



Planning Booklet



Planning Area 6: **Sports and Recreation**



Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

Deciding what kinds of sports, recreation or leisure to try

Sometimes people think you need to be good at something to join in. That's not true! Whatever you are interested in, there will be a way to get involved.

Do I need help to think about which kinds of sports, recreation or leisure I might like to try?

Look at the list in the table below.

Choose as many things you might like, these are just examples.

Once you have done this you can then think about whether you need support to make these actions happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you might need.

We've also given you an example.

Choose the ideas that will help you to find activities to try.	Is there any more information I want to record about this?	What can I do to make this happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Think about the things I like to do and what activities can include them	I like being outside. What about trying fishing?	I will tell my friend Shane and my coordinator.	I've never been fishing. I don't have a rod.	I will ask my coordinator. Hopefully there is someone who can help me If not I will ask my friend, Shane.	I will call her next week.

Now it's your turn

Choose the ideas that will help you to find activities to try.	Is there any more information I want to record about this?	What can I do to make this happen?	Is there anything I will need support to do? What kind of support do I need? <small>(technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</small>	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Talk with people about the sports they play					
Think about the things I like to do and what activities can include them					
Think about things I have done in the past that I would like to try again					

<p>Choose the ideas that will help you to find activities to try.</p>	<p>Is there any more information I want to record about this?</p>	<p>What can I do to make this happen?</p>	<p>Is there anything I will need support to do?</p> <p>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p>Do I have this support?</p> <p>Yes or if No, who can I ask to find it?</p>	<p>When do I want to do this?</p>
<p>Looking at videos or visiting places and events that show different activities</p>					
<p>Go to a festival, show or class</p>					
<p>Attend a 'come and try day' which offers accessible sporting equipment</p>					
<p>Learn about activities from my culture</p>					

Finding places where I can join in

You might need help to find places where you can try out the things you are interested in. This could be your local chess club, footy team, art class, or meditation group. Whatever activities you would like to do, you can join in with the right support.

Do I need help to find places where I can join in different sports, recreation and leisure?

**Look at the list in the table below.
Choose as many things as you want.**

Once you have done this you can then think about whether you need support to make these actions happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the actions that will help you to find activities to do.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Explore volunteer roles in groups or teams	Yes. I've asked at my local bowls club and they said there wasn't anything. I haven't tried elsewhere.	I can find out about any other places I could volunteer. Maybe I have to look a bit further.	Yes. I would need to find and get to other places to ask them. Maybe I'm not asking the right questions. Support from a person to be with me. Help to get to places.	Yes.	If would be good if I had some new places to volunteer by the end of the year.

Now it's your turn

<p>Choose the actions that will help you to find activities to do.</p>	<p>Is there any more information I want to record about this?</p>	<p>What can I do to make this idea happen?</p>	<p>Is there anything I will need support to do?</p> <p>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p>Do I have this support?</p> <p>Yes or if No, who can I ask to find it?</p>	<p>When do I want to do this?</p>
<p>Find the contact details and schedules of sports or hobby groups</p>					
<p>Research activities run by my local council</p>					
<p>Explore volunteer roles in groups or teams</p>					

<p>Choose the actions that will help you to find activities to do.</p>	<p>Is there any more information I want to record about this?</p>	<p>What can I do to make this idea happen?</p>	<p>Is there anything I will need support to do?</p> <p>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p>Do I have this support?</p> <p>Yes or if No, who can I ask to find it?</p>	<p>When do I want to do this?</p>
<p>Locate specific recreation groups which match my interests</p>					
<p>Learn how to use the internet to find activities in my area</p>					
<p>Find out where to get the best information about activities in my community - such as noticeboards, the local library or local organisations</p>					

Finding and trialling modified equipment

You might need specialist or modified equipment to take part in the activity of your choice. There are many options and also places that can modify equipment to suit your needs.

Do I need help to find and trial modified equipment so I can join in my chosen sport, recreation or leisure activity?

Choose any of the equipment you need

Switches or other adaptations so I can read books, or use equipment

Bats, hockey sticks, racquets or balls adjusted for my strength or sensory needs, for example a ball which I can hear

A fishing rod with an automatic reel

A wheelchair which enables me to play basketball or go to the beach

Equipment to help me to swim or exercise in water

Adaptations to musical instruments or technology so I can play music

A hand operated or tandem bike

Adapted equipment for art, for example a motorised easel or mouth-stick brush holder

Is there any other equipment I need in order to do the activities I want?

