Australian Government
Australian Sports Commission
SPORTS ABILITY

Sports Ability

Using the Activity Cards

Sports Ability is an inclusive activities program that adopts a social / environmental approach to inclusion. This approach concentrates on the ways in which teachers, coaches and sports leaders can adjust, adapt and modify the way in which an activity is delivered rather than focus on individual disabilities.

There may be some differences concerning rules, equipment and technique. However, teachers, coaches and sports leaders working in a physical activity and sport setting can treat young people with a disability in a similar way to any of their other athletes or students. The different stages of learning and the basic techniques of skill teaching apply equally for young people with disabilities. A teacher, coach or sports leader can ensure their approach is inclusive by applying the **TREE** principle.

TREE stands for:

Teaching / coaching style	Observing, questioning, applying and reviewing.	Example: a flexible approach to communication to ensure that information is shared by all.
Rules	In competitive and small-sided activities.	Example: allowing two bounces of the ball in a tennis activity, or more lives for some players in a tag game.
Equipment	Vary to provide more options.	Example: using a brighter coloured ball or a sound ball to assist players with tracking.
Environment	Space, surface, weather conditions.	Example: enabling players with different abilities to play in different sized spaces.

TREE can be used as a practical tool and a mental map to help teachers, coaches and sports leaders to adapt and modify game situations to be more inclusive of people with wide range of abilities.



Try the suggestions provided on the back of each card when modifying the games and activities or use the **TREE** model to develop your own ideas.

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Using the Activity Cards

Sports Ability

Equipment variations

The Sports Ability program includes equipment for each activity, some of which has been specifically designed for the program. However, in many cases there are alternatives that can be substituted if the Sports Ability equipment is unavailable or insufficient for the numbers in the group. Some examples are given below.

Game	Alternatives
Boccia and Kolap	Bean bags, Koosh balls, paper & tape balls, fluff balls. Plastic gutter for ball-sending.
Goalball	Basketball wrapped in a plastic bag, light bell balls, balls filled with rice or seeds. Use masking tape and string to make tactile lines for the players.
Polybat	Table tennis bat with bottom edge removed, light plastic or wooden bats. Push table against wall with a mat or wooden panel on opposite side. Or play on the floor with benches turned on their sides.
Table cricket	Use any small lightweight bat. Place wooden blocks around the table edge for fielders. Alternatively play on the floor.
Gorri	Tennis balls, paper and tape balls, beach ball, soccer ball, volleyball or fit ball.
Buroinjin	Soccer ball, basketball, rugby ball, volleyball.
Koolchee	Plastic bottles with some sand in the bottom as skittles, various balls to use as koolchees.
Sitting volleyball and Kai	Balloons, beach balls, sponge balls – rope with ribbons attached for a net.

Information

For more information about the Sports Ability program, visit the Sports Ability website at www.ausport.gov.au/dsu/sports_ability.asp

Development of the program

The program is coordinated nationally by the Disability Sport Unit at the Australian Sports Commission. The Sports Ability cards were developed by Ken Black and Richard Nicholson and drawn and designed by Glenn Robey of G.Robey Design in Canberra, ACT. They were influenced by resources developed by the Youth Sport Trust in the UK.The traditional games are based on the work of Dr Ken Edwards (formerly of QUT and now at Bond University).

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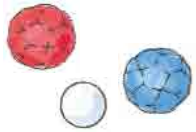
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SPORTS ABILITY

Sports Ability Contents Card

Contents

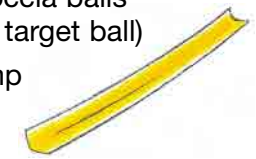
Sports Ability Equipment bag

Boccia

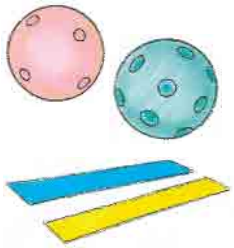


1 x set of official boccia balls (6x red, 6x blue, 1x target ball)

1 x Play boccia ramp



Goalball



2 x light bell balls

6 x eyeshades



6 x marking lines (rubber, 3x yellow, 3x blue)

