

Starter Activity

Please find a piece of paper and draw a pig.

Coaching Archers with Specific Learning Needs

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Learning Outcomes

By the end of the session you will:

1. Have a greater understanding of a range of SpLD
2. Be able to identify some characteristics of SpLD
3. Have a range of strategies to coach archers with SpLD

SpLD or Learning Disability?

"Distinguishing between a learning difficulty and a learning disability is quite a complex issue...a learning difficulty does not affect general intelligence, whereas a learning disability is linked to an overall cognitive impairment."

What are SpLD? - Overview

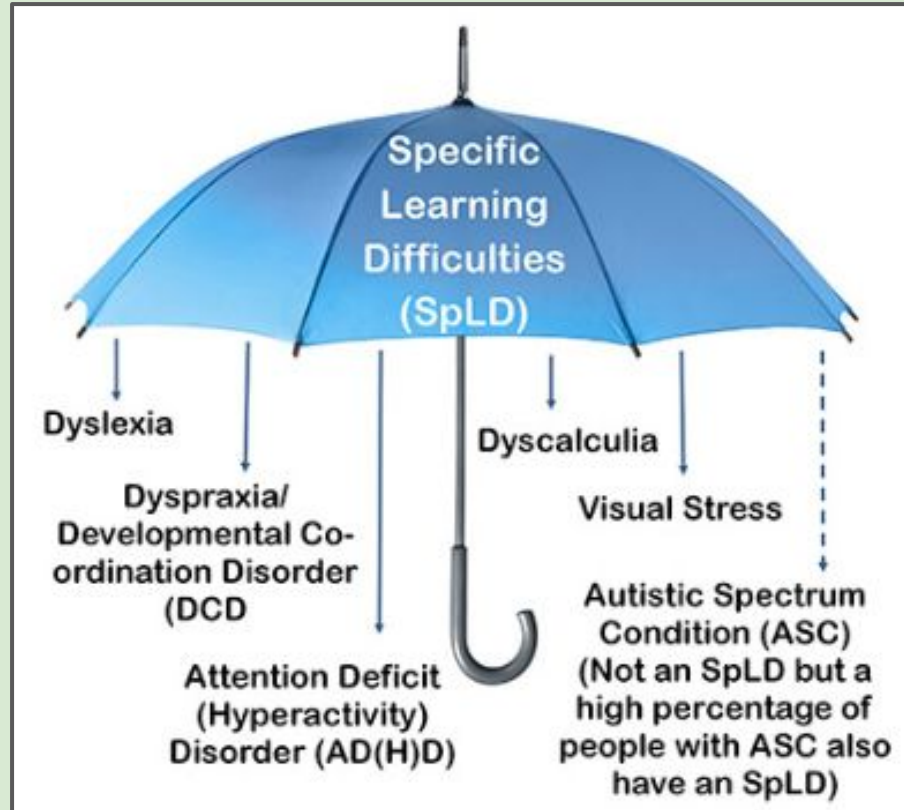


Image: UWE Bristol

Why me?

*"Mrs Heaven is the best teacher in the world."
(Maddie, age 10)*

- Senior Coach
- Coach Educator/Developer
- Experienced Primary School Teacher with various whole school leadership responsibilities

Why does it matter?

- People with SpLD more likely to suffer from mental health conditions such as anxiety or depression
- Dyslexia affects 10% UK population
- 1 in 6 adults has the reading age of an 11 year old
- Estimate that 1.1% UK population on the Autistic Spectrum

Why does it matter?

2008 MENCAP survey found that 73% population unable to give an accurate description of learning disabilities

What do all of these people have in common?



