

# Quick-Read Inclusive Sports Guide



## Inside...

How to make sports inclusive for disabled children and those with additional needs.

How to play inclusive sports such as goalball and bocchia.

Ideas for inclusive 5-minute fillers with basic equipment.

Quick-reference key to help you pick out activities appropriate for children in your group.

## Welcome!

Welcome to the quick-read inclusive sports guide. The aim of this document is to help you to deliver inclusive sports for disabled children and those with additional needs and tips on making adaptations for them but without any need for technical knowledge. As well as sports, this guide also covers '5 minute fillers' which are engaging activities that are physically active but inclusive for disabled children and those with additional needs.

## Key reference

This document uses a key to indicate to you whether each activity is appropriate for certain disabilities

**LD** – Learning Disability

**PD** – Physical Disability

**HI** – Hearing Impairment

**VI** – Visual Impairment

✓ - Appropriate

📄 - Flagged, appropriate with certain adaptations

### Examples:

**PD** ✓ - appropriate for children with physical disabilities.

**HI** ✗ - inappropriate for children with hearing impairment. For example, could be an activity involving blindfolding.

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## Making sport inclusive

Here are some general points to give you ideas of how to make activities you already do more inclusive:

- All players seated (inclusive for wheelchair users).
- Use 'zoning' where players are allocated their own area (like netball) which avoids people being knocked over.
- Use target-based games which are good for players who struggle with large motor movements.

## Using the ramp

The ramp is great for someone with limited arm mobility, but they may need help. The picture on the right demonstrates that you can support the ramp either from in front or behind the player, although rarely both are required.



## Visually impaired (VI) players

Here are some ways you can adapt activities to make them inclusive for someone who is partially sighted or blind. Where activities in the key are listed as:

**VI** ♣ you may wish to consider including these adaptations.

- Clap above a target where the player is aiming.
- Have a brightly coloured object to point with to indicate the jack if they have trouble distinguishing it.
- Replace ball(s) for one with a bell in so it is audible.

## Communication

Communication skills are always important but particularly with players who have a hearing impairment or a learning disability so consider these tips:

- Ensure you are looking straight at players when talking so that they can lip read you.
- As well as announcing the score verbally, possibly indicate it by holding up fingers or marking on a score card.
- Keep sentences short and concise, it is easier to lip read!

## Overview

The purpose of the Out of School Club (OOSC) Inclusive Sports Scheme is to increase disabled children's access to childcare by providing more inclusive activities for them to engage in alongside their non-disabled peers at the clubs. This project has been funded by a grant from the DCATCH fund to include training of providers, purchase of equipment and creating education materials to allow clubs to run these activities independently.

## This guide

All of the sports in this guide relate to the equipment in the equipment loan pool available as part of the scheme. For further information on each activity, please use the contact details to the right or Google more activities!

## Equipment loan

There are six equipment bags that you can borrow, each for a different sport:

- Boccia
- New Age Kurling
- New Age Bowls
- Goalball
- Tri-Golf
- Kwik Cricket

These are all free to loan for OOSCs and other non-school groups working with children where there are disabled children in the group.

The loan periods are one month at a time and you can have one bag at a time, but there is no limit on the number of times you can loan the equipment.

If you want to loan the equipment, please download a loan form from [www.york.gov.uk/disabilitysport](http://www.york.gov.uk/disabilitysport) and email it back to me at [rob.tyas@york.gov.uk](mailto:rob.tyas@york.gov.uk)

## Workshops

CYC can run workshops for your OOSC on how to provide inclusive sport and physical activity. This can either be on how to use the equipment available for loan or on how to inclusive activities using basic equipment such as bean bags, hoops and balls. For further information contact [rob.tyas@york.gov.uk](mailto:rob.tyas@york.gov.uk)

## Rotation scheme

Six clubs are involved in a rotation scheme whereby the bags of equipment are rotated between the clubs who have undergone specialist training. Why not get in touch with them for ideas on how they use the equipment? Get in touch at [rob.tyas@york.gov.uk](mailto:rob.tyas@york.gov.uk)



## Key

Ideally 6 (or 2, 4 or 12) players, 1 referee.

LD ✓ PD ✓ HI ✓  
VI 🗑️

## Set up

6 players are seated side-by-side facing the court. Each player has 2 balls (both red or both blue) and are seated by colour. E.g. red player, blue player, red etc.

## Technique

There are a variety of ways in which the ball can be sent:

- Throwing
- Rolling
- Kicking/pushing with foot
- Sending ball down a ramp (possibly with assistance)

These adaptations make the game inclusive for those with limited arm mobility.

