

# A GUIDE TO THE RIGHT CHOICE

*Appendix to the Sacree model*



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*This guide, attached to the project Sacree, aims to provide a simple tool for parents, siblings, coaches, autistic persons, to select the best activity that suits them.*

*Because there is no universal recipe to find the sport activity that would make you enjoy practicing, here are some tips on which criteria to focus on.*

# DIRECTORY

## *How to read the directory?*

The directory is based on the classification of sports on two (or three) categories of criteria.

### CHARACTERISTICS OF THE ACTIVITY

INDOOR OUTDOOR	Does the activity is mostly played outside (e.g. natural environment) or inside (e.g. gymnasium)
TEAM INDIVIDUAL	Whether the activity is a team or an individual sport
TOOL FREE HAND	If the activity involves to manipulate a tool during the whole activity (e.g. a racket), or ponctually (e.g. a ball)
FACE-TO-FACE OPPOSITION	If the activity involves a direct confrontation to any/several oponents
CONTACT	The degree of which the activity involves to get in contact with partners/opponents
OPEN CLOSED	Open practices : high levels of uncertainty, regarding the environment and/or the type of actions to perform. Closed activities : participants develop their skills within a very stable environment designed for their sport.

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### **SPECIFIC NEEDS**

<b>Motor</b>	The degree of fine motor skills the player has to manage. Temporal pressure, the manipulation of tools, the open aspect, are criteria
<b>Sensory</b>	The degree of sensorial informations (mostly tactile) that participants has to tolerate. Contact with other participants is one of the main criteria.
<b>Cognitive</b>	The complexity and number of informations that participants have to manage at the same time. The complexity of decision-making process.
<b>Psychology</b>	Presence of stressfull and anxiety-generating situations. Presence of a score, a direct confrontation to any or several opponent, risk of fall, are one of the main criteria.
<b>Adaptability</b>	The degree of uncertainty regarding the progress of the activity, that requires high adaptation/flexibility skills. Temporal pressure, associated to the open-skills aspect, are ones of the main criteria.
<b>Social aspects</b>	The degree of interactions with partner and/or opponents, which require communication skills.

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### PERSONNAL PREFERENCE

**Fullfill it yourself □**

Personnal preferency

- *Since of the main criteria is, ultimately, that the participant has a personnal attraction toward an activity, this is one of the main criteria. Fullfill the column with you own notations, from – (I don't like it a all), to +++ (I love it)*

# DIRECTORY

SPORT	CHARACTERISTICS						SPECIFIC NEEDS						Fullfill it yourself
	INDOOR OUTDOOR	TEAM INDIVIDUAL	TOOL FREE HAND	FACE-TO-FACE OPPOSITION	CONTACT	OPEN CLOSED	Motor	Sensory	Cognitive	Psychology	Adaptability	Social aspects	Personnal preferency
SWIMMING	INDOOR	INDIV	FREE	NO	-	CLOSED	+++	++	+	+	+	+	
ARCHERY	BOTH	INDIV	TOOL	NO	-	CLOSED	++++	+	++	++	+	+	
BADMINTON	INDOOR	BOTH	TOOL	YES	-	OPEN+	+++	+	+++	++	+++	++	
BASKET-BALL	INDOOR	TEAM	BOTH	YES	+	OPEN+	++++	++	+++	+++	+++	+++	
CYCLING	OUTDOOR	INDIV	TOOL	NO	-	OPEN	++	+	+	+	++	++	
BOXE	INDOOR	INDIV	TOOL	YES	++	OPEN+	++	+++	+++	+++	+++	++	
CLIMBING	BOTH	INDIV	BOTH	NO	-	OPEN	+++	+	++	+++	++	++	
DANSE	INDOOR	BOTH	FREE	NO	+	CLOSED	++	+	+	+	+	++	
FENCING	INDOOR	INDIV	TOOL	YES	+	OPEN+	++++	++	+++	++	+++	++	
FITNESS	INDOOR	INDIV	FREE	NO	-	CLOSED	+	+	+	+	+	+	
GOLF	OUTDOOR	INDIV	TOOL	NO	-	CLOSED	+++	+	+	+	+	+	
GYMNASTICS	INDOOR	INDIV	FREE	NO	-	CLOSED	+++	+	+	++	+	+	
HANDBALL	INDOOR	TEAM	BOTH	YES	+	OPEN+	++	++	+++	+++	+++	+++	
HORSE RIDING	OUTDOOR	INDIV	TOOL	NO	-	OPEN	+	+++	+	++	++	++	
MARTIAL ART	INDOOR	INDIV	BOTH	YES	++	OPEN+	+	+++	++	+++	+++	+++	
PARKOUR	BOTH	INDIV	FREE	NO	-	OPEN	+++	+	++	+++	+++	+	
RUGBY	OUTDOOR	TEAM	BOTH	YES	++	OPEN+	+++	+++	+++	+++	+++	+++	
RUNNING	OUTDOOR	INDIV	FREE	NO	-	OPEN	+	+	+	+	+	+	
SOCCER	OUTDOOR	TEAM	BOTH	YES	+	OPEN+	+++	++	+++	++	+++	+++	
SURF	OUTDOOR	INDIV	TOOL	NO	-	OPEN	+++	++	+	++	++	+	
TABLE TENNIS	INDOOR	BOTH	TOOL	YES	-	OPEN+	+++	+	+++	+	+++	++	
TENNIS	BOTH	BOTH	TOOL	YES	-	OPEN+	+++	+	+++	+	+++	++	
TRACK AND FIELD	BOTH	INDIV	BOTH	NO	-	CLOSED	+	+	+	+	+	+	
VOLLEYBALL	INDOOR	TEAM	BOTH	YES	+	OPEN+	+++	+	+++	++	+++	+++	
WALKING	OUTDOOR	INDIV	FREE	NO	-	CLOSED	+	+	+	+	+	+	
YOGA	INDOOR	INDIV	FREE	NO	-	CLOSED	+	+	+	+	+	+	

