

spautism.

Education Resources

Contents

This pack includes:

- Reading activity
- Watching activity
- Sports & Stats Masterclass: Module One
- Research activity, inspired by Global Spectrum
- Test activity
- What's next?

Read

There is a growing list of **25+** Spautism friends on our website: www.spautism.com/stories

They include recreational autistic athletes through to world champions, autism advocates and fundraisers, business leaders, coaches, journalists, students, fans; the list goes on...

Each friend has been profiled in a written feature; a real-life example of autism in sport.

For example:

Aaron Gratton: <https://spautism.com/2022/09/aaron-gratton-stamford-afc/>

Luke Degilbert: <https://spautism.com/2022/06/fan-focus-luke-degilbert/>

Hayden Fryer: <https://spautism.com/2022/04/hayden-fryer-football-frisbee-and-lifelong-friendships/>

Kyle Trout: <https://spautism.com/2022/05/kyle-trout-pushing-the-boundaries/>

INTERVIEW

Jessica-Jane Applegate: Striving for inclusion

Triple world record holder Jessica-Jane Applegate is not one to shy away from a challenge, and her quest for equality might be her greatest yet.

By Matt Bates · March 8, 2021



This year's **International Women's Day** is focused around moving towards a more inclusive society.

It is something that international swimmer Jessica-Jane Applegate MBE has always stood for, from waking up for training at 4am to be the best she can in the pool, to continuously supporting charitable initiatives in the community.

Jessica-Jane has learning difficulties and autism, and competed in the last two Paralympics, winning four medals including gold in London 2012. She is now working hard to secure her place in Team GB for the Games in Tokyo this summer.

Her events are backstroke, butterfly, and freestyle in the S14 classification, and she has set more than 70 British swimming records across her career while becoming an important role model for neurodiverse people around the world.

School

Each pupil in the class is assigned a Spautism friend and reads the article.

Each pupil creates a one- or two-minute presentation on their assigned Spautism friend and delivers it to the class.

Achievements:

- Every pupil learns about different sports/careers.
- Every pupil remembers their Spautism friend through teaching others.
- Every pupil understands more about autism and how it is different in everyone.
- Every pupil learns that autism can be a superpower.

This could be done in-class, as homework, or a bit of both.

Business

These articles can be copied/linked into company emails and newsletters.

Achievements:

- Every staff member understands more about autism and how it's different in everyone.
- Staff learn that autism is often misunderstood and wrongly represented through common stigmas.
- Autistic staff members feel more valued.
- More inclusive messaging in staff communications.
- See examples of other people and enterprises taking steps to create opportunities for autistic people.
- Staff members can take these articles home and share them with families.
- Uses the common passion of sport to get people engaged.

Watch

Watch these Spautism videos:

- **Kettering Town FC** (2min 35sec):
<https://www.youtube.com/watch?v=es7yt2ryotE>
- **WDBS** (1min 51sec):
<https://www.youtube.com/watch?v=SmCXiFOa1qE>
- **JH Community and Oarpel** (1min 50sec):
<https://www.youtube.com/watch?v=RllhCGEBGxU>
- **MAN v FAT Football** (coming soon)

Watch these educational videos from other organisations:

- **What is autism?** (2min 41sec):
<https://www.youtube.com/watch?v=Lk4qs8jGN4U&t=2s>
- **Spectrum Walks** (1min 19sec):
<https://www.youtube.com/watch?v=l8iu6Z79wew>
- More coming soon...

School

These videos can be watched at the start of a lesson every day for a week, and could initiate class feedback activities such as, pupils coming up with their own autism fundraising event.

These videos also provide context to other sections of this education plan.

Business

These videos can be copied/linked into company emails and newsletters, or watched by staff at training days.

Achievements:

- Visualise successes from autistic people, and autistic people in the workplace.
 - Understand more about autism.
 - See the types of support on offer for neurodiverse people.
- See the types of events schools and businesses could engage with.

Masterclass

Sports & Stats Masterclass: three online pre-recorded webinars covering sports business, statistics, and employability.