## Time

15 minutes – 1 hour

## You will need

1 boccia set which includes:

- 6 red balls
- 6 blue balls
- 1 white ball
- Up to 6 chairs

Adaptive equipment may include:

- Ramp
- Brightly coloured marker/pointer

## How to play

As you look at the players, the player on your right hand side sends out the white ball (the jack) and then attempts to send one of their coloured balls as close to the jack as possible.

The opposition then sends in one of their coloured balls to attempt to get closer to the white ball.

After this point and throughout the game, whichever team is furthest from the jack continues to send in balls until they become the closest to the jack (at which point the other team plays) or until they run out of balls.

The score is determined by the number of the winning team's balls between the jack and the nearest opposition's ball.





## Court layout

You can lay out a simple court for playing boccia where there are six chairs in a line in front of a rectangular court.

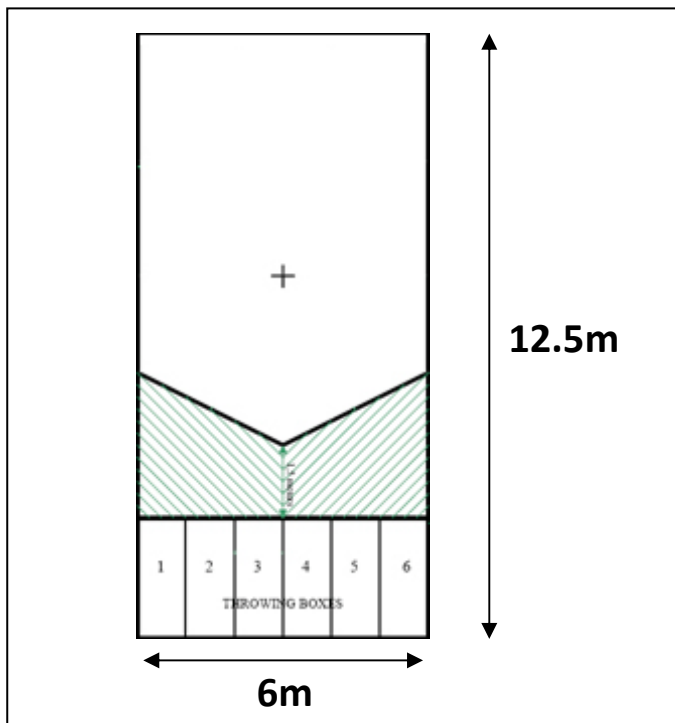
You could add official boundaries but this is optional. Here, players could not leave the boxes during play, balls would have to get past the 'V' to be in play and any balls going over the outer lines would be 'out'. If this happened to the white ball it would be returned to the cross.

## Some rules!

All players must be seated during play to be inclusive for wheelchair users.

Only one ball can be sent at a time.

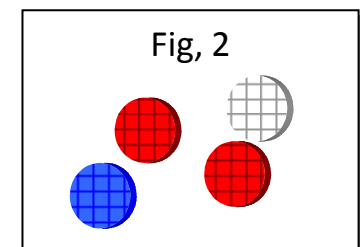
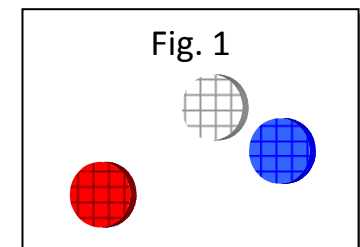
Players take turns in throwing out the white ball (e.g. the person next to the one who threw it out last).



## Example of scoring

In Fig. 1, the red team are furthest from the jack so it would be their turn to play next. Only 1 blue ball is closer than the nearest red so the score is 1 – 0.

In Fig. 2, there are two reds closer than the nearest blue so it is 2 – 0 to reds and it is the blues turn to play next.



## Key

Ideally 6 (or 2, 4 or 12) players, 1 referee.

