Inclusive sports zone

Adapted Sports:

Choose a sport and adapt it so it is inclusive of all abilities...e.g.

- Choose a larger ball to make it easier to hit/kick/catch;

- Use a lower net

- Increase the size and number of targets

- Tee up the ball to keep it stationary and easier to hit

- Play games on a table-top so people can play from a seated position

- Play cooperatively to see how many passes you make, instead of most goals scored

- Use brightly colored or audible balls for people with sight or concentration difficulties

Goalball

Goalball is a three-a-side sport for players with sight loss, who all wear eyeshades and play with a ball containing an internal bell to hear and locate it during play.

Arrange a mini Goalball activity:

Form a circle with legs apart and feet touching. Everyone closes their eyes or covers them with eyeshades or a scarf. Players roll the bell ball around/across the circle. Lose a point if the ball goes through your legs!

Sitting Volleyball

Sitting Volleyball is a six-a-side sport for players with reduced or no movement in their upper and lower limbs.

Try a mini-game

Blow up several balloons. Sit players on the floor in the form of a circle. Players work together to try and keep a balloon in the air for as many hits as possible. Increase the number of balloons or introduce a lightweight ball to make it harder. Divide the circle into two to introduce the concept of two teams playing against each other

Chill-out zone

For some people, particularly those with autism or complex needs, overstimulation can lead to extreme anxiety and associated problems and so they may need a safe place to escape and calm down. Create a safe space with beanbags and soft mats to make an environment where people can sit/lie down in a more comfortable setting which is less busy. The zone could be located in a gazebo and be managed by adults with pastoral gifts, and who are CRB-checked to maintain appropriate safeguarding procedures.

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