

# Keeping Fit and Exercise

*In My Shoes*  
Pointers for Parents

## Special Olympics

The Special Olympics offers sports programmes to people with special needs throughout New Zealand.

<http://www.specialolympics.org.nz/Schools.html>

## Community Sporting Opportunities

There are also community sporting opportunities that might be more suitable than school team sport for your child with ASD.

- 10 Pin Bowling
- Swimming
- Running
- Orienteering
- Golf
- Bike Riding
- Squash (try hitting a big ball or a balloon)
- Tai Chi

## Activities for Exercise

If your child is unable or unwilling to exercise, find an activity where the focus is not on exercise.

- Wii/Eye Toy (physical computer linked games)
- Walk the dog
- Exploring a country school playground in the holidays
- Collecting pinecones
- A trip to the beach
- Delivering pamphlets
- Making a vege garden
- Collecting shells at the beach