Overview

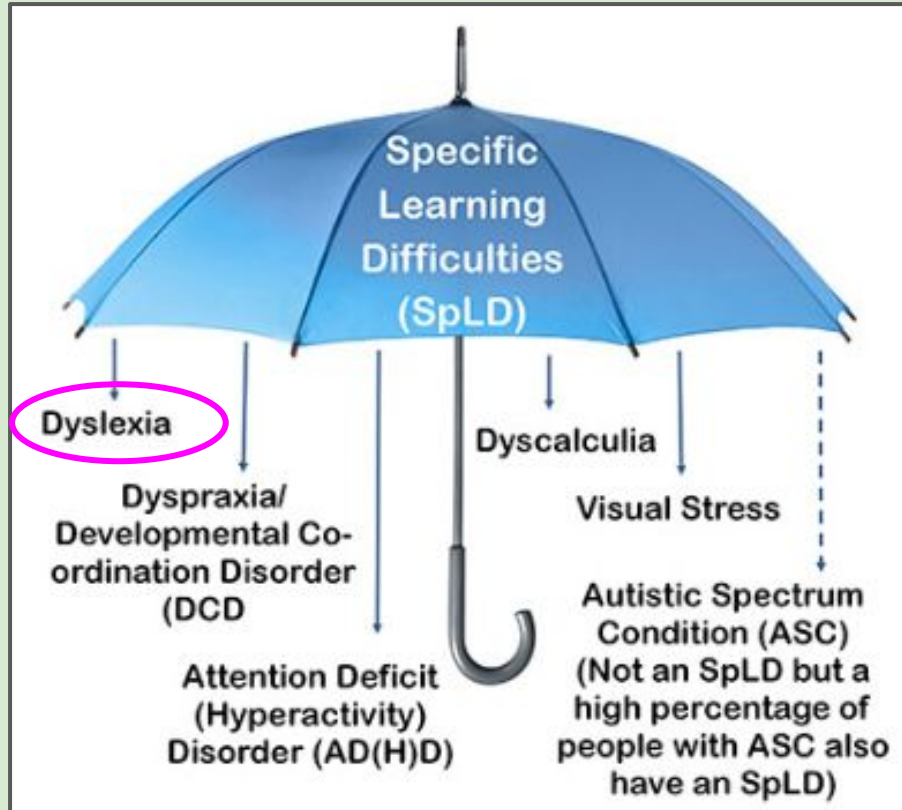
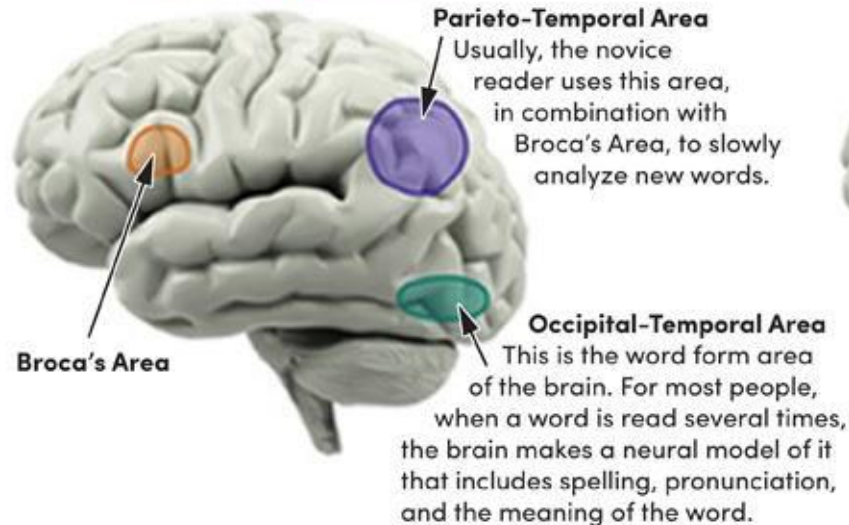


