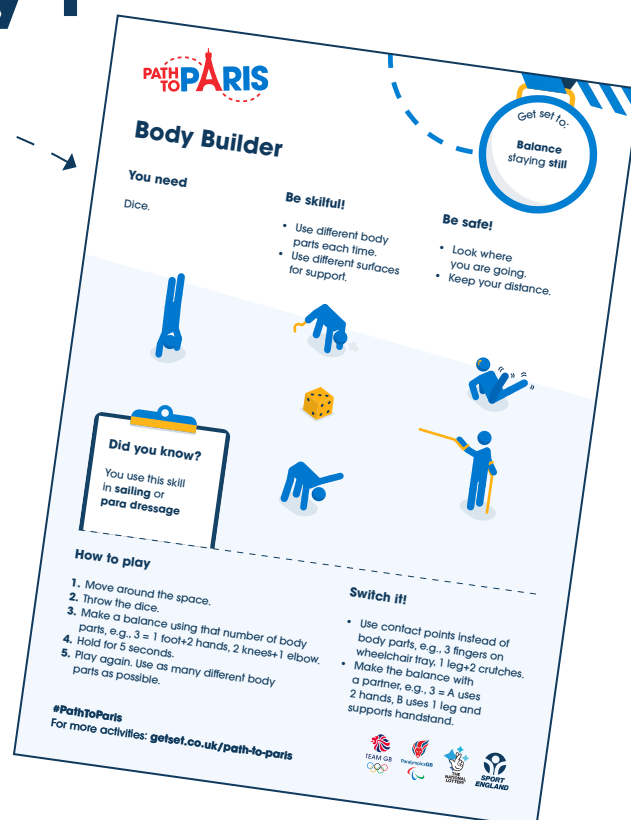


Celebrate your ability 1

Body Builder

Use some of the following adaptations to include young people with specific needs.



Young people with mobility impairments

Space	Task
- Allow surfaces other than the floor to be a base. - Use zones for safe movement e.g., wheelchair users or ambulant.	- Use points of contact instead of body parts, e.g., 3 contact points against a chosen surface. - Reduce the time for staying still.
Equipment	People
- Allow players to use mobility aids as contact points. - Allow players to use other aids, chairs, apparatus etc. for support.	- Work in pairs to support each other. - Work in small groups, each within a zone and with its own dice.

Young people with visual impairments

Space	Task
• Use zones for safe movement, with tactile markings, e.g., string under masking tape. • Give players time to explore the space first.	• Provide ideas in different ways, e.g., verbal description, large drawings, touch. • Ask everyone to wear a blindfold and walk.
Equipment	People
• Call or clap the number instead of using dice. • Allow players to follow a rope trail while moving.	• Ask a buddy to describe their and other players' balances. • Develop new ideas through partner-work.

Young people with hearing impairments

Space	Task
• Remove/reduce distracting noises. • Ask for silence while moving.	• Ask players to demonstrate and observe balances. • Reduce the time for staying still.
Equipment	People
• Use signals, e.g., flags, to indicate start and stop. • Use signs to show dice numbers.	• Give regular time-outs for partners to share ideas. • Work in pairs for extra support.

#PathToParis

For more activities:

getset.co.uk/path-to-paris



SPIRIT OF 2012
INVESTING IN HAPPINESS