1 x set marker cones



Sitting Volleyball



1 x standard volleyball – official

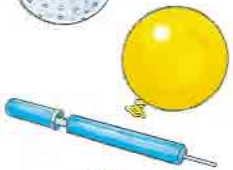
1 x mini-volleyball – official



2 x soft foam (Gator skin) balls

2 x plastic beach balls

1 x pack of round balloons



2 x referee whistles



1 x dual action hand ball pump

1 x volleyball net



1 x mesh carry bag



Polybat



4 x polybats (red)



2 x airflow balls (1x large, 1x small)



1 x side table sections (set of 8 - green)



1 x end table sections (set of 4 - green)



1 x pack of table clips (12)



12 x G-clamps

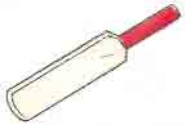


2 x glovebats

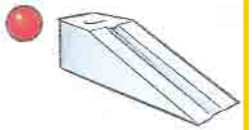
Table Cricket



1 x mini cricket bat

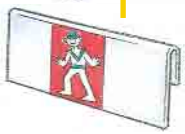


1 x mini cricket ball (weighted - red)



1 x mini cricket ball (non-weighted - red)

1 x mini rolling ramp (launcher - white)



1 x sliding fielders - (set of 9)

1 x table cricket 'scoring run' boards (set of 13)



Resources

1 x set of Sports Ability Activity Cards (32)



1 x Sports Ability instructional DVD

1 x Sports Ability TIG instructional DVD

1 x Sports Ability thumbnail image CD





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Indigenous Implements and Playthings



Traditional headress



Seeds



Shell ornament worn around ankle or wrist



Wood container with handle



Spinning top



Spinning tops



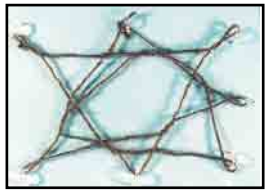
Moulded balls and bats



Spinning top



X boomerang



String game



Koolchee made from gypsum



Boomerang



Play stick



Emu feather ball



Ball made of leaves and twine



Boomerang

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Sports Ability

Traditional Indigenous Games

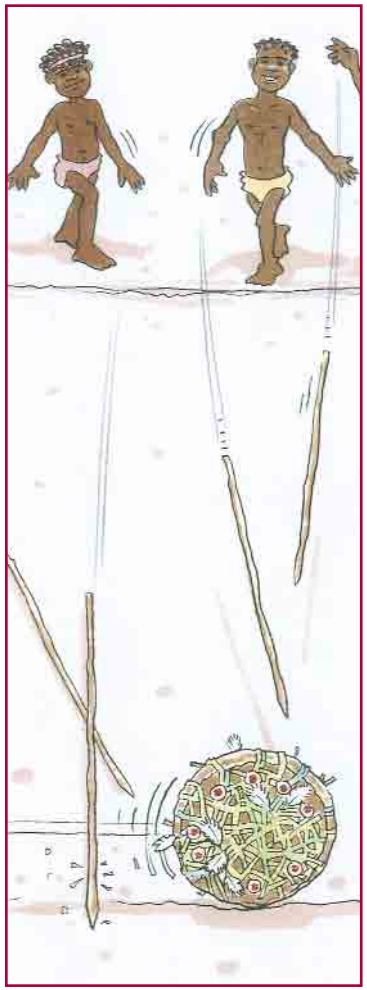
Gorri *(Go – ree)*

Acknowledged as the most recognisable and commonly found Indigenous game, Gorri became popular in all parts of Australia as a practical method of developing hunting skills. A moving target game, participants aimed to hit a bark or wooden rolling disc with spears as it was propelled past. This target disc game is now known as Gorri, however it would have been called many different names, including Yiri and Juta, by many different groups Australia wide. The word Gorri comes from central Australia and is used to not only describe the game but also to identify the unique disc.

The target was usually fashioned from bark or wood and would be laboriously carved using a stone axe or molded with stiff clay and strengthened with grass and feathers, and could even have been painted with ochre circles so that as it span in the sunlight, it resembled a ball of rainbows. Other target objects included lids, hoops and, in one instance, crossed sticks tied together which when thrown down would spin like a hoop or wheel and act like a wallaby or kangaroo.