Image: UWE Bristol

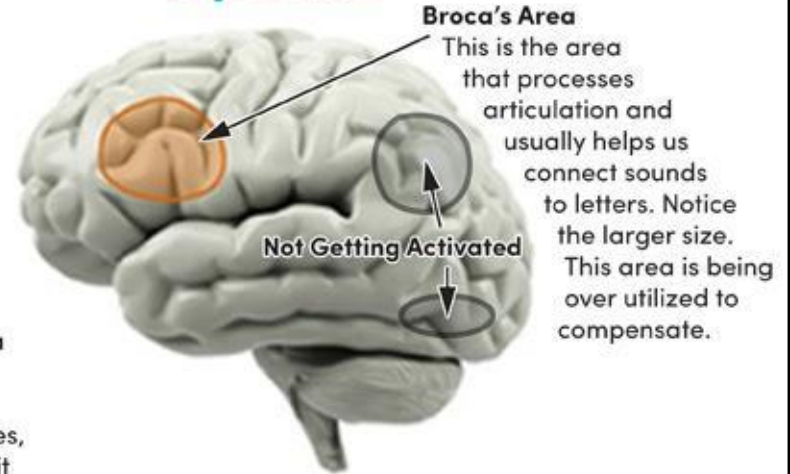
Dyslexia

NON-DYSLEXIC BRAIN vs. DYSLEXIC BRAIN WHEN READING

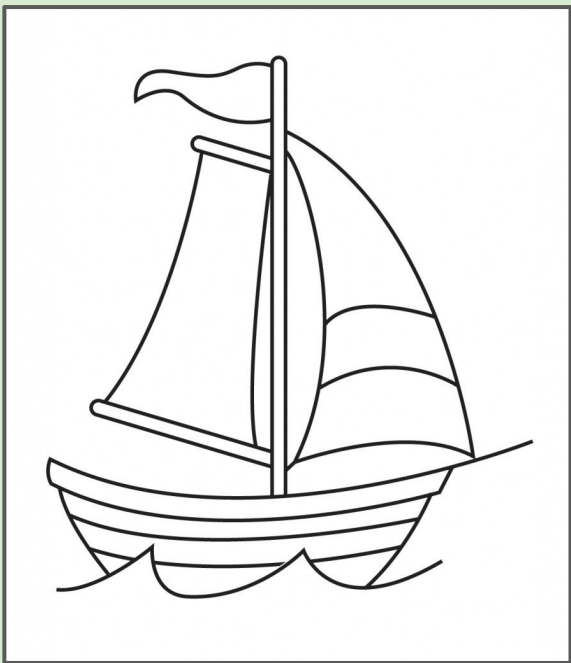
Non-Dyslexic



Dyslexic



Research in neuroscience reveals that the brain functions differently in people with dyslexia than those without it. These structural and neural differences make it more difficult for people with dyslexia to read, spell and write. For example, in the left brain hemisphere, three dominant areas of the brain are usually activated for reading, but in those with dyslexia, only one area of the brain is being stimulated.



BOAT

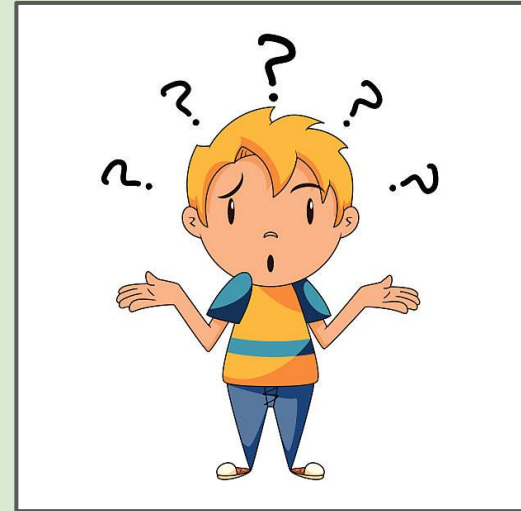
Dyslexia

- Dyslexia affects how the brain processes, stores and retrieves informations
- Traditionally associated with difficulties in literacy
- Can affect memory, speed at which information is processed and organisational skills
- Difficulties in social situations - can cause a lack of confidence over time

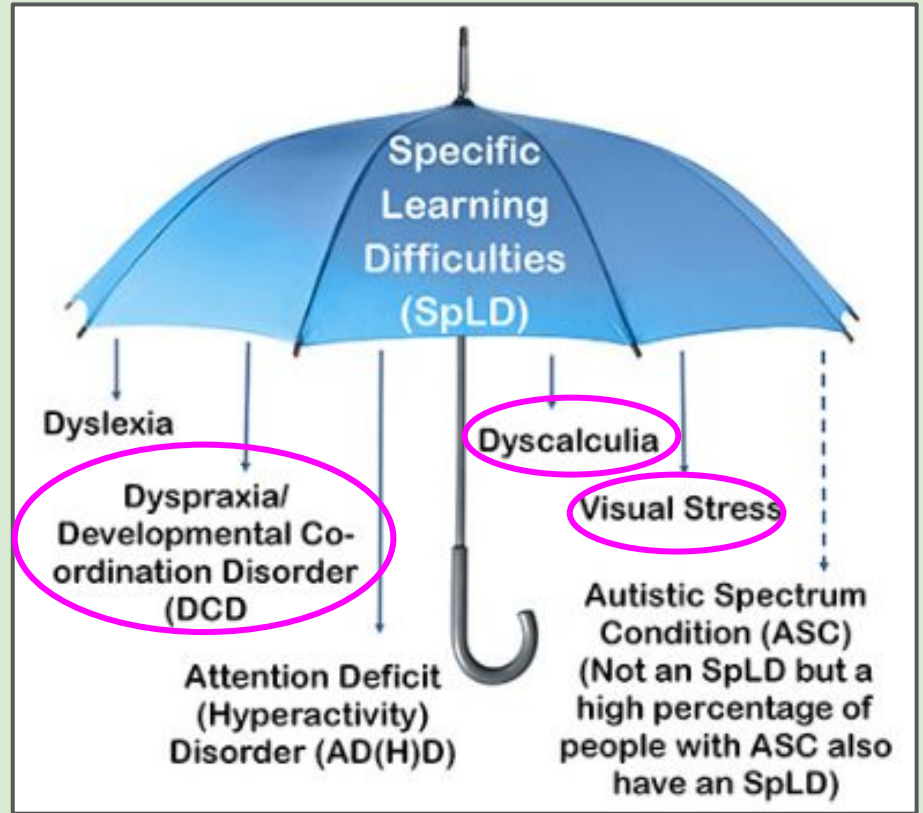
How could dyslexia affect archery?

