

Assistive Technology in Physical Education

Empowering Inclusive Physical Activity

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TYPES OF ASSISTIVE TECH IN PE

- Mobility aids (e.g., sport wheelchairs, walkers)
- Sensory aids (e.g., beeping balls, tactile markers)
- Communication devices
- Adaptive sports equipment



Real-World Examples

- Beep baseball for visually impaired students
- Wii Fit or Kinect for motor skill practice
- Adapted yoga with props for physical limitations



Benefits of Assistive Tech in PE

- Increases inclusion and participation
- Enhances motor development
- Builds confidence and self-esteem
- Encourages social interaction





Challenges and Limitations

- Cost of equipment
- Lack of teacher training
- Maintenance and accessibility
- Limited awareness



Role of PE Teachers

- Adapting activities and goals
- Learning about available tools
- Advocating for resources
- Collaborating with specialists

Future of Assistive Tech in PE

- Smart wearables for real-time feedback
- Virtual and augmented reality training
- AI-powered movement tracking
- More personalized adaptations



Conclusion

- Assistive tech makes inclusive PE possible
- Still room for growth and support
- Empowerment through participation



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