LD ✓ PD ✓ HI ✓  
VI 🙅

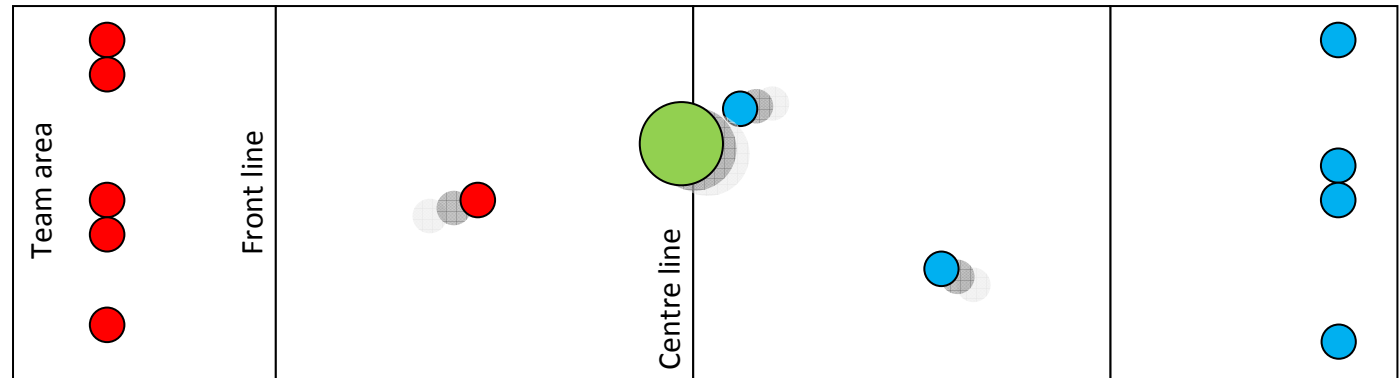
## Time

10 minutes – 30 minutes

## You will need

1 boccia set which includes:

- 6 red balls
- 6 blue balls
- 1 beach ball
- Up to 6 chairs
- Ramp if necessary
- Floor markings (or similar such as tape or string)



## Set up

Two teams of 3 players are seated side-by-side facing each other at opposite ends of the court. Each player has 2 balls with the red team at one end and blues opposite. Mark out the court into 4 zones as indicated in the diagram above.

## How to play

The beach ball is placed in the centre. Teams send balls to try and knock the beach ball towards the opposition and score by making it pass over the front line. Either have everyone throw together or have teams alternate turns.





## Key

1 to 4 players, 1 referee.

LD ✓ PD ✓ HI ✓  
VI 🦿

## Time:

10 minutes – 30 minutes

## You will need

1 New Age Kurling set which includes:

- 4 blue 'stones'
- 4 red 'stones'
- Target mat

Adaptive equipment may include:

- Ramp
- Telescopic pushers
- Alternative target mat

## Set up

Players either stand, sit or kneel (whichever suits them best) side-by-side facing the target, 5 – 10m away.

Players are split into the red team and the blue team and should come to the centre in order to push or release their stones.

## How to play

Players push their stones by hand, foot, with a telescopic pusher or with a ramp. Stones are pushed towards the target with the winning team being the one that is the closest to the bulls-eye.

Players can aim to get close to the centre, to knock out oppositions' stones or to create a blockade to defend a winning position.

Teams take it in turn to play (e.g. red, blue, red etc) until they have run out of stones.







## Kurling croquet

**Time**  
20 minutes +

**You will need**  
1 kurling set (stones, pushers, ramp), kurling croquet hoops.

**Set up**  
Spread out croquet hoops to form a path that players have to follow.

**How to play**  
Players take it in turns to try and push their stones through the hoops following the path to get back to the starting position. The winning player/team is the one that gets their stone through all of the hoops on the course with the least number of pushes.

## High score 'Kurling Kounters'

**You will need**  
1 kurling set (stones, pushers, ramp), 1 kurling kounters mat.

**Time**  
15 minutes +

**How to play**  
Simply replace the bulls-eye target mat with the kounters mat which has a random arrangement of scores. This is great when working with players who struggle to reach the centre of the mat as they are more likely to gain a high score.

## Key

1+ players.

LD ✓ PD ✓ HI ✓  
VI 📄

## Time

20 minutes – 1 hour

## You will need

1 Tri-Golf set which includes:

- Clubs & putters
- Soft foam balls
- No-bounce balls
- Tees
- Hoops
- Targets
- Flags
- Cones
- High score wedge

## 9 hole (or less!)

Use the cones, flags and hoops to set up a course where players can compete to complete the green in the smallest number of shots possible. To be space efficient you could set up one hole and after that has been completed, re-arrange the equipment for another one.

You can always add in hazards like water (a blanket or similar) which add 1 extra point onto to the score if they are hit.

## High-score putting

Use either the high-score wedge or the hoops to practice putting. Allocate players a number of balls and they compete to rack up the highest score with the wedge or the most balls in the hoops to win.

## Driving range

Mark out targets on or against a wall such as a bulls-eye or a number of hoops leaning against a wall.

Set a certain score for each target/part of the target and players can compete to score the highest number of points within a certain number of balls. Increase or decrease the distance from the driving area to the target to change difficulty.



## Finders keepers target game

### Key

4+ players.

LD ✓ PD ✓ HI ✓ VI 📄

### Set up

Scatter yellow cones in a 5m<sup>2</sup> space keeping gaps of around ½ metre between each cone. Place four red cones a few metres apart in a line opposite the yellow cones.