An archer with dyslexia may have difficulty with the following:

- organising equipment
- following written instructions
- following verbal instructions
- listening
- sequencing actions
- physical actions
- anxiety
- low confidence
- socialising
- judging speed or distance
- confusing left/right up/down
- tire easily



Some conditions
link closely to
dyslexia.



Visual Stress

Also referred to as: Irlen Syndrome, Scotopic Sensitivity Syndrome, and Meares-Irlen Syndrome

Visual stress may affect the following areas:

- Ability to focus
- Concentration
- Attention
- Behaviour
- Over sensitivity to light
- Depth perception
- Distortion of written words

matched control group. Significant improvement for the experimental group was noted for time needed to locate words on a printed page, timed reading scores, length of time for sustained reading, and span of 10-EBs, as well as other perceptual tasks. Additionally, seven of the 23 experimental found employment, but none of the control group was employed by the end of the semester.

In contrast, Winters (1987) was unable to find differences initially. Winters gave 15 elementary school children four minutes to locate and circle 68 examples of the letter "b" on three pages, each page of which contained 600 random letters in 20 lines of

Challenge!

Can you stand on one leg for more than one minute?



Dyspraxia

I'm not
CLUMSY

**It's just the floor hates me,
the tables and chairs are bullies
and the wall gets in my way.**

Dyspraxia

Dyspraxia may affect the following:

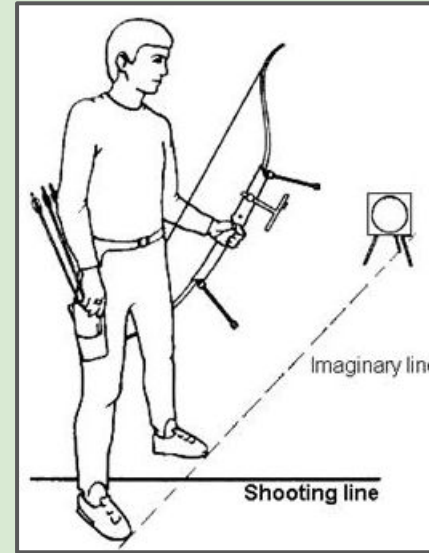
- Gross motor skills
- Fine motor skills
- Poorly established hand dominance
- Difficulty articulating speech sequentially
- Ability to track or relocate from different objects with eyes
- Over sensitive to noise and/or light
- Ability to follow instructions
- Memory
- Concentration
- Multi-tasking
- Listening and understanding non-verbal cues

Dyscalculia



Coaching Archers with SpLD

- Deliver instructions in small chunks
- Revisit instructions....a lot
- Use pictures to support instructions
- Let archer work at their own pace
- Visual checklist/sequences to follow
- Use easy to read fonts for any written material (e.g. Comic Sans, size 14+)
- Check understanding by getting them to repeat instructions back



Coaching Archers with SpLD

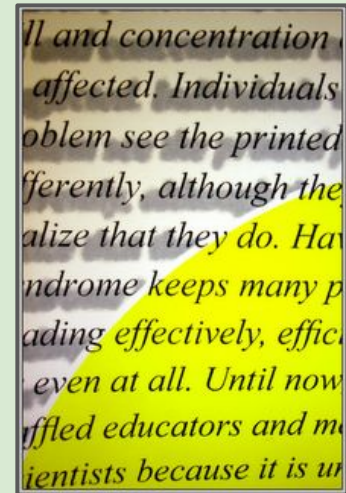
- Plan 5 minute breaks into sessions to help with fatigue levels
- Avoid using lots of figurative language
- Encourage archers to ask questions
- Goals can be used to help archers see the small steps they need to take
- Be positive and praise as much as possible



Coaching Archers with SpLD

Many people with dyslexia and/or visual stress, find changing the colour and contrast of written text helps.

- Use of coloured overlays
- Use of coloured paper
- Use of coloured glasses



Comfort Break

Don't forget to finish off your pig!