Intro: sport.li/nk-M1SSMintro

Part One: sport.li/nk-M1SSMp1

Part Two: sport.li/nk-M1SSMp2

Part Three: sport.li/nk-M1SSMp3

[Please click here to access the PDF sheets for Part Two and Part Three](#)

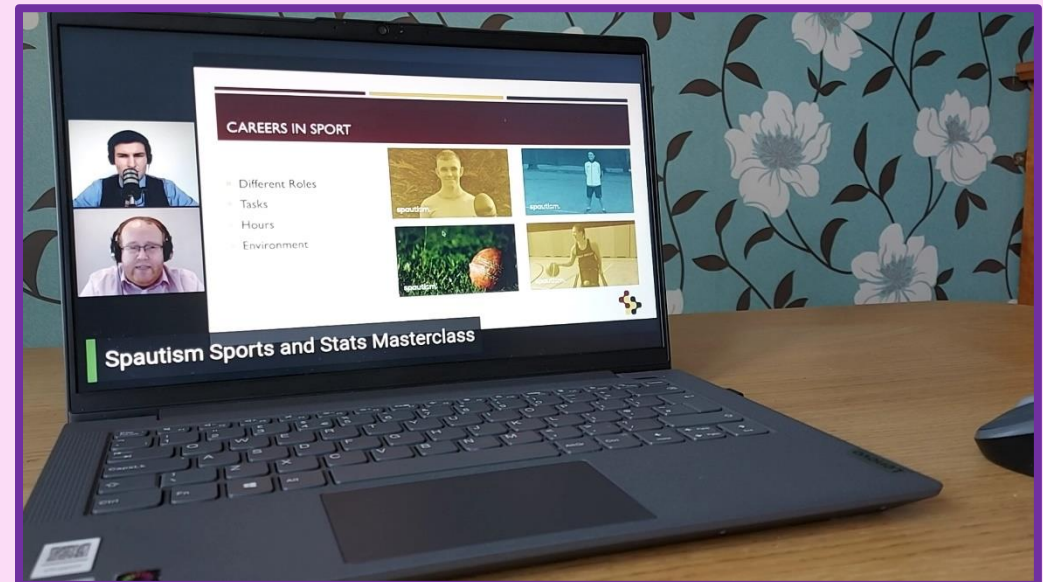
What participants have said...

“

The videos were really clear and it was good to see people from a professional background.

There were clear actions I could take away and implement from the course.

”



School

The Masterclass can be watched in a series of lessons.

Some sessions have breaks that encourage pupils to think – independently or as small focus groups.

Achievements:

- Autistic pupils may resonate with the Masterclass given the common relationship between autism and numbers.
- Show all pupils that autistic people are not dissimilar to anybody else.
- Highlight different sports careers for all students.
- Break down stigmas around autism.
- Help autistic people in mainstream classes feel valued and empowered.

Business

Each session provides information about autism in different workplaces.

Part Three is led by employability expert Tom Cliffe, talking specifically about hiring autistic people in sport.

Achievements:

- Encourage businesses to not overlook hiring people just because they are autistic.
- Show how autistic people might fit in different areas of an organisation.
- Show staff that autistic people are no different to anybody else.
- Highlight subtle changes in the workplace that will support autistic people to work better.
- Break down stigmas around autism.
- Can be shared by staff with their families.

Global Spectrum

On the first day of every month, Spautism publishes an article that highlights recent examples of autism and sport coming together.

See more on: www.spautism.com/stories

On the ice

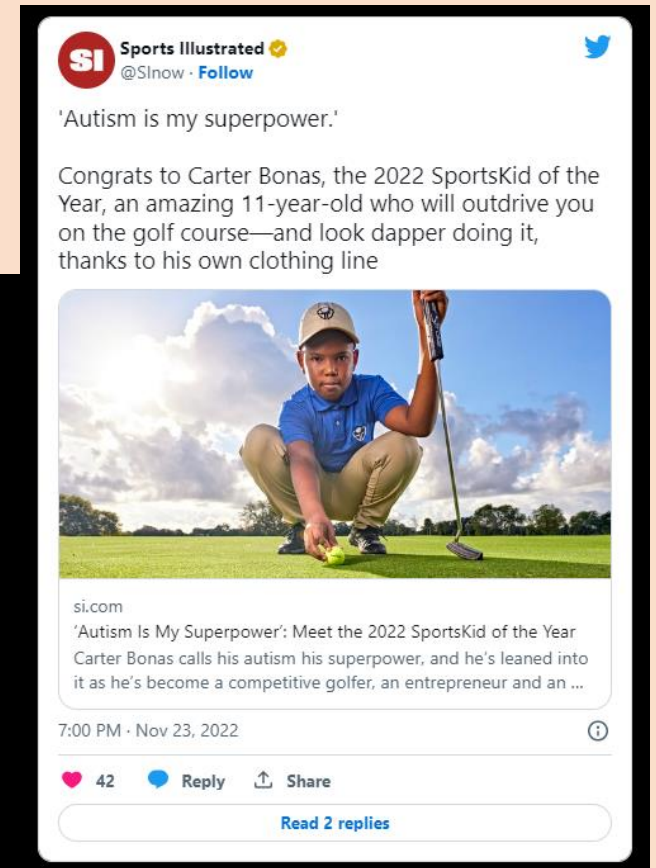
Eighteen former NHL players came together for the Canucks Autism Network Pro-Am in November, where ex-professional ice hockey players took to the rink with amateur players to raise money for autism initiatives.