### You will need

4 red cones, 10-20 yellow cones, 4 putters, 4 foam balls.

### How to play

Players stand by the red cones in a line, then using the putter aim to hit the yellow cones with the ball. The player then collects the cones that they have hit and gain a number of points for each cone collected.

## Target bulls-eye

Key: 4 players LD ✓ PD ✓ HI ✓ VI 📄

### Set up

Create a bulls-eye target with the cones. Make an outer circle of blue cones, an inner circle of yellow cones and place a circle of green cones at the core for the bulls-eye. Ensure there are gaps between the cones in the circle so that the ball can pass through. Place 4 red cones diagonal to the circle for the players to stand behind.

### You will need

4 red cones, 10 yellow cones, 10 green cones, 10 blue cones, 4 putters, 4 foam balls.

### How to play

Players stand behind the red cones. They then putt the ball towards the target circles of cones. If they get the ball inside the target they gain points; 5 points if ball is inside green circle, 3 points if ball is inside yellow circle and 1 point if the ball is inside the blue circle.

### Advancements

Reduce spacing between each circle of coloured cones.  
Increase distance from players and target circle of cones.

### Make Easier

Aim to get ball anywhere in the target circles (take out a ring of cones).



## Key

2 + players, possibly referee.

LD ✓ PD ✓ HI ✓  
VI 🦿

## Time

10 minutes – 1 hour

## You will need

1 Kwik Cricket set:

- Stumps
- Bats
- Ball

Adaptive equipment may include:

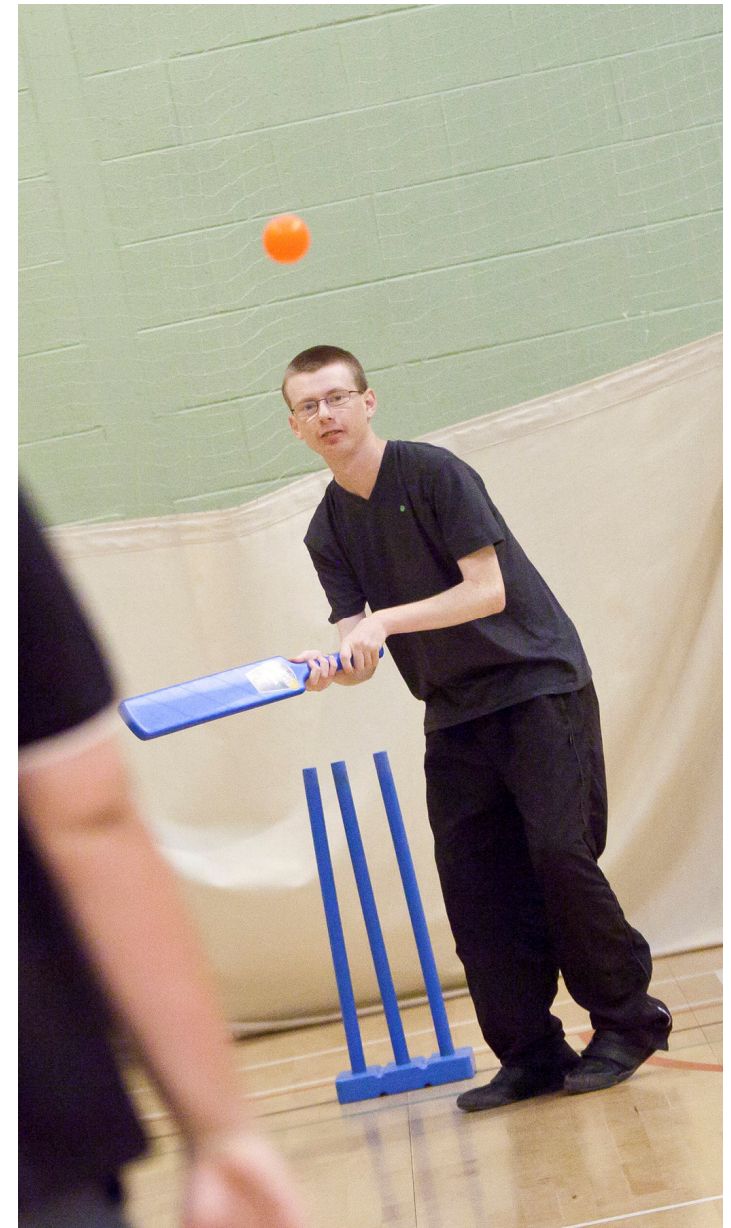
- Ramp
- Large, brightly coloured ball
- Tennis racquet

## Set up

- Two sets of stumps are set up facing each other up to 10m apart.
- A batsman stands in front of each set of stumps.
- A bowler stands to the left or right of one of the sets of stumps a few paces back to have room for a run – up.
- A wicket keeper stands behind the opposite set of stumps.
- Fielders are spread around the playing area.