Many different versions of Gorri existed, including individual or team play, or the implements used as the target would vary. Even the projectiles would be interchanged depending on the region in which the game was played. Other throwing implements included boomerangs.

Today the usefulness of Gorri continues, as now it educates in the legacies of past societies, though spear, boomerang and bark disc have been all interchanged for tennis balls and soft fitness balls to make the activity safe for use inside a classroom.



Buroinjin *(Burra – jin)*

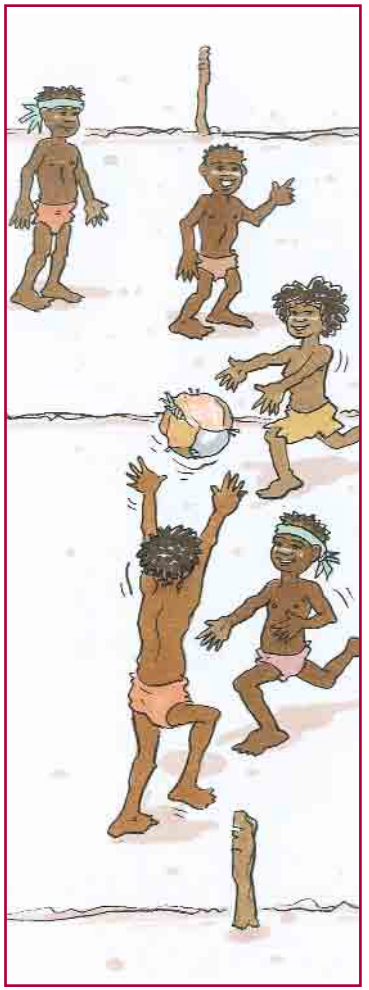
Buroinjin was played throughout the lower portions of Queensland and into the upper reaches of New South Wales. A ball was made of kangaroo skin, stuffed with grass and sown with tendon. It has modern day links to the game of touch football, although the ball was not quite as big.

Play among Aboriginal groups was often used to solidify internal relationships and promote goodwill. In northern New South Wales, Buroinjin was often played to welcome people from neighbouring communities and was seen as a way to socialise and bond. Due to the few rules and being simple enough to be understood by players of all ages, a unique social cohesion was formed through organised play. For those not taking part, spectating formed another important element, with onlookers marking their applause by calling, ‘Ei:ei’.

In the Kilcoy area in Queensland, the Kabi Kabi language group were also known for playing the game. In this version of the game each team had a post planted at either end of the playing field. The aim was to run as far as possible without being touched by the other side and if a player got a clear run to score, the post would be pulled up, and a mark would be cut on it and then a fresh start would be made to the game. Immediately following a runner being touched, the ball had to be thrown up and away for his team mates to pick up.

Today Buroinjin is played with a round soft ball smaller than a soccer ball and is one of the most popular Indigenous games played in schools. Its format has been varied slightly to a competition format of five on five on a basketball-sized court or field with great success.

The skills displayed in this traditional activity resemble a mix of touch football and American Gridiron which makes for a truly entertaining and unique activity.



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Traditional Indigenous Games

Koolchee *(Cool–chee)*

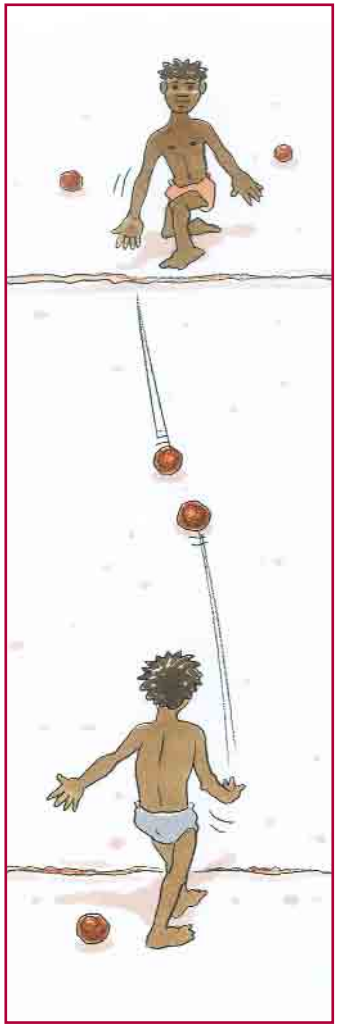
Koolchee is a traditional Aboriginal bowling game unique to the Lake Eyre and Warrina regions of Central Australia.