Please click here to read the full story.

Sensory rooms in Qatar

Three football stadiums that are hosting FIFA World Cup games in Qatar have sensory rooms to make matchdays more accessible for neurodiverse people.

Please click here to read the full story.



School

Pupils can create a case study on a sports inclusion project that interests them. This could include an example from Global Spectrum, or something from their favourite sport.

Project theme ideas:

- Charity partnerships
- Social inclusion initiatives
- Para-sports and competitions
- Community events
- Fundraising

Examples:

- Football: Kick It Out
- Rugby: Mixed Ability Rugby
- American Football: NFL Salute to Service
- Basketball: BWB Women's Premier League

Achievements:

- Pupils can learn about something that they are passionate about.
- Pupils may be inspired to volunteer or pursue a similar career.
- Pupils practice core skills (writing, researching, citing) with a subject that interests them.

Business

Global Spectrum provides inspiration for how businesses can make a difference in autism awareness, with real-life examples of successful events, fundraisers, and partnerships.

Global Spectrum is also a growing pool of data on autism and sport headlines around the world, allowing businesses to spot trends that match with their own objectives and stakeholders; for example, particular sports or countries.

This would be a great brainstorm exercise for teams around marketing, events, and management.

Achievements:

- Encourage staff to think about creative ways to engage autistic people and the sports community.
- Supports businesses to be more forward-thinking, in-line with the 21st century.
- Create talking points and ideas that staff may take into their personal lives – for example, doing a fun-run or similar fundraiser. This is something the business could also look to support.

Test

What sensory information will you experience in this environment?



School

The teacher can collate different images of venues, such as indoor courts or outdoor stadiums. They can also collate different images of sports such as rugby, cricket, swimming, or long jumping.

The teacher asks the class what sensory information could be experienced in each environment or sport.

As an extra exercise, pupils can break out into groups and brainstorm ways to support a person if they feel uncomfortable about particular sensory information.

Achievements:

- Pupils start to think about how the brain of an autistic person might work.
- Pupils understand more about autism.
- Pupils learn that autistic people aren't dissimilar to anyone else.
- Pupils are thinking creatively about ways to support people, which may inspire future careers and entrepreneurship.

Business

This is a simple autism training exercise that can be led by business/team leaders.

The instructor can collate different images of venues such as indoor courts, outdoor stadiums, different sports, and different areas around their workplace. The instructor then asks the staff what sensory information could be experienced in each environment.

As an extra exercise, staff can break out into groups and brainstorm ways to support a person if they feel uncomfortable about particular sensory information.

Achievements:

- Encourage the business to think about ways in which the workplace can be more inclusive, empowering staff with autism.
- Staff start to understand about how the brain of an autistic person might work.
- Staff learn that autistic people aren't dissimilar to anyone else.
- Employers learn more about what an autistic person might need if they are to be hired at their business.
- Staff understand how they may be able to make a neurodiverse person feel more comfortable in the workplace.

Test answers

Potential answers:

- Flashing lights (sight)
- Buzzers (sound)
- Squeaky floor (sound)
- Crowd cheers (sound)
- People touching as they get to their seat (touch)
- Food (smell)
- Arena announcer (sound)
- Claustrophobia (sight and touch)
- Players and coaches shouting (sound)
- Flashing cameras (sight)
- Warmth (touch)
- Draught/air conditioning (touch)

Any person may feel uncomfortable for any of the above reasons.