## How to play

The bowler bowls the ball towards the opposite stumps where the batsman will try to deflect the ball with the bat. If the stumps are hit, the batsman is out. If it is deflected the batsmen will run to change places whilst the fielders will attempt to get the ball back to the stumps before the batsmen reach them and tap them.





## Adaptations for batsmen

- For batsmen that are unable to run between stumps, replace runs with a point for every second that passes from the ball being deflected from the bat to when it is returned to the stumps by the fielder.
- If the bat is too narrow for some players to use accurately, replace with a tennis racket as this has a larger surface area. If this is too heavy, consider a lighter plastic tennis racquet.
- If the ball is too small for a player to see, replace with a larger ball or one with bells inside so it can be tracked.
- If the ball is travelling too fast, replace with a larger, slower ball such as a beach ball or a sponge football as this will give the batsmen more time to prepare for the shot.
- If the batsmen have trouble tracking the ball through the air, try instructing bowlers to do only under-arm balls or extend this to specify that all balls must be rolled along the floor.

## Adaptations for bowlers

- If the player cannot throw over-arm, try using under-arm delivery.
- If the bowler is unable to bowl over-arm or under-arm, try using a bowls ramp at a closer proximity which will deliver the ball along the floor. If this is too easy for the batsmen to track then require them to face the opposite way until the referee calls.
- For bowlers that have trouble gripping the ball, replace with a spongy ball or instead a smaller or larger ball depending on the player's needs.

## Other ideas

Have players practice in twos or threes with a stump, ball and bat between them, much like cricket 'net' practices.

The spare stumps can be used in a full game to create a slalom during a run that players have to complete which can be fun for wheelchair users.

## Key

6 players (3 per team)

1 referee.

VI ✓ LD ✓

PD 📱

HI 📱

## Time

15 minutes – 1 hour

## You will need

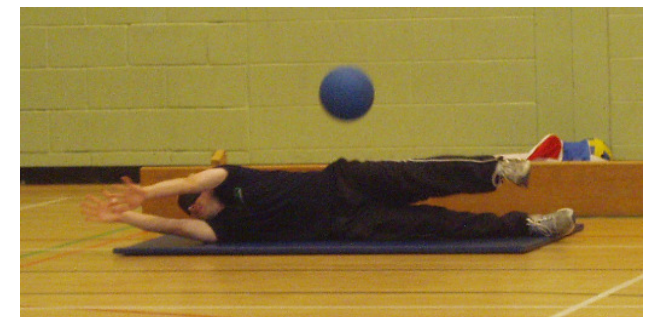
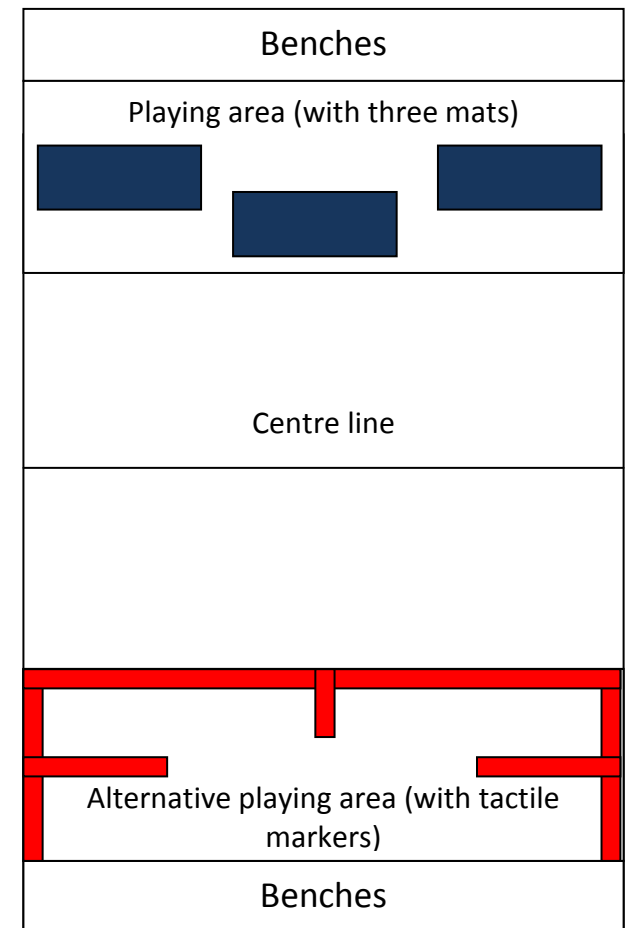
- 1 Goalball or Jingle/ Kixz ball (ball with bell inside).
- Eye shades
- Tactile markers
- Bench is preferable as a goal
- Knee and elbow pads