The Aboriginal word 'Koolchee' refers to the special balls that were used as part of this activity. The balls needed to be as round as possible. They were crafted from any material that could be easily worked, and typically were formed from gypsum, sandstone or mud. Play would take place on a dry claypan with opposing teams of near equal numbers. There were a number of different versions of the game recorded.

In the game played by the Lake Eyre people, two opposing teams would attempt to bowl their balls across to the other side. The aim was to get the most number of balls to the other side, while preventing the opposing team from getting theirs across by using the rolled balls to destroy or deflect oncoming balls.

In the Warrina region, a one-on-one contest was observed to continue inside a team game, balls were thrown from one team player to an opposing player, the aim being to break up the opponent's ball by hitting it while it was moving. If a ball was not hit or was cannoned out of play, these balls were left until the stockpile was nearly exhausted. Often these balls were retrieved by small boys and were put back into play. The involvement of the smaller boys highlights the group nature associated with Indigenous play.

While competition was present, it did not dominate play and as in most areas, victory in a game was of minor importance. The game was fun and was played for hours, usually until the balls left were too few to cause any excitement. At this point the game was dropped and the balls were usually left where they lay on the playground, as they were so easy to make it was not considered worthwhile to carry them away.

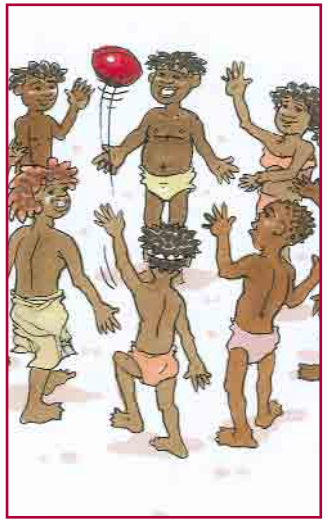


Kai and Kolap *(Waa–ee and Kool–lup)*

The Torres Strait is made up of five main island groups. These islands are found off the coast of Cape York in North Queensland and separate Australia from Papua New Guinea. Kai and Kolap are traditional games from the Miriam Island of the Torres Strait.

On Miriam Island a ball game called Kai was played which resembled something akin to 'keep ups' with a soccer ball, only it was played with the hand instead of the foot. In this traditional game the thick fruit of the Kai tree was used, which was a deep red colour, oval in shape and when dried was light and easy to hit and keep in the air.

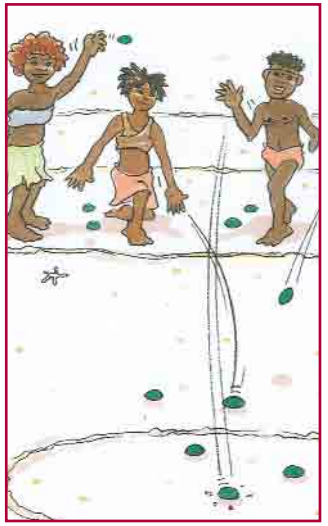
Participants would cheerfully recite the kai wed or 'ball song', as the ball was rhythmically hit from person to person. Participants would form in a circle and would hit the ball back and forth as the song was sung in unison. The fruit of the Kai tree was sometimes replaced by balls made by weaving pandanus strips to form hollow cubes or cylinders, and it is believed that these were introduced by South Sea Islanders for use in this hitting game.



Kolap was another game played by the Miriam Islanders. Kolap refers to the seed or bean of the Sirip, the 'Queensland bean'. The seed or bean that was commonly used for spinning tops was also used in a game similar to marbles, where a kolap would be thrown with some skill to land on a mat or as close to a line marked on the ground. The Miriam men would play a game where two mats were laid about 15 metres apart.

