



Getting changed for PE

get PE bag



take off jumper



take off school top



take off t-shirt



take off shoes



take off trousers



put on shorts



put on PE shoes



put clothes in bag



Getting changed after PE

get clothes out of bag



take off PE shoes



take off shorts



put on trousers



put on school shoes



take off PE t-shirt



put on school top



put on jumper



hang up PE bag



Getting Changed for PE



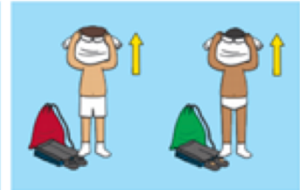
1. I take off my jumper.



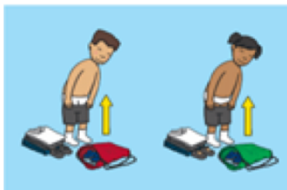
2. I take off my shoes.



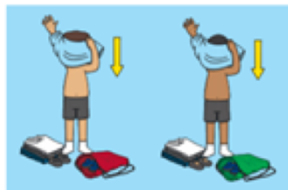
3. I take off my trousers or skirt.



4. I take off my shirt or dress.



5. I put on my PE shorts.



6. I put on my PE shirt.



7. I put on my PE shoes.



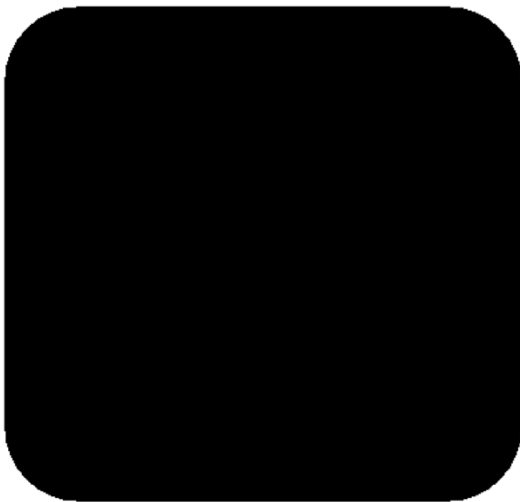
8. Now I am ready for PE.

Remember to use **STEP** - you can adapt the:
SPACE, TASK, EQUIPMENT AND PEOPLE



The National Autistic Society are the UK's leading charity for people on the autism spectrum and their families.

now



next