## Set up

Place a bench at either end of a court to form two goals. In front of each bench place tactile left right and centre markings or lay out three floor mats to form a team area (see diagram). Players wear eyeshades (and knee and elbow pads if playing on floor instead of mats). Mark out a centre line across the middle of the court (see diagram). Try and make the court as large as possible as the larger it is, the longer the ball rolls, the easier it is to hear!

## How to play

The aim of the game is to throw the goalball along the floor of the court to get the ball between the opposition players and hit the bench to score a goal. The players should wear eyeshades and kneel whilst awaiting for the ball coming into their half. When they hear it coming, they should stretch out along the floor to defend the goal (see image). Once the ball is thrown it must touch the floor before the centre line so the defending team can hear that the ball is coming and prepare to defend it. They should then return the shot by throwing the ball along the floor similar to a ten pin bowling throw.



## Key

9 players, 1 referee.

LD ✓ PD ✓ HI ✓  
VI ✓

## Time

10 – 20 minutes

## You will need

- Foam skittle
- 1 goalball
- 6 eyeshades
- Knee and elbow pads

### Adaptations:

- Player closes eyes instead of wearing eyeshades
- HI players could have their eyes open during play

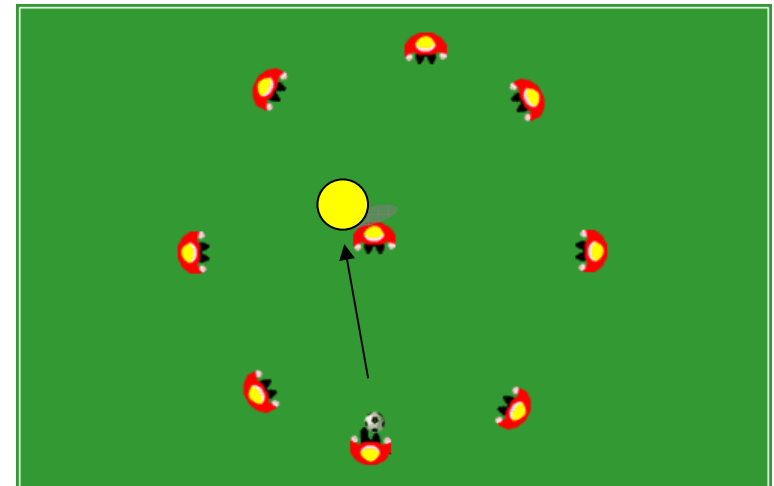


## Set up

- One player acts as 'goalie' and kneels in the middle of the circle next to an upright foam skittle (yellow object in diagram).
- Eight players sit in a circle around them 2 – 3m away from the goalie. They each have a small gap between them.
- One player in the outer circle starts with the ball.
- Make the circle bigger for players who struggle as the goalie so that the ball can be heard for longer.

## How to play

The player in the outer circle with the ball will roll the ball along the floor (not through the air) in an attempt to knock over the pin. The goalie will crouch by the pin and will listen for the ball; when they hear it coming they dive in front of the pin to block it. If the pin is knocked over by the ball then two points are scored. The keeper then has the chance to score by trying to get the ball between the gaps in the people sat in the circle and scores three points. The winning side (goalie or outer circle) is the side that scores six points. At that point the goalie swaps with one of the other players and this is repeated.



## Key

2, 4 or 6 players, 1 referee.

LD ✓ PD ✓ HI ✓

VI ♻️

## Time

15 minutes – 1 hour

## You will need

1 New Age Bowls set which includes:

- 4 red balls
- 4 blue balls
- 1 yellow ball
- Foot placement marker

Adaptive equipment may include:

- Ramp

## Set up

Players are split into two teams, red and blue. The game can be played in one of two ways:

- Seated (on chairs) where players sit side-by-side facing the playing area.
- Standing – the purple foot placement marker is thrown down and the player taking their turn has to keep their most forward-placed foot on the marker whilst bowling.

## How to play

One team rolls out the yellow ball (the jack) and then rolls one of their coloured balls to get closest to it. Teams then alternate taking turns to bowl and when all balls are used up the winning team is the one that is closest to the yellow ball.

The balls have a weight on one side so curl when bowled rather than rolling in a straight line.





## Wedge target bowls

### Key

2, 4 or 6 players.