Look at what you recorded in above. What are the next steps that are needed to make these things happen?

Fill out the table below with as many steps as you can think of and the support you need for these steps.

<p>Describe the next steps in finding and trialling equipment.</p>	<p>What can I do to make this step happen?</p>	<p>Is there anything I will need support to do?</p> <p>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p>Do I have this support?</p> <p>Yes or if No, who can I ask?</p>	<p>When do I want to do this?</p>
<p>Example: I need to find out where I can get modified sports equipment</p>	<p>I don't know where to get things. I can ask in my peer group.</p>	<p>If I need funding or how to organise the equipment</p> <p>If I find a place I'll need help to get things organised.</p>	<p>No.</p> <p>I can ask my peer group.</p>	<p>We meet in 2 months.</p>

Now it's your turn

Describe the next steps in finding and trialling equipment.	What can I do to make this step happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask?	When do I want to do this?
1.				
2.				
3.				
4.				

Being included in groups

You have the right to participate in recreation, the arts, sport and leisure in your community. Sometimes you and those groups might need support to figure out how to include you, and that's OK. Often people want to be welcoming but they might be worried about whether they will know the right things to do. With the right support you can join in and be included.

What does my sports or recreation group need help to include me?

**Look at the list in the table below.
Choose as many ideas as you want.**

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Choose the things that will help you participate in groups	How would this happen?	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when can it happen?
Example: Modify learning materials so I can understand them	It might be good to get a specialist to help with this like an OT. Ask people I know if they know an OT to help me	No. I wonder if NDIS can help.	NDIS planning

Now it's your turn

Choose the things that will help you participate in groups	How would this happen?	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when can it happen?
Set things up so I can physically access the activity			
Modify learning materials so I can understand them			
Change the environment to help me participate			
Help people to get to know me			

Choose the things that will help you participate in groups	How would this happen?	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when can it happen?
Teach people to use my communication system			
Make sure people see my strengths and what I have to offer			
Educate people about any of my needs			

Being able to do your chosen activity

Sometimes people think that once you have left school, you stop learning and developing. That's not true! People can learn new things all the way through life. Sometimes you and your supporters will be able to work out the best way for you to join in and learn, but other times it can be good to find a professional who can help you.

Do I need help from a person to do my chosen activity?

**Look at the list in the table below.
Choose as many ideas as you want.**

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Choose the kinds of people who might help you to do your activity	Is there any more information I want to record about this?	What can I do to find the person?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: an occupational therapist (OT) who can help me work out the best posture, equipment and environment for me	Yes, to start playing the drums.	I can see if the NDIS could help with this.	Support from networks to find a good OT.	Yes.	NDIS planning.

Now it's your turn

Choose the kinds of people who might help you to do your activity	Is there any more information I want to record about this?	What can I do to find the person?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
An occupational therapist (OT) who can help me work out the best posture, equipment and environment for me					
A physiotherapist to help me with posture and movement					
A speech therapist to help me to put the words and rules into my device or communication system					

Choose the kinds of people who might help you to do your activity	Is there any more information I want to record about this?	What can I do to find the person?	Is there anything I will need support to do? What kind of support do I need? <small>(technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</small>	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
A specialist teacher who can help with breaking tasks down into steps so I can learn them more easily					
Coaching from a specialist in my area of interest					

Do I have any more ideas?

If you want, you can look again at the main topics in this Planning Manual and add any more ideas or steps you think are important.

1. Deciding what kinds of sports, recreation or leisure to try

For example: What things cost because I can't do things that are really expensive. I need help to see if I can afford something. I can ask my brother to help me.

2. Finding places where I can join in

3. Finding and trialling modified equipment

4. Being included in groups

5. Being able to do your chosen activity

For example: I don't know who would be good specialists. I need help to find the right people.

Making a Goal

The main Goal with this Planning Area was to help you participate in sport and leisure. You may now have a list of strategies and actions that can help you do just that!

If there is anything you want to add to this Goal statement, you can do that below.

Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to get started!