



## Teaching Tips and Strategies: How to Integrate Balancing Circuits into Physical Education for Students with Autism



Students with autism who may typically demonstrate self-stimulatory behaviors and have difficulty focusing or attending to tasks or skills can show improvement through using a range of balance equipment set up in a circuit. With the use of balancing exercises, students can learn to better focus on the environment around them, both within the gym and beyond in the classroom.

Your exercise circuit can be made up of five or six stations of differing balancing types: front/backward, side-to-side, single and double beam. Using a variety of equipment requires a student to focus on foot placement for motor planning and balance, initially with moderate assistance. The circuit can be set up in linear or circular form so that students can easily go through it multiple times. Repeated use of the circuit over time enables students to complete the balancing skills with diminishing assistance and increased focus on their environment.