LD ✓ PD ✓ HI ✓ VI 📄

### You will need

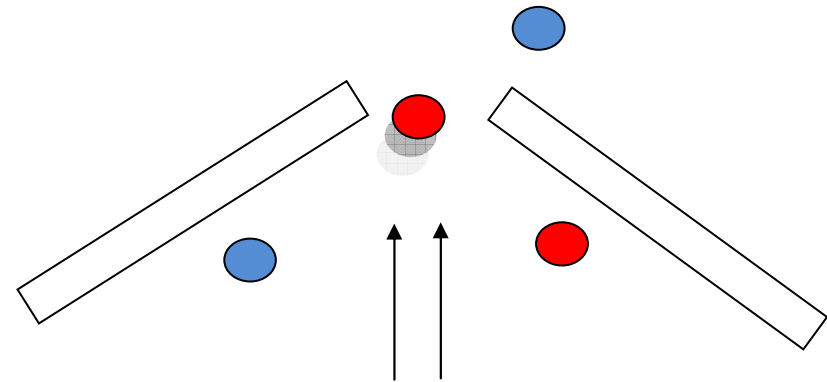
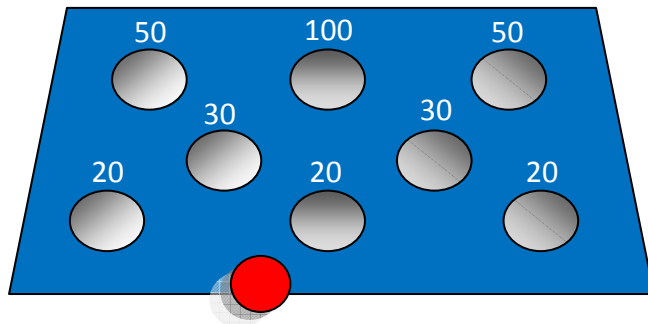
4 blue balls, 4 red balls,  
high score wedge, foot  
placement marker.

### Time

15 minutes +

### How to play

Players stand or sit behind a line or the foot placement marker facing the high score wedge. Red and blue teams take it in turns to bowl one ball at a time at the wedge, attempting to place the balls in the marked holes on the wedge. Each hole is marked with a score of up to 100 which represents the points scored if the ball goes in. The winning team is the one which accumulates the highest score.



## Mind the gap

### Key

2, 4 or 6 players.

LD ✓ PD ✓ HI ✓ VI 📄

### You will need

4 blue balls, 4 red balls, cones /  
benches for a barrier, foot  
placement marker

### Time

15 minutes +

### Set up

Create two barriers (with cones or benches) with a gap in the middle.

### How to play

Players stand or sit behind a line or the foot placement marker facing the barrier. Teams take it in turns to bowl one ball at a time at the barrier and score 5 points every time the ball goes around the outside of the barrier or 20 points if it goes through the middle.

## Bean bag target game

### Key

4+ players, LD ✓ PD ✓ HI ✓ VI 

### Set up

Place 3 different coloured hoops e.g. red, blue, yellow, on the floor and draw a horizontal line a few metres opposite them. Give 6 bean bags to the player matching the colour of the hoops (e.g. 2 red / 2 blue / 2 yellow)

### You will need

6 bean bags, 3 hoops, line marker / cone

### How to play

First player stands behind the line and throws the bean bag, aiming at the same coloured hoop. They then do the same with the rest of the bean bags and gain points for getting the bean bag into the matching coloured hoop.

### Advancements

Hoops are moved further away from the throwing line.

### Make Easier

Aim to get the bean bags into any hoop (ignore colour)

## Static balance (seated)

**Level 1:** Seated on floor, try to retain balance with one hand and two feet in contact, then two feet and one hand, then one foot and one hand, then one foot or hand, then no hands or feet for up to 10 seconds.

**Level 2:** With hands and feet off the floor pick up a cone or bean bag from one side and pass it across body and place on the floor on opposite side (can do with a number of items and time it; start again if foot or a hand goes down)

**Level 3:** Same as level 2 but must be the same hand throughout. Then increase the distance they have to reach for the cone.

**Level 4:** Hold arms and feet up in a 'dish shape' for up to 5 seconds.

**Level 5:** In position held at level 3, search for and retrieve cones in front, to side and behind.

**Level 6:** Attempt when sat on a bench or on a sponge football or Swiss ball.

## Counter balance in pairs

### Level 1:

Two children seated facing each other hold hands and lean apart then lean together. Begin with holding two hands, then one hand (same side, before changing sides) then crossing hands (so left hand holds partner's left hand). Rock forwards, backwards and side to side.