Venues are providing fans with supportive measures such as:

- Noise-cancelling headphones and ear plugs
- Sensory rooms
- Visual timelines (e.g. **picturepath**)
- Sensory packs (e.g. **Millwall FC**)
- Venue guides and books
- Advertising there are bespoke signals for help in the venue, with staff on hand to support



How to find us

Twitter: [@SpautismUK](https://twitter.com/SpautismUK)

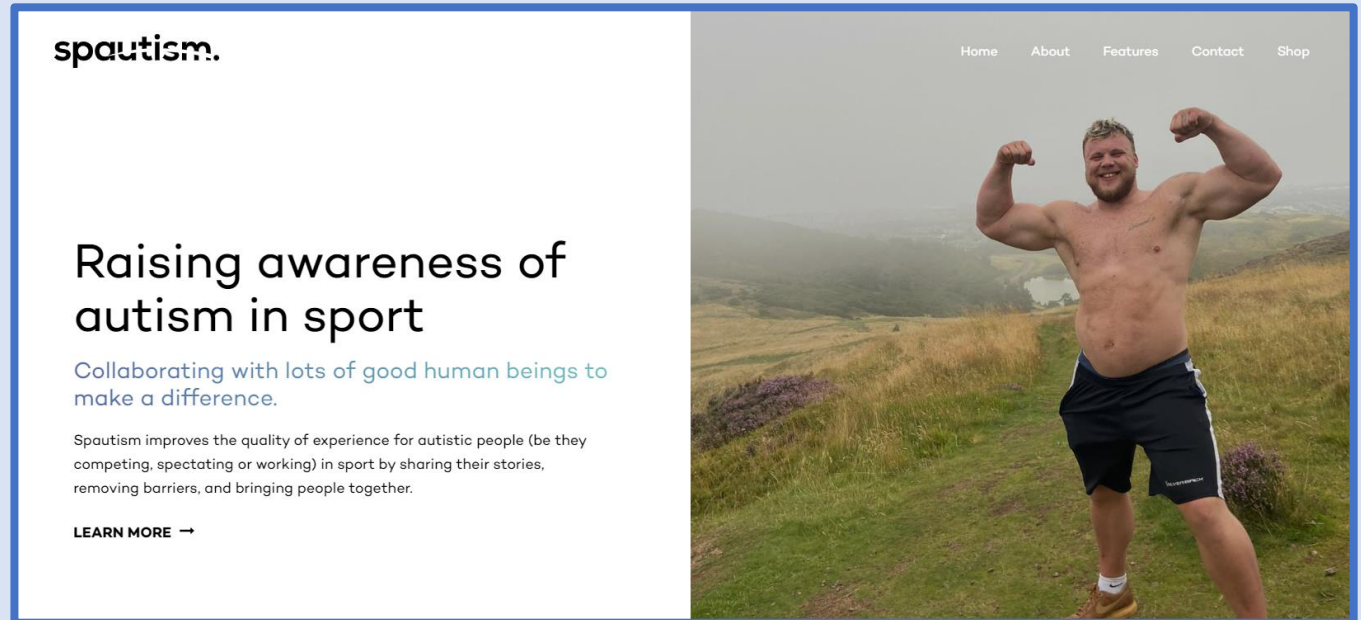
Facebook: [@SpautismUK](https://www.facebook.com/SpautismUK)

Instagram: [@SpautismUK](https://www.instagram.com/SpautismUK)

Hashtag: #spautism

Website: www.spautism.com

Email: hello@spautism.com



Follow and tag us on social media.
Keep an eye out for more interviews and content coming soon.

Get in touch

Just a short bit of feedback from you will allow us to continue doing what we do.

It also opens the door to exploring how Spautism and your school, business, or sports organisation could work together.

Email: hello@spautism.com



With thanks to...

- TRACK
- The UK Education Guide
- Nene Education Trust
- MAN v FAT Football
- Millwall Football Club
- Lawn Tennis Association
- Northamptonshire Schools & Business Alliance
- JH Community & Oarpel
- Kettering Town Football Club
- World Disability Billiards and Snooker
- picturepath
- Scimitar
- Final Third Sports Media
- All our Global Spectrum inclusions
- **All our Spautism friends** 