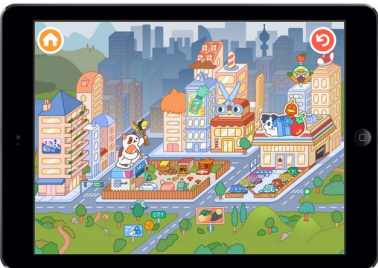
In [iMovie](#), students are going to insert their Minecraft screenshots in order to create a meditation video that surveys the peaceful landscapes they have made.











Toca Life:
City


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Apply Learning



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Book Creator




I love eating pepperoni pizza with my friends!

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I feel so happy when we eat pizza and play video games together

Me too, I'm so grateful you're my friends

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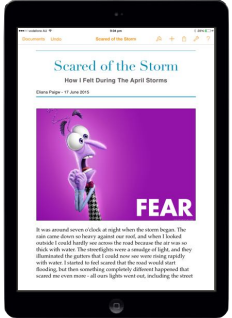
iMovie

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Pages 



Scared of the Storm
How I Felt During The April Storms
Date: Page - 17 Jan 2015

FEAR

It was around seven o'clock at night when the storm began. The rain came down in heavy squalls and each time I looked outside I could hardly see. Before the rain started to fall we switched on the lights. The powerlights were a mixture of light and they illuminated the garden that I could see in some places. I went to bed and I was not sure that the rain would last. I thought that the storm was completely different but I was not even sure - all over again and out, including the street

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Social Benefits



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Asking friends to play

1. WHAT to play
2. WHO to play with
3. LOOK at the person
4. TALK in a clear voice
5. ASK them to play

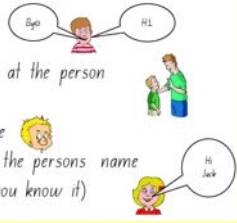


Hi Sam. Can I play with you?

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Saying "hello" & "goodbye"

1. Use a friendly talking voice
2. Look at the person
3. Smile
4. Use the persons name (If you know it)




Bye Hi Hi Jack

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Hunter Bird Observers Club
Alliance with BirdLife Australia

Autism Spectrum Australia (ASPECT) 125



Thank You

Autism Spectrum Australia (ASPECT) 126