

Celebrate your ability 3

Keep Clear

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



Young people with mobility impairments

Space	Task
- Make the 'court' larger or smaller. - Remove or reduce the height of the net. - Allocate zones.	- Roll, throw, kick or strike the rubbish. - Sit, stand, kneel or lie down to send. - Reduce the time of each round.
Equipment	People
- Use rubbish that is easy to grip. - Use a chute for rolling soft balls. - Tap rubbish along the floor with a bat.	- Agree roles with a buddy, e.g., one gathers rubbish, one returns it. - Have uneven teams, e.g., 3 v 5.

Young people with visual impairments

Space	Task
• Use tactile markings, e.g., string under masking tape. • Do not use a net. • Use zones with tactile markings.	• Ask all players to wear a blindfold and kneel or sit. • Roll or push the rubbish along the ground.
Equipment	People
• Use rubbish that cannot roll or bounce, e.g., paper balls. • Use a rattle, e.g., pasta in plastic bottle, as a guide.	• Agree roles with a buddy, e.g., one gathers rubbish, one returns it. • Have uneven teams, e.g., 3 v 5.

Young people with hearing impairments

Space	Task
• Explain the game in a quiet space first. • Play in a quiet and echo-free space if possible.	• Sit, stand or kneel to throw to suit a player's balance. • Play in silence and give penalties for shouting.
Equipment	People
• Use the card to show how to play. • Use signals, e.g., flags, to indicate start and stop.	• Ask scorers to use visual signals, e.g., fingers to show points scored. • Give time-out for teams to discuss tactics.

#PathToParis

For more activities:

getset.co.uk/path-to-paris



SPRIT OF 2012
INVESTING IN HAPPINESS