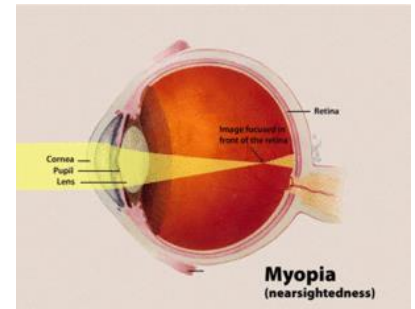


Myopia

What does this mean?

- **With normal vision the point of focus is on the retina. With Myopia the eyeball is long and therefore the image of the object being viewed comes into focus in front of the retina.**
- **Near objects are clear but distant objects are blurred.**
- **A concave lens is used to correct short sight by pushing the focussed image back onto the retina, although the severest cases cannot be completely corrected by the wearing of glasses.**
- **The stretching of the peripheral or central retina in these cases could lead to a detached retina and advice should be taken from an ophthalmologist before the child participates in contact sports or sports where they may take a blow to the head.**



Implications for Learning

- Pupils will not be able to access distant information eg on white board.
- They may miss out on incidental learning such as information on display boards.
- They may take longer to copy information, as refocussing from near to distance is difficult
- Fast moving games/ ball games will be difficult
- They may find it difficult to find familiar people in a crowd.
- They may take longer to complete visually demanding tasks.



Ways to help

- Pupils with a mild vision impairment will need to sit within 2 metres of distant information.
- Always say the pupils name at the beginning when addressing them.
- Read what you are writing on the board.
- They may need some enlargement or increased spacing of written material.
- Written material needs to be of good quality and contrast in a clear font such as arial.
- In addition, pupils with a moderate vision impairment will need individual access to distant information.
- Brightly coloured balls/ equipment should be used in PE.

Related Sheets:

- Wearing glasses well
- Myopia
- Hypermetropia

Other Resources:

W: berkshiresensoryconsortium.co.uk/