# Participation in Sports

<table>
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<th>What you might see</th>
<th>What this could mean</th>
<th>Strategies</th>
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| • Child is unable to participate in sport.  
  • Child has difficulty participating in sport. | • Decreased confidence.  
  • Decreased co-ordination.  
  • Muscle weakness, fatigue.  
  • Difficulty in following complex instructions. | • Encourage achievable tasks to increase confidence and participation.  
  • Break down tasks into smaller parts and practice parts separately.  
  • Consider alternative activities/options if unable to participate directly in the game.  
  • Refer to Physiotherapy for assessment and individual strategies.  
  • Reduce complexity of tasks, e.g. use mounted tee ball on stand.  
  • Regular rest breaks, use modified equipment, e.g. lighter balls, lighter bats.  
  • Simple or single step instructions.  
  • Avoid multidirectional tasks, e.g. turning and bending over when running.  
  • Use larger sized or lighter balls or bean bags.  
  • Use static postures for catching and kicking rather than running.  
  • Reduce distractions.  
  • Maintain safety. |
| • Child is falling over, or losing balance during sporting activities.  
  • Child has limited ball skills. | • Decreased high level balance.  
  • Poor co-ordination, decreased motor planning. | |