

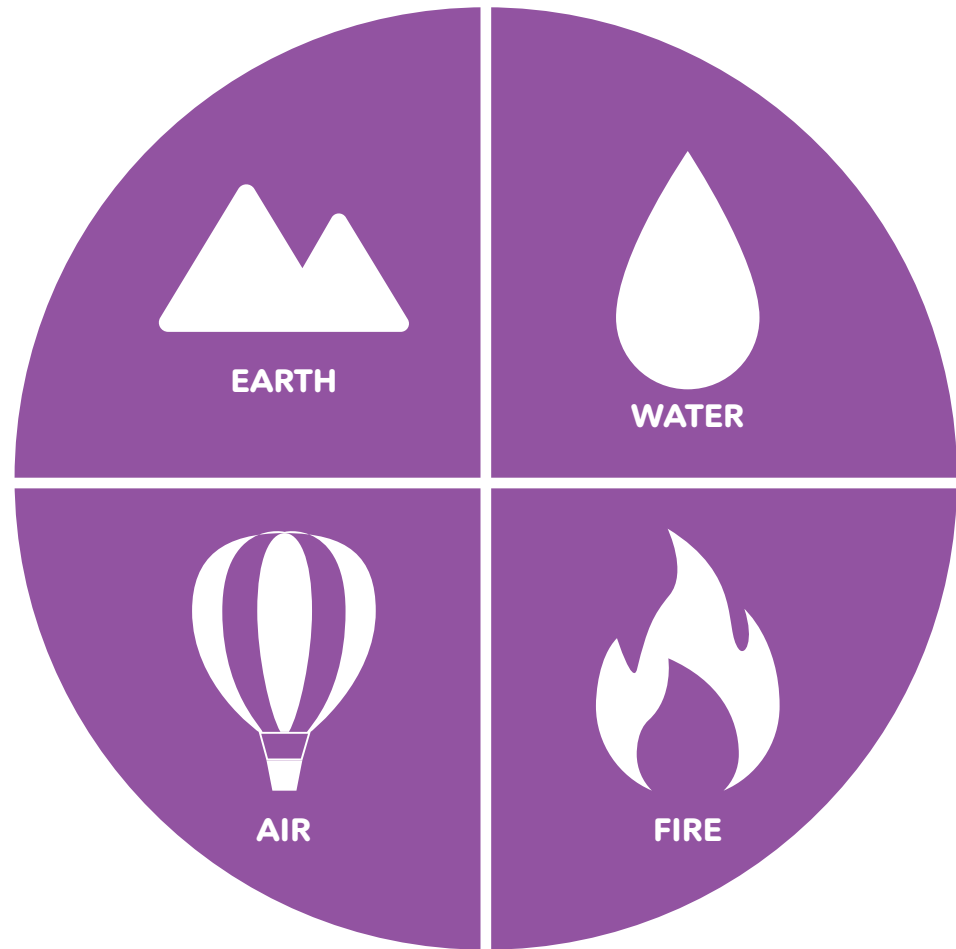
Elements Home Learning Resource: An Explanation

Elements is a resource for young people with Profound and Multiple Learning Difficulties (PMLD). The resource follows four themes which are based on national curriculum PE areas of activity that have been adapted to suit the needs of your child.

This resource provides a variety of simple individual and family-based activities aimed at supporting physical activity for young people at home to support the development of manipulative, movement and sensory skills, and to heighten their personal awareness.

The four Elements themes are:

- **Earth** - games-based activities
- **Water** - water-based play and exploration
- **Air** - outdoor adventure
- **Fire** - dance- and movement-based activity



YST TOP SPORTSABILITY

The resources that are used by schools and community groups are available in full from the website www.topsportsability.org

These resources have been adapted for **use by parents and carers in the home environment**. For extra support videos and further ideas please visit the website to find out more. The website also has a section looking at two specific multi-sensory and movement-based programmes: a multi-sensory environment centre and the Special Olympics Motor Activity Training Programme (MATP).

The resource also uses 'TOP TIPS' on how to adapt the activities to make them easier or harder which helps to ensure the inclusion of all young people with varying levels of need.

The activities can also be adapted to incorporate

- passive movement: performed by a parent/carer/helper
- active assisted movement: independent movement with some assistance
- active movement: where the young person moves independently

The resources can also be adapted according to the simple acronym STEP:

S

PACE

- Smaller/larger
- Vary distance between person and target
- Longer/shorter trails, obstacle courses

T

ASK

- Change activity to make it easier/harder
- Time for fun/challenge
- Personal challenge scoring

E

EQUIPMENT

- Larger/smaller
- Softer/harder
- Different textures
- Use whatever you have at home

P

PEOPLE

- Individual
- Assisted
- Family team
- Changes for ability