Two men would sit behind each mat. Those diagonally facing each other would be partners. Each man had four kolap beans that he would try to throw on to the further mat; a score of 20 finished the game. There were a number of variations of a similar game in which beans were thrown at a mark on the ground and in another more modern version the beans were replaced with coins.

Play activities such as these were used to promote goodwill.



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Activity Card

Buroinjin

This game was played by the Kabi Kabi people of Southern Queensland. The ball was made of kangaroo skin which was called a buroinjin.

Playing the Game

What you need

- Cones to mark out a suitable indoor or outdoor area.
- A ball for the buroinjin.

What to do

- Divide players into two equal teams.



PLAYERS SCORE WHEN TAKING THE BUROINJIN OVER THE END ZONE

Players with the buroinjin (attackers)

- One team starts the game at the half-way mark (defenders). The other team starts at their end line (attackers).
- The aim is to carry the buroinjin over the opposing team's end line.
- There is no offside rule and players may run with the buroinjin and pass in any direction.
- If a player is touched by a defender while running with the buroinjin they must pass the ball within two steps from being touched.
- If an attacking player is touched while stationary, they have to pass the ball within three seconds.
- If a player drops the buroinjin, they can pick it up again provided they have not been touched.
- Play doesn't stop if the buroinjin is dropped – players must not dive on a buroinjin that is on the ground.
- Holding an opponent is not permitted.
- If a ball goes out, it is thrown in to a team-mate.
- Allow passing by hitting with an open hand.
- Play to 4 touches before possession changes. The referee/coach will call 'one', 'two', 'three', 'four – change over' as the touches are made.

Players without the buroinjin (defenders)

- Players call out 'touch' when they touch a player with the buroinjin.
- Possession changes if players run out of the playing area, hold onto another player or via intercepts.
- During a change of possession, defenders must stand back 3 metres until the pass is made.

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Buroinjin

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Buroinjin

Teaching style

- Develop confidence in running and passing using easier activities.
- Discuss with players ways of ensuring that everyone is included.
- Make sure that players are aware of the movement capabilities of everyone in the group.

Rules

- Think about rules that promote inclusion, for example:
  - A certain number of passes must be made before the buroinjin can be passed to the score line
  - Everyone needs to touch the buroinjin before a team may score
  - Introduce netball-style rules (pass and move, no travelling with the ball)
  - No end-to-end passing, the ball must pass through each zone
  - Create touch-free zones for some players where they can receive and make passes unchallenged
  - Vary passing styles, for example a roll or bounce pass
  - Start with three players per side and build up
  - Increase or decrease the number of touches before possession changes to match team sizes and abilities.



Equipment

- Play with a variety of different balls depending on age and abilities of players, for example:
  - Slower/faster-moving ball
  - Sport-specific: basketball, rugby ball or soccer ball.

Environment

- Change the playing area in a way that increases the possibility of scoring, for example, by attacking / defending the long sidelines of the playing area instead of the short end zones.
- Match players in ability zones to increase their participation.

Safety

- Players must bend over to pick up a dropped buroinjin and not dive on it.
- When competing for a loose buroinjin players must avoid contact.
- Make sure that players understand the need to play sensibly and avoid physical contact.

Questions

- What alterations could be made to ensure that every player is involved as much as possible?

Other games to play

Buroinjin can lead into:

- Other invasion games, for example netball, rugby, basketball or soccer.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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Activity Card

Gorri

This disc rolling game became popular in all parts of Australia. A piece of rounded bark (disc) was rolled and used as the target. Accuracy of eye and speed in casting a spear were easily learned from the disc game. A large ball is rolled and players try to hit it with a tennis ball.

