

## Support for School-Based Physical Activity Framework in Gauteng Special Schools, South Africa

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**Statement of the Problem:** The National Association for Sport and Physical Education (NASPE) recommends that children should accumulate a total of 120 minutes of physical activity daily. The recommendation stipulates that 60 minutes should be free-play and 60 minutes structured or adult-led activities. Researchers reported that children with cerebral palsy (CP) present with a wide spectrum of physical abilities and without support will not achieve recommended daily physical activity levels. The purpose of this study is to describe the support for school-based physical activity framework that will improve the physical activity levels and patterns of children with CP in Gauteng Special Schools. **Methodology:** A mixed methodology study comprising focus group discussions and an intervention was conducted. **Findings:** The support for school based physical activity framework that speaks to the curriculum, activity differentiation and adaptation as posited by the national department of education and key stakeholders is recommended. **Conclusion & Significance:** Support for School-Based Physical Activity Framework is the overarching theme that emerged from a total of 152 direct and 478 aggregated coding references resulting from 11 direct and 15 aggregated coded items representing the FGDs. Four themes which are: Partnership and Collaboration, Peer Support, Enabling Environment and Teacher-Learning Support Material as portrayed by figure 1 mind-map below merged to develop the overarching theme. The support for school based physical activity framework speaks to the curriculum, activity differentiation and adaptation as posited by the national department of education that is informed by key stakeholders. Recommendations are made for interventions that focus on inclusion, activity differentiation and adaptation to improve the physical activity levels and patterns of children with CP.

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