Overview

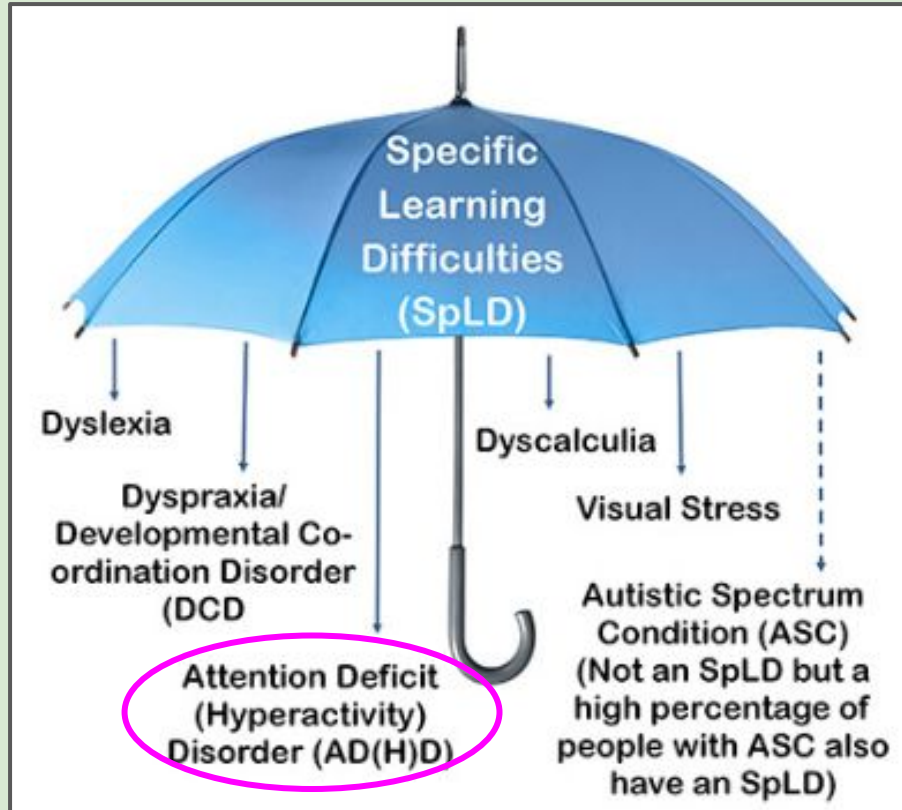


Image: UWE Bristol

ADHD

Attention

Deficit

Hyperactivity

Disorder

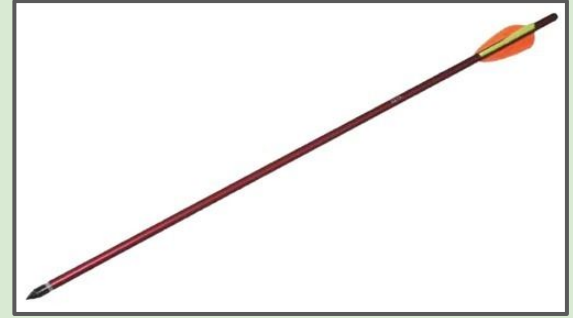
ADHD



ADHD

Characteristics of ADHD include:

- Short attention span
- Poor listening skills
- Difficulty following instructions
- Tend to find it hard to 'stick' at a task
- Poor organisational skills
- Poor social behaviour e.g. may blurt out thoughts, be unable to wait their turn etc
- Excessive physical movement
- Excessive talking
- Little or no sense of danger



Coaching Archers with ADHD

- Have a clear routine for sessions. Reinforce with visual prompts if necessary
- Clear safety rules. Again reinforce with visual prompts if necessary
- Have a clearly defined waiting area e.g. their own chair or bench
- Plan for frequent breaks or changes in activity
- Ensure you have enough coaches to supervise safely
- Remember to teach and praise the non-shooting specific aspects e.g. walking up the range instead of running