# EXAMPLES

*In the next part please find some examples to illustrate the different continuums that exist between activities, regarding the specific needs of autistic persons.*



# MOTOR CONTEXT

*from the most demanding... to the less*



**Basket-ball**



**Golf**



**Racket sports**



**Fitness**



**Walking**

# SENSORY CONTEXT

*from the most demanding... to the less*



**Judo**



**Swimming**



**Fitness**



**Rugby**



**Basket-ball**



**Walking**

# COGNITIVE CONTEXT

*from the most demanding... to the less*



Soccer

© dak



Parkour



Fitness



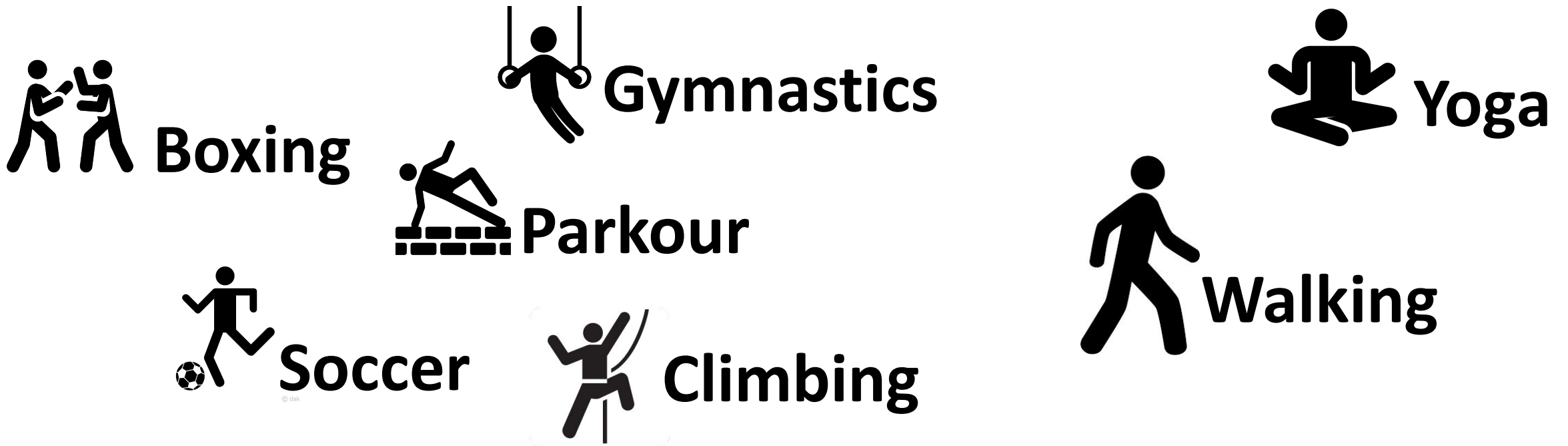
Basket-ball



Walking

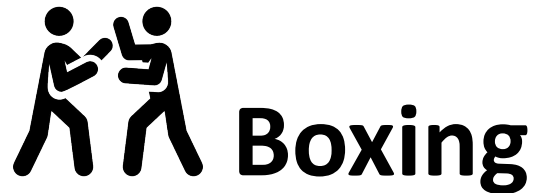
# PSYCHOLOGICAL CONTEXT

*from the most demanding... to the less*



# SOCIAL CONTEXT

*from the most demanding... to the less*



# ADAPTABILITY CONTEXT

*from the most demanding... to the less*



**Basket-ball**



**Climbing**



**Gymnastics**



**Soccer**

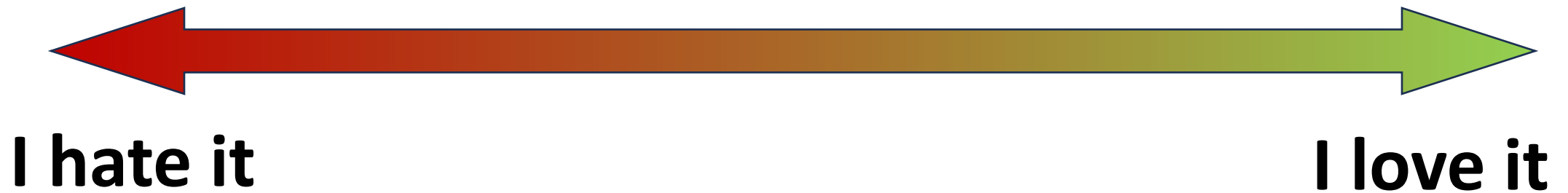


**Parkour**



**Golf**

# PERSONAL CONTEXT



Personal preference 😊