

## An explanation of the Activity Inclusion Model (AIM)

**Inclusive Sports** offers all participants and performers with a disability, the opportunity to realise their full potential in physical activity including PE and sport by providing open, modified, parallel and specific sports options appropriate to their individual needs and abilities, relevant to the setting and activity. Engagement and transition within the model will be by choice or as part of a planned programme of sports participation, training or competition.

**Clubs and Activity Sessions** – Clubs and activity sessions that promote inclusive principles.

**Coaches and Volunteers** – Ensuring coaches and volunteers are prepared, confident and competent.

**Health and Education Sectors** – Supporting the inclusion agenda by ensuring the sectors are prepared, confident and competent to meet the needs of all participants with a disability.

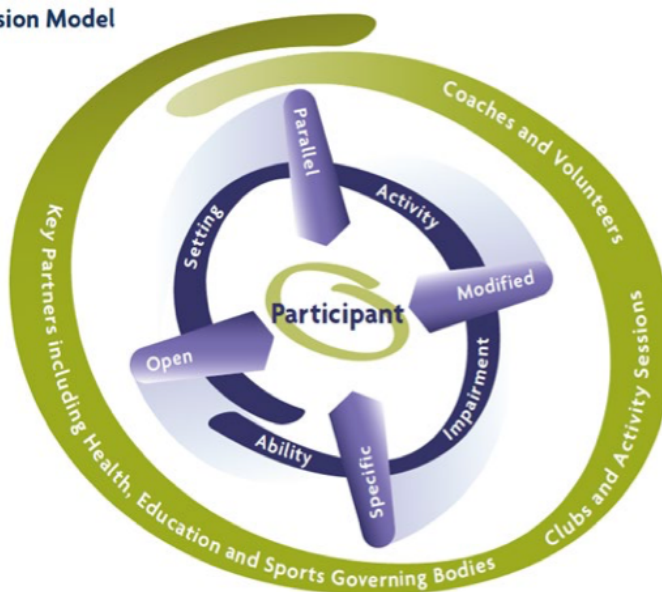
**Key Partner** – Adopting policies and procedures that impact on delivery and ensure that participants with a disability are considered and included.

**Open activity** – everyone can take part – based on what everyone can do and does not include any modification. **Modified activity** – people do the same activity in different ways.

**Parallel activity** – organised in ability groups, everyone takes part in a variation of the same activity.

**Specific activity** – people take part in unique activity specific to the sport.

  
SCOTTISH DISABILITY  
SPORT  
**Sports Inclusion Model**



## Fig 1. Activity Inclusion model

The four factors that influence inclusion (and inform the structure of provision) for each individual participant are ability, activity, impairment and the setting. All need to be considered when creating the most appropriate provision.

\* Please note, there may be home country differences with the adoption of the AIM model for clarification please see; England – Activity Alliance. Scotland – Scottish Disability Sport, Wales – Welsh Disability Sport, Northern Ireland – Disability Sport Northern Ireland.

Fig 1: 3rd Generation – Activity Inclusion Model (September 2016). AIM evolved from Black & Stevenson's Inclusion Spectrum and aligned to the WHO's International Classification of Functioning, Disability and Health.\*