

Activity Inclusion Model (AIM)

An important aspect of the of the AIM model is that its application is not restricted to assisting the inclusion of people who have special educational needs or dis ability, but it can be used to provide opportunities at appropriate levels to all participant.

- **Open activity (everyone can take part):** Everyone does the same activity with minimal or no adaptations to the environment or equipment; open activities are by their nature inclusive so that the activity suits every participant. *For example, warm up activities such as obstacle challenges or collecting games.*
- **Modified (change to include):** activities takes part in the same activity but adaptations are made using STEP principles to support inclusion of all individuals regardless of their abilities. *For example, a throwing activity using a variety of ball sizes and weights.*
- **Parallel (ability groups):** Organised in ability groups, everyone takes part in a variation of the same activity (working at their own pace and level). *For example, two groups can play a seated and standing version of a game where participants access the version most suited to their abilities.*
- **Specific activity:** people take part in unique activity specific to the session and their ability. It can be used as a way to develop skills and confidence. *For example, a wheelchair user may focus on a throwing activity, where others are practicing jumping technique.*



4th Generation: The Activity Inclusion Model April 2017. AIM evolved from Black & Stevenson's Inclusion Spectrum and aligned to the WHO's International Classification of Functioning, Disability and Health.

Using STEP

The STEP tool is a simple system for making changes to activities so that everyone can be included and participate together. It can be used to help organise thinking around activity adaptation and modification in support of the AIM model or as a stand-alone tool.

Changes can be made to an activity where:

- There are participants of different ages (more relevant to children) / abilities
- Disabled and non-disabled people are in the group
- Girls and boys are participating together

S	Space Can you increase or decrease the area by changing the shape or size?
T	Task Can you change the rules of the activity? Can you reduce or extend the time to perform certain actions?
E	Equipment Can you modify the equipment by changing the size of the target, size of equipment or amount of equipment?
P	People Can you modify the number of people involved by working individually / with a partner? Could you use different team sizes?

STEP examples:

- Space: Vary the distance covered to suit different abilities and mobility levels
- Task: Allow only 3 seconds to hold onto the ball before a pass needs to be made
- Equipment: Use a reaction ball if working on coordination / agility
- People: Could you maybe include a 'joker' player that could be on both teams?