

## What Your PE Student with Autism Spectrum Disorder Wishes You Knew: *continued*

***“I may be awkward and not well coordinated because of motor planning and/or muscle tone issues”***

### **7. SOLUTIONS:**

- Be sure to include me in simple 1-2 step tasks so I can build on my success
- Video Modeling is a great way to teach me to learn a new skill if I can watch it first before trying (such as the Sparkdance videos)

***“I do not always understand the subtleties of verbal and non-verbal communication (social/pragmatic skills).”***

### **8. SOLUTIONS:**

- Teach me about idioms such as the one found in “We can’t have PE outside today because it is raining like cats and dogs.” Help me understand that this is not literal but a way to describe that it is raining very hard
- I often don’t know how far away to stand from someone when I am talking/engaging with them, so again using gym tape, spot markers, and/or hoops may be helpful

***I am super sensitive to noise! My auditory system is like a super Spidey sense to me. I may have trouble tuning out all the background sounds in a noisy gym, like the acoustic echo from a bouncing ball, the shouts of other kids, or the loud HVAC system. These loud sounds can activate my flight or fight response making me want to run, kick, scream, or hide. I can’t participate very well when everything is so LOUD!***

### **9. SOLUTIONS:**

- A set of noise canceling headphones is usually the best portable solution. Ear buds may look more inclusive but are less effective
- Acoustic panels may also be helpful such as those found in restaurants or music halls