



What is the TREE Model?

It is a simple and effective universal tool to help teachers, instructors or coaches adapt and modify activities to be more inclusive. The TREE acronym stands for:

Teaching or instructional style

Rules and/or regulations

Environments

Equipment

How to apply TREE

T Teaching or instructional style – can be delivered in a variety of ways to meet a range of learning styles.

- Keep instructions simple and concise
- Use [visual aids](#), demonstrations, modeling, and learning by doing
- Break complex tasks into steps
- Use questioning to check for understanding
- Encourage participation, teamwork and problem solving

R Rules and/or regulations – can be simplified or changed if it unnecessarily excludes or restricts participation.

- Begin activities with only a few of the easy to remember rules
- Gradually introduce the rules, one at a time
- Minimise the time between giving instructions and starting the activity
- Consider changing the rules if it unnecessarily excludes or restricts anyone from taking part

E Environments – can be modified to include all people in activities.

- The floor surface can be changed to allow smooth running of wheelchairs or other mobility aids
- Lighting, temperature and noise can be modified with the use of design, devices and materials
- Seating can be located at specific areas so they can be used when fatigue or discomfort occurs
- Create playing areas that have more space to negotiate tasks and make them achievable

E Equipment – can be adapted to make activities more inclusive.

- The height, size, colour, shape, weight, and texture of equipment can be changed
- Have a variety of equipment alternatives available
- Ask participants what equipment might work best in any given activity
- Experiment with how different types of equipment work in any given context

Note - Assistance with modifying or adapting the environment and equipment can be provided by a child's Occupational Therapist (OT), physiotherapist or parent.

Additional Resources

Sports Ability Inclusive Activity Cards

https://www.sportaus.gov.au/sports_ability?result_704620_result_page=1