Overview

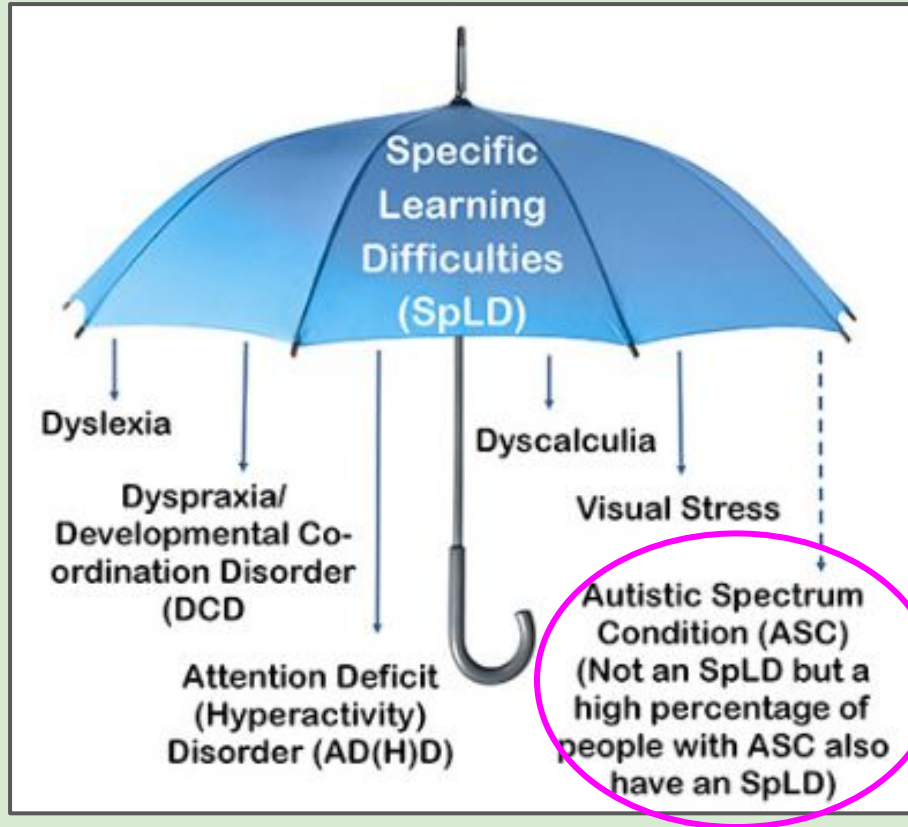


Image: UWE Bristol

Autistic Spectrum Disorders



Autism is a lifelong developmental disability that affects how people perceive the world and interact with others.

Autistic people see, hear and feel the world differently to other people. If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways. Some autistic people also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing.



Definition from [autism.org.uk](https://www.autism.org.uk)

Autistic Spectrum Disorders

The Triad of Impairment

Social Communication

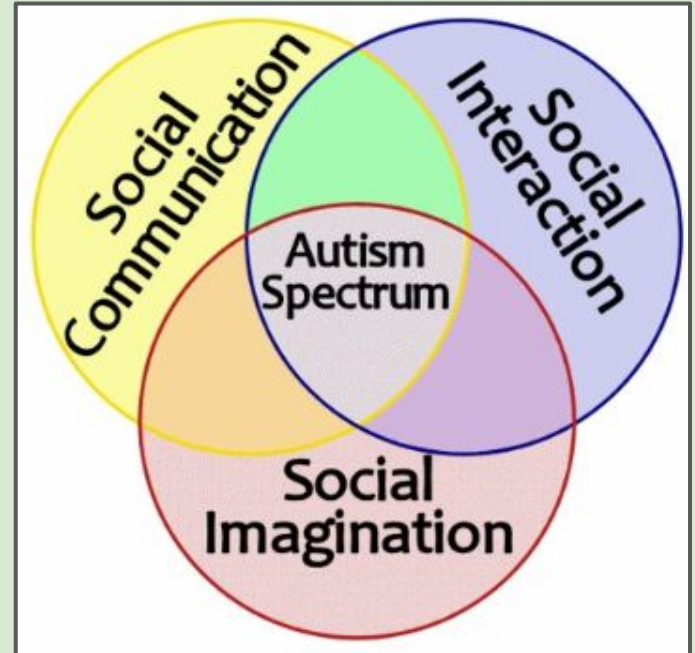
Difficulty understanding body language and non-literal language

Social Imagination

Difficulty understanding other people's thoughts and feelings

Social Interaction

Difficulty forming friendships and later on romantic relationships



Autistic Spectrum Disorders

Everyone with a diagnosis of ASD is different but you may observe the following characteristics:

- May seem very introverted and reluctant to engage socially in the session
- Limited or no eye contact
- Over sensitivity to different stimuli e.g. light, noise etc.
- Unusual sensory interests e.g. sniffing objects
- Tendency to take everything you say literally
- Repetitive behaviour e.g. hand flapping
- Delayed language development
- Difficulty sustaining conversations
- Insistence on sticking to a routine
- Extreme responses to 'overload' through 'melt downs' or 'shut downs'

Aspergers

- Asperger Syndrome is an autistic spectrum disorder and people may experience some of the same difficulties within the triad of impairments
- People with Asperger Syndrome are typically average or above average intelligence and do not tend to have other learning difficulties
- They do not usually have as many issues with speech but may still find processing and understanding language difficult

Coaching Archers with an Autistic Spectrum Disorder

- Have a clear routine for the session and stick to it. Use a visual timetable to support if necessary.
- Take the time to discuss the plan for the session with the archer prior to the session starting
- Prepare archers for changes in advance e.g. change in coach due to holiday
- Put the archer in charge of the safety rules
- Speak clearly and precisely. Avoid figurative language.
- Consider providing a 'safe space' the archer can go to if they feel overwhelmed. With young archers particularly, agree a strategy for them to communicate this need with you e.g. a card.
- Be prepared to adapt everything and anything!

Educational Health and Care Plan

- A legal document that sets out an individual's educational, health and social care needs.
- Previously called a Statement of Special Educational Needs
- Contains clear explanations of specific needs and suggested strategies for meeting the needs

General

- Good communication is key. The individual/their family/carer is the expert on their needs
- Find out what strategies the individual already uses to manage their needs and adopt if possible
- Be positive
- Ensure you have adequate staffing to meet the needs of all individuals
- Make expectations clear at the start e.g. expecting the parent to stay
- Be flexible



**Any
questions?**

Pig Analysis

If your pig is drawn towards the top of the paper:

You have a tendency to be positive and optimistic

If your pig is drawn towards the middle of the paper:

You have a tendency to be a realist

If your pig is drawn towards the bottom of the paper:

You have a tendency to be negative and pessimistic

Pig Analysis

If your pig is drawn facing left:

You are friendly and tend to believe in tradition. You may also be prone to remembering dates well.

