



## Top tips for including young people with Cerebral Palsy in physical activity and sport

These top tips were developed by two young people with Cerebral Palsy. Cerebral Palsy is a condition that affects muscle control and movement.

- 1. Remember that everybody is different**  
Everyone with CP is different, so don't try to categorise everyone into the same box.
- 2. Don't shy away from it – talk to the young person**  
Young people with CP know their disability better than anyone else. Have a conversation about what they can do and what they may need help with. [Listen to young people's experiences](#) and encourage them to share their stories. Avoiding the subject just makes things awkward.
- 3. Involve everyone**  
The best activities involve everyone as then everyone gets to benefit from them. Why not host an [Inclusion 2020 Learning and Discovery festival](#), where young people without disabilities get to try out disability sports to understand how they work and how to help more young people get involved?
- 4. Adapt the equipment**  
One way to involve everyone is to change the equipment to make sure everyone can take part. For example, this might include using a balloon instead of a ball or thinking about the space you have available.
- 5. Consider wheelchairs, walkers and standing**  
People with CP have very different levels of mobility, from power chairs they control with their head to walking with a splint. It is important that sport caters for people with all mobility needs.
- 6. Think about how you can use sport to develop skills**  
Sport can be a great way of developing skills that people with CP may find hard. For example, hand eye coordination can be helped through hitting a ball with a bat.
- 7. Use sport to build confidence and social skills**  
Sport isn't just about the physical, it's the chatting at the start and at the end of a game, meeting new people and making friends. It provides lots of opportunities to develop confidence and social skills.
- 8. Make sure facilities are accessible**  
It is very important that the facilities around the sporting activity are accessible for all, so think about the building, toilets and café.
- 9. Don't forget the power of fun**  
It's vital to ensure that everyone is having fun when they are playing sport – they're more likely to return if they're enjoying it.
- 10. Raise awareness of disability sport**  
Highlight organisations and athletes who take part in disability sport and share their stories to show the importance of inclusion in sport and inspire young people with disabilities to get involved. Encourage students to explore sporting events such as the Paralympic Games.