NATIONWIDE, YOUTH WITH DISABILITIES ARE 4.5 TIMES LESS ACTIVE THAN YOUTH WITHOUT DISABILITIES

Some of the most reported barriers to participation include:

- Functional limitations
- Lack of appropriate and inclusive opportunities and facilities to be active
- Cost and time constraints
- Fear of being injured and/or stigmatized

More than half of K-12 schools allow students to be exempted from required physical education for a cognitive disability

In addition:

This matters because people with intellectual disabilities are disproportionately affected by chronic conditions

People with intellectual disabilities are:

- 5x more likely to have diabetes
- 3x more likely to have arthritis
- 2x more likely to have cardiovascular disease & asthma
- 2x more likely to be obese
- 3x more likely to be admitted to the hospital

EVERY CHILD DESERVES THE OPPORTUNITY TO MAXIMIZE THEIR HEALTH AND FITNESS

Participation in regular physical activity can improve overall well-being by fostering:

- Independence
- Coping abilities
- Competitiveness
- Teamwork
- Formation of friendships
- Creativity
- Development of self-identify

Sources

1 The Aspen Institute - Project Play. Physical Literacy in the United States: A Model, Strategic Plan, and Call to Action.
8 Special Olympics Health. Inclusive Health - Key Facts.
Considerations to Promote an Inclusive Physical Education Classroom

**Leverage Peer Support**
Students learn best from their peers. Create classroom environments that foster peer-to-peer and small group interactions.

**Utilize Support Services**
Think about other support personnel who can be utilized (e.g., paraprofessionals, occupational and physical therapists, and others).

**Apply the Principles of Universal Design**
Remember that one size will not fit all. Provide options for activities and instruction that allow each student to practice a task or skill in a way that will work best for them.

The Presidential Youth Fitness Program provides a variety of free resources to promote quality, inclusive fitness education. These include virtual and in-person trainings, teaching aids, sample assignments, and protocols and standards for the FitnessGram® assessment and Brockport Physical Fitness Test. Learn more at pyfp.org.


**Practical Strategies**

Utilize instructional strategies that match the learner’s strengths and modalities

Arrange the class in a variety of ways to optimize class cohesion and engagement

Plan instructional time to support progressive learning

Utilize cues or supports that will foster independence

Modify activities, environment and equipment

Utilize fitness assessment data to support individual goal setting and plans for improvement

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