

## Attentional Neurodiversity in Physical Education Lessons: A Sustainable and Inclusive Challenge for Teachers



Miguel Villa-de Gregorio, M.; Palomo, M.; Gómez Ruano, M.A. y Ruiz Pérez, L.M. (2023). Attentional Neurodiversity in Physical Education Lessons: A Sustainable and Inclusive Challenge for Teachers. *Sustainability*, 15(6) DOI: 10.3390/su15065603

**Abstract:** Attentional neurodiversity is evidenced in the majority of current schools. The role that physical education plays for the inclusion of students with attentional problems in the school is quite relevant. This essay aims to show the effectiveness of sports and physical exercise on the core symptoms of schoolchildren and adolescents with attention deficit/hyperactivity disorder (ADHD). What is more, this proposal sheds light the key differences between clinical conditions of physical exercise and/or sport interventions and the ecological conditions of physical education lessons where the students with attentional

problems should be included. Finally, this essay puts forward the real need for bridging the gap between physical education and science by changing the curriculum based programs, re-designing the teachers' training programs, and acquiring the scientific recommendations in order to ensure the inclusion of all students according to Agenda 2030.

**Keywords:** physical education; sport; inclusive education; special needs education; sustainable development

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