

Path to Paris - Inclusive Pack

Tips for including **ALL** young people in physical activity.

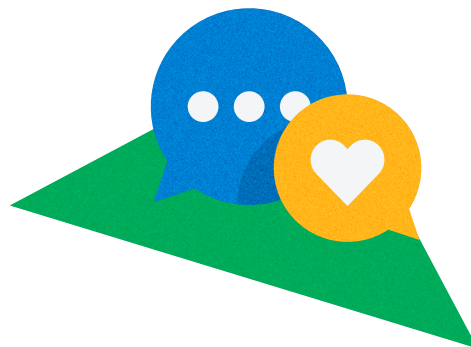


Welcome

- Be positive – focus on what young people **can** do.
- Respect differences – allow each young person to take part in their own way.
- Promote creativity – encourage young people to use their own ideas.
- Celebrate role models – use examples and images of disabled sportspeople.

Communicate

- Consider the environment – avoid or reduce barriers and distractions.
- Use different methods – e.g., speak, write, draw, demonstrate, sign.
- Adjust the language – pitch it at the right level and avoid jargon.
- Use inclusive words – e.g., travel, move, send, receive, speed up/down.
- Listen – work **with** young people to find what works for them.



Adapt

- Use the STEP model to help you – and the young people – to adapt activities.
- Use it to adapt for the group as a whole or for individuals within a group.
- Always make sure any adaptations are **safe!**



Space Where it happens	Task How it happens
• Smaller or larger playing areas. • Shorter or longer distances, e.g., to/between objects. • Different heights, e.g., of nets or targets. • Different shapes, e.g., playing area, target area. • Zones and channels to provide safe areas.	• Different methods, e.g., wheel or run, roll or throw. • Different positions, e.g., stand, sit, floor-work. • Variable speeds, intensity and duration of activity. • Different rules, e.g., more time, more bounces. • Different scores, e.g., bonuses and penalties.
Equipment What is used	People Who does what
• Size, weight, shape, texture, colour of equipment. • Amount of equipment, e.g., none, fewer/more items. • With or without mobility aids, e.g., wheelchair, crutch. • Specialist equipment, e.g., chute, bell ball. • Technology, e.g., videos, apps, signs, pictures, music.	• Work alone or in pairs, small groups or larger teams. • Cooperate with or compete against other people. • Uneven teams, e.g., 2 v 4, to balance abilities. • Buddies, e.g., running guide, describer, runner. • Different roles, e.g., attacker, defender, coach, scorer.

For more ideas, visit:

activityalliance.org.uk

yourschoolgames.com

everybodymoves.org.uk

#PathToParis

For more activities:

getset.co.uk/path-to-paris



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