If your pig is drawn facing right:

You are innovative and active. You may be prone to forgetting dates easily and may not have a strong sense of family.

If your pig is drawn facing front:

You have a tendency to be direct and may enjoy playing the role of devil's advocate. You neither fear nor avoid confrontational discussions.

Pig Analysis

If your pig is drawn with many details:

You have a tendency to be analytical. You may also be prone to being cautious to the point where you struggle with trust.

If your pig is drawn with few details:

You have a tendency to be emotional. You may prefer to focus on the larger picture rather than getting bogged down with lots of details. You are a great risk taker but may also be prone to reckless and impulsive decisions.

Pig Analysis

If your pig has got four legs showing:

You are generally secure and have strong ideals. Some people may describe you as stubborn.

If your pig has got fewer than four legs showing:

This could indicate that you are living through a major period of change. You may be prone to struggling with insecurities.

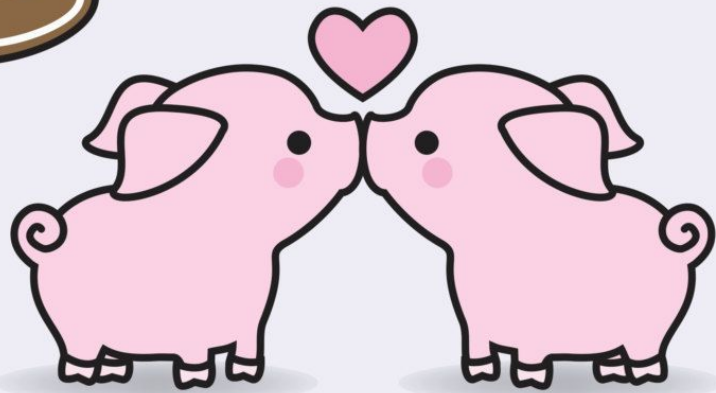
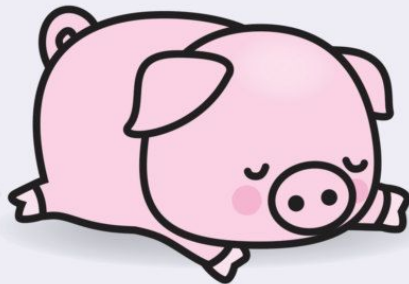
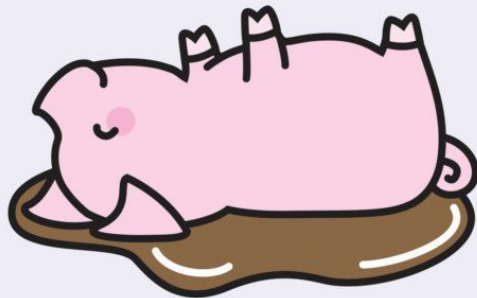
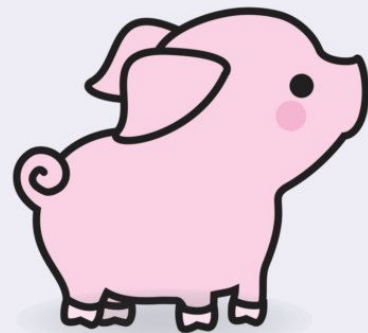
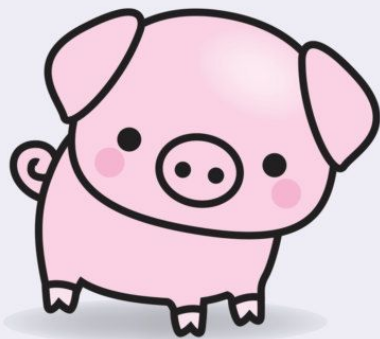
Pig Analysis

