

It's a cliché but as a kid I hated gym class. Since learning that I am autistic and that many autistic people have difficulty with motor skills, and while I've never officially been diagnosed with this part, I have been wondering how it affected my life. Part of why I hated

gym class was because I'd have to learn new to me activities in competitive situations. The only sport I really learned away from this atmosphere was swimming. So naturally, swimming became my favorite sport. But when I tried to become a competitive swimmer I realized that I was actually really bad after it. After short, frustrating turns on three teams I went to a swim clinic where I learned that I was unable to build speed because of a lot of bad form in my strokes and kicks. I've tried to improve, but resigned myself to never being competitively good. But it did make me wonder, what would I have had to have to have a "good" gym experience as a kid? And would that be "good" for any one else?

