

activity  
alliance

disability  
inclusion  
sport

# Inclusive Learning Principles

Creating better  
learning for everyone



These principles are designed to support anyone involved in creating and reviewing learning and training opportunities. They offer simple prompts to help you make learning fairer, more welcoming and more accessible for everyone, especially disabled people. Use them when planning new learning, improving existing content or thinking about how learners experience your content.

This document is a two-page summary. We have also created a supportive guide full of practical tips on how to put the principles into practice, and a self-assessment tool to help you review existing learning content.

You can find these on the [Activity Alliance website](#).

Activity Alliance is the national charity and leading voice for disabled people in sport and activity. We created the Inclusive Learning Principles with support from Sporting People and in close collaboration with expert partners including Active Partnerships National Organisation, CIMSPA, Sport England, UK Coaching and UK Sport.



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# 10 Inclusive Learning Principles



## 1 Inclusion isn't optional. It is part of everyone's role.

Embed inclusion from the start, not as an afterthought.



## 2 Led by lived experience.

Listen to disabled people and learners.

Their voices must shape how learning is designed, delivered and reviewed.



## 3 Keep it real.

Design learning that connects to real-world roles, environments and the change we want to see.



## 4 Accessible by design.

Design for everyone from the beginning.



## 5 Use clear, inclusive language and imagery.

Communicate in plain, positive English with respectful images and words.



## 6 Flexible and personal.

Everyone learns differently. Create learning that adapts to each person and their goals.



## 7 Enable growth and progression.

Believe in every learner's potential. Create learning that supports their growth with the right level of challenge.



## 8 Learn together.

Peer interaction supports stronger learning. Create inclusive spaces for sharing and collaborating.



## 9 Reflect, apply, act.

Help learners connect ideas and theory to real actions.



## 10 Monitor and improve.

Regularly check what's working and what's not.

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**This document is also available in Word format. Please contact us if you need more support. Published in May 2026.**

Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity No. 1075180.