

## ABOUT KICKING FOR CONNECTION:

Those with ASD have been found to experience a heightened rate of barriers to engage in sport. Differences in social communication abilities, as well as challenging behaviour have been found to hinder participation in sport. Youth with ASD may require supports and adaptations to the environment to enable meaningful inclusion.

Therefore, the development of a sports program which focused on skill development, therapy needs, and inclusion was evidently missing. The program aims to incorporate social skills, gross and fine motor skills, and sport-based skill acquisition into one program. Furthermore, the program aims to include those with ASD, by addressing specific social and emotional needs, whilst incorporating siblings or peers.

Those without ASD are welcome, as a way to inform the “neurotypical” child the best practice in communicating with those who are different, adding to feelings of belonging, and understanding for all participants.

## VOLUNTEERS

Parents and support workers are welcome to volunteer during program.

## AASS ADDRESS

88 Memorial Ave, Liverpool NSW 2170

## CONTACT US

Autism Advisory and Support Service  
(02) 9601 2844  
[info@aass.org.au](mailto:info@aass.org.au)  
[www.aass.org.au](http://www.aass.org.au)

We hope to see you come along. If you would like to register your spot for Term 3, or have any queries, please email [Lisa@aass.org.au](mailto:Lisa@aass.org.au)

# KICKING FOR CONNECTION



## AASS – Sports Program

A therapy-based sport program for children and teenagers on the autism spectrum, and their peers.

## DEVELOPED BY:

Stephanie Watts

Psychologist || AASS

B.Psych (Hons), MAppPsych, MAPS

## PROGRAM LOGISTICS



### WHO:

- 3–18-Year-olds with a diagnosis of ASD
- Friend / Sibling / Peer of diagnosed individual.
- Non-diagnosed individuals who need support in social or sensory inclusion



### WHEN

- 10-week program (school term)
- Wednesday afternoon – after school (Time TBC)



### WHERE

- Whitlam Centre Liverpool
- Toilets, Parent Seating, Parking, and Canteen all available.



### COST

- \$100 total for 10-week therapy-based program.
- NDIS / Active Kids Vouchers / Fee for Service all welcome
- Same cost for all participants



### WHAT TO BRING

- Sport suitable clothing (e.g., joggers)
- Drink (available for purchase also)
- Sensory and Communication accommodations (if needed)

## PROGRAMS AVAILABLE

### Movement and Play (3-5 / 5-12 Years)

The Movement and Play group aims to develop basic movement skills through an Occupational Therapy framework. Adding play skills to the group, participants will work together to complete tasks, engage with coaches and peers, and learn different skills for sensory and emotional regulation.

### Movement and Sport (5-12 / 12-18 Years)

The Movement and Sport program aims to increase the number of sport-based skills for participants. Skills such as throwing, catching, kicking, and hitting can then be applied in community sport. The focus on sport skills, and social skills allows participants to learn interaction, emotion regulation, team work, and sporting skills in one area. The aim is these participants then apply such skills into community sport and participation.

#### Skills Worked On

- Fine and Gross Motor Skills
- Balance
- Coordination
- Hand-Eye Coordination
- Body Awareness
- Motor Planning
- Visual-Spatial Ability
- Strength
- Sport Based Skills (Throwing, Catching, Kicking, Passing, Goal Scoring, Hitting, Batting)
- Play Skills
- Engagement
- Attentional Skills
- Imitation / Mimicry
- Turn Taking
- Teamwork
- Winning and Losing
- Emotional Regulation
- Sensory Regulation

Proudly supported by:



Australian Government  
Department of Social Services