### Level 2:

Repeat as above but standing. Hold wrists instead of hands. Each child should bring one foot forward so that they are touching for extra stability.

### Level 3:

In standing with feet together and touching partner's toes, lean back and together with two hands then lift one arm above head or behind and repeat.

### Level 4:

Attempt the above standing on a low beam, bench or foam strip.

## Ball skills

**Level 1:** Sit on floor with legs out in front of you, roll a ball (approx size of football) around your body using two hands. Progress to using one hand at a time, then rolling ball up and down legs then around your waist.

**Level 2:** Roll a ball up and down then around the body using one hand in contact with the ball, in seated position first then in standing.

**Level 3:** Without touching your body, pass the ball around one leg ten times (repeat for other leg), then around your waist ten times, then around alternate legs (full circle of left then right, NOT figure of 8) ten times.

**Level 4:** Pass ball around legs in figure of eight ten times.

**Level 5:** Do a criss-cross catch (e.g. stand with legs apart holding ball between knees with left hand in front and right hand behind; release the ball and switch hands to try and catch the ball without it dropping to the floor). Repeat 20 times and encourage the children to increase the speed.

## Wiggly worm

Children begin on all fours then walk their hands out in front of them until they are in a plank position.

Then they walk their feet up to their hands again to return to the starting position.

## Seated volleyball

All children are seated on the floor in two teams either side of a net or a marker on the floor. The objective is not to let the ball touch the floor on your side of the court. They can use their hands or heads to pass the ball to each other or to knock it over the net to try and score on the other side.

Keeping all players seated makes it inclusive for children with lower limb motor problems.

## Obstacle course

Lay out an obstacle course using hoops, bean bags, balls, steps etc and various tasks can be set for children to complete:

- Slaloming around every object in the least possible time (then attempting to beat their own time) – great if you have a wheelchair user.
- Have to jump over/walk around every object of a certain colour.
- Have to slalom around each object but have to do a certain task at each particular item (for example, squat by a ball, jump by a bean bag). Alternatively they could have to alternate turning clockwise and anti-clockwise at each obstacle.
- This can be adapted into a team activity using relays.

## “Copy me”

All children have to pay attention to leader and remain in silence. The leader will then demonstrate certain actions which the children have to replicate purely by observation. This could be progressed to teach them signs for certain actions. For example, when leader raises right hand in the air, everyone has to sit down. This is really inclusive for deaf and hearing impaired children.

## Throwing & catching

Traditional but effective as it is easy to adapt. Change the item thrown depending on ability level; could include larger or smaller balls, bean bags, handkerchief or feathers.




This document is about running Inclusive Sport sessions to include disabled children in sport in childcare settings. If you would like this information in an accessible format (for example in large print or by email) please contact 01904 553372 or email [sportandactiveleisure@york.gov.uk](mailto:sportandactiveleisure@york.gov.uk)

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

 01904 551550

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If you have any questions then please contact Paul Ramskill on 01904 553372 or [paul.ramskill@york.gov.uk](mailto:paul.ramskill@york.gov.uk)

[www.york.gov.uk/disabilitysport](http://www.york.gov.uk/disabilitysport)

## Inclusive and disability sport and physical activity information

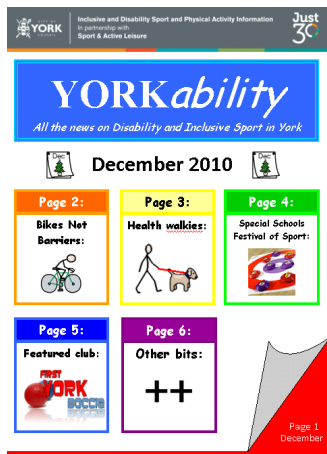
*Available online now!*

City of York Council have two easy-read directories which list over 20 activity clubs for any disabled person or person with additional needs. One guide is for adults (**blue**) and one for children and young people (**orange**).



We also publish the monthly **YORKability** bulletin which has all the news on upcoming events and recent results.

To get hold of all this information, go to our website....



[www.york.gov.uk/disabilitysport](http://www.york.gov.uk/disabilitysport)

## Acknowledgements

This document was written by Rob Tyas (Disability Sport and Physical Activity Officer – Children and Young People), City of York Council in 2011.

The purpose of this document is to provide information to childcare providers on how to deliver inclusive sport to engage disabled children alongside their non-disabled peers in sport. This is designed to accompany inclusive sports equipment purchased as part of the OOSC Inclusive Sport Scheme.

This scheme (including the production of this document) was funded by the DCATCH programme with the intention that disabled children will be more able to access childcare if there are inclusive sport and physical activity opportunities on offer.

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