Playing the Game

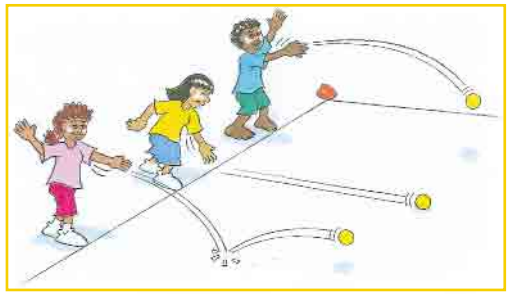
What you need

- A suitable indoor or outdoor area.
- Cones to mark out playing area.
- 1-2 tennis balls per player.
- Variety of balls of different sizes (targets).

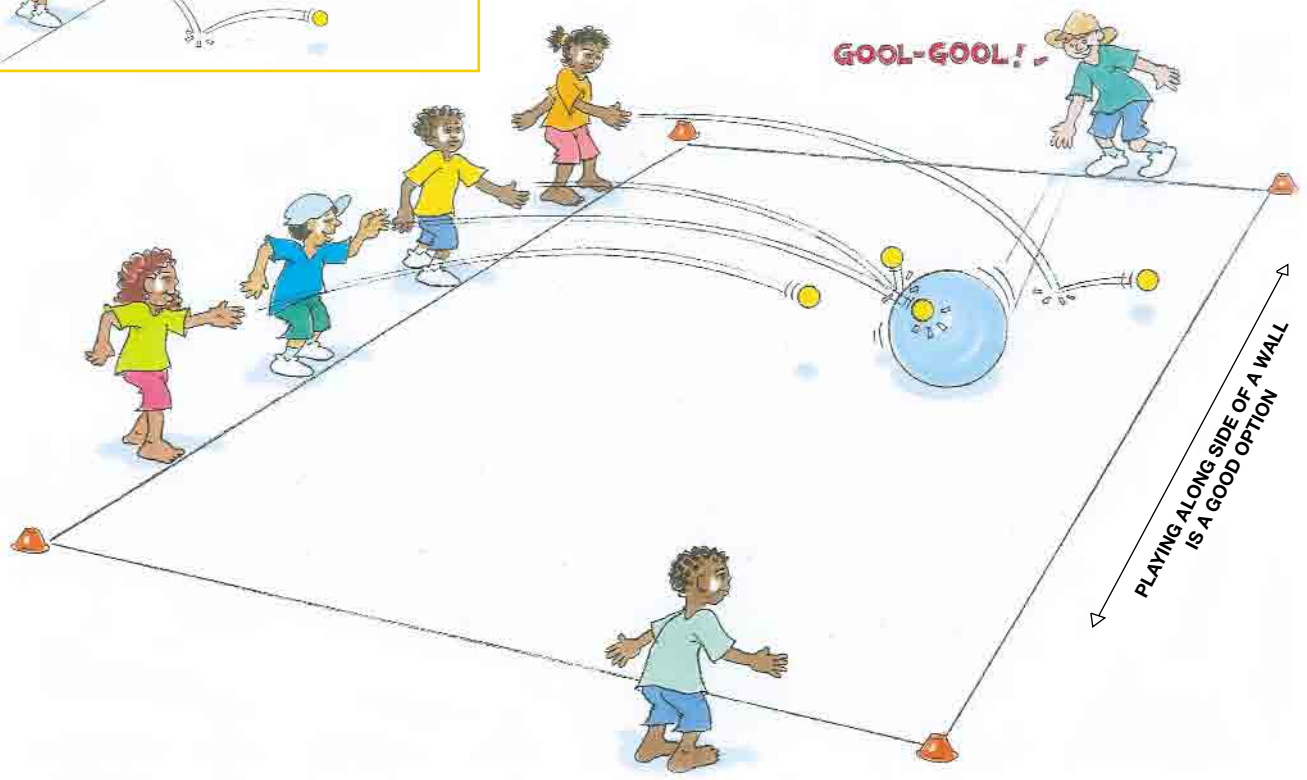


What to do

- A player designated as the roller calls out ‘gool-gool’ (going-going) and rolls the ball in front of the other players, who attempt to hit it with their tennis balls.
- Another player at the other end acts as a fielder and stops the target ball and returns it to the first ‘roller’ after the thrown balls are retrieved.
- Throwers stand behind the line along side of the playing area.



VARY THE TYPE