

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

Motor	The degree of fine motor skills the player has to manage. Temporal pressure, the manipulation of tools, the open aspect, are criteria
Sensory	The degree of sensorial informations (mostly tactile) that participants has to tolerate. Contact with other participants is one of the main criteria.
Cognitive	The complexity and number of informations that participants have to manage at the same time. The complexity of decision-making process.
Psychology	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.
Adaptability	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.
Social aspects	The degree of interactions with partner and/or opponents, which require communication skills.

DIRECTORY

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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

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Parkour



Fitness



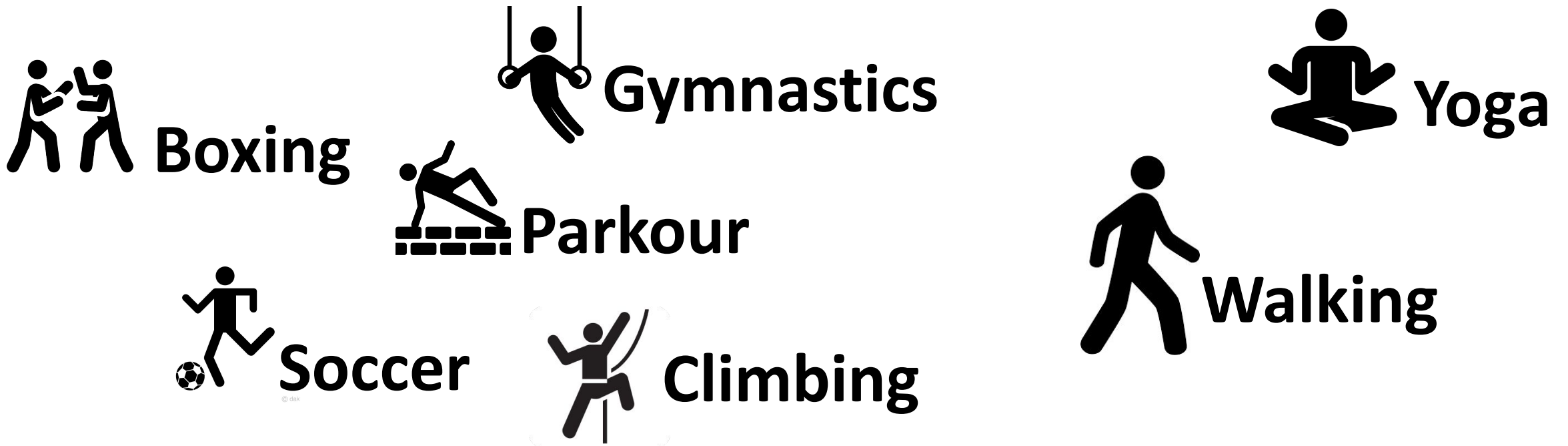
Basket-ball



Walking

PSYCHOLOGICAL CONTEXT

from the most demanding... to the less



SOCIAL CONTEXT

from the most demanding... to the less



Soccer



Climbing



Swimming



Boxing



Walking

ADAPTABILITY CONTEXT

from the most demanding... to the less



Basket-ball



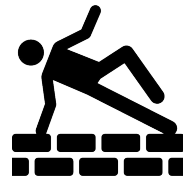
Climbing



Gymnastics



Soccer

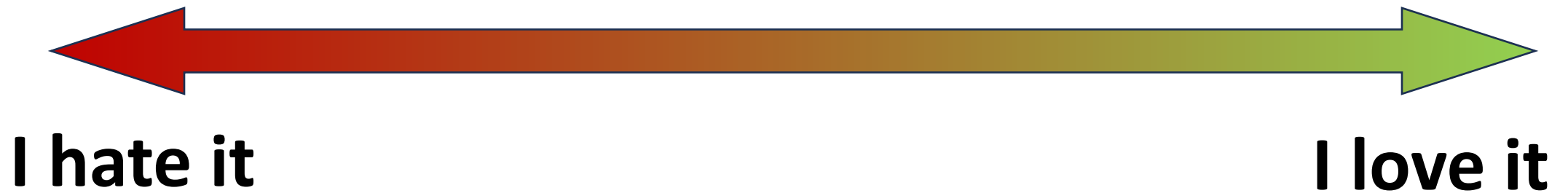


Parkour



Golf

PERSONAL CONTEXT



Personal preference 😊