

**Introduction**

This report will evaluate the steps my group has taken in the Action Competency Learning Process. We used this process to teach basketball to 5 students who have downs syndrome.

**Evaluating the steps**

**In step one** we identified the issue which was that the special needs students needed help from us to run a physical activity programme. We knew this because our teacher told us so that was useful and also we had recognised that there were not many sports opportunities in our community that catered to special needs students.

**In step two** we had to think about knowledge and insight. This meant we considered everything we knew about the students we were going to be working with and also thought about what else we should find out in order to teach them better.

This step was important and useful to our group process because it made us realise we were actually guessing lots of things rather than really knowing them for sure. One example of this was when we met with the special needs teacher and she told us that 3 of our students already played basketball but we had thought that none of them would know the rules or have had any previous experience....

2

As part of step two we also found out more specific details relating to each individual students disability. We found this out by first meeting with our 5 students and observing them and talking to them and then by meeting with their teacher....

1

**The fourth step** was in my opinion the most important because we gathered, analysed and evaluated ideas. Step four required us to develop a range of ideas about what our group might do with the special needs students. For me this was the most important step of the whole process because it made us consider all the options rather than just rushing into something easy.....

As part of step four we matched all our ideas to our students' abilities. This meant we considered the group as a whole and it made us realise we had to cross some of the more difficult sports like tennis and touch rugby off our list.....

**Step five** was when actually started planning all of our lessons. It was really good that we had carried out the previous four steps because it made planning a lot easier having all the background information....

In this step we also thought about all the things that would help our special needs students participate and enjoy our basketball lessons (enablers) and all the things that might stop or limit them (barriers). One of the key barriers we identified was confidence. Once we had identified this as a barrier we decided it would be a good idea to also incorporate some icebreaker activities at the start of each session to get our students feeling a bit more at ease...

1

**Step seven** required our group to reflect and evaluate on how well our plan worked. We did this by filling out reflection logs after each teaching session and putting them online through our group blog. This meant that we could read each others and then talk about what went well and what we could do better. This was a useful step to take because we were more comfortable being honest with our own reflections first whereas we probably would feel a bit shy about saying some of our reflections in our big group...