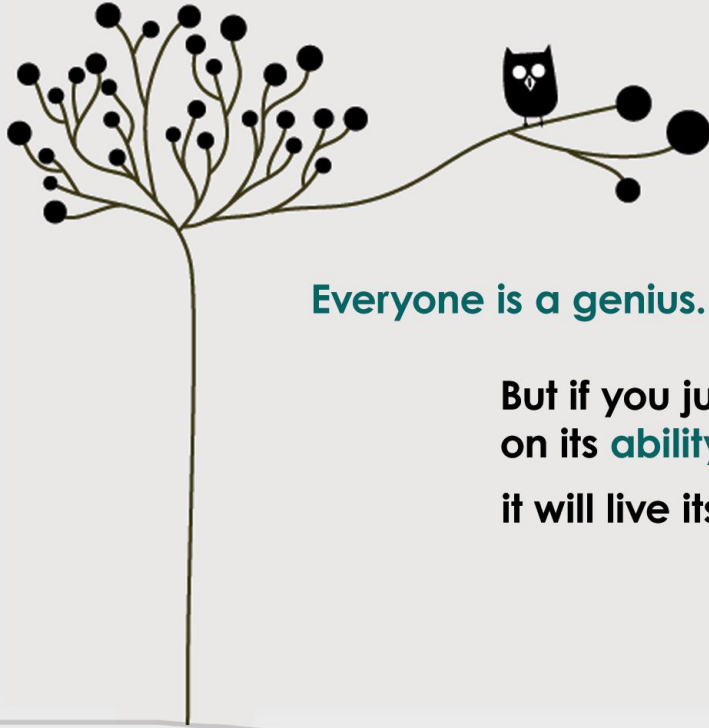
If your pig has got large ears:

You are a good listener. The bigger the ears, the better your listening skills...

If your pig has a long tail:

You are very intelligent. The longer the tail...



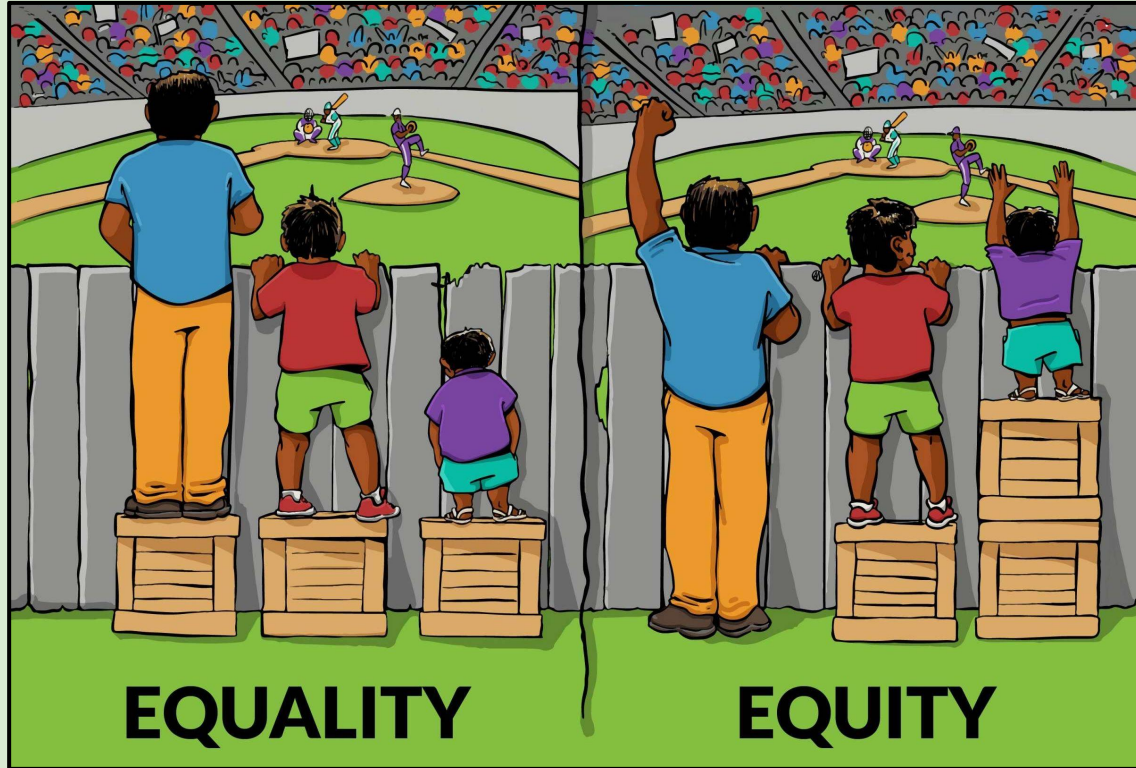


Everyone is a genius.

But if you judge a fish
on its ability to climb a tree,
it will live its whole life believing it is stupid.

~ Albert Einstein





Useful Links

www.NHS.uk

www.dyslexia.uk.net

www.bdadyslexia.org.uk

<https://dyspraxiafoundation.org.uk>

<https://youngminds.org.uk>

<https://www.adhdfoundation.org.uk/>

<http://www.autism.org.uk>

<https://www.mentalhealth.org.uk>

<https://thegirlwiththecurlyhair.co.uk/>

<https://www.sportengland.org/our-work/disability/>

<https://www.ukcoaching.org/courses/workshops/how-to-coach-disabled-people-in-sport>

<http://www.archerygb.org/shoot-compete/shoot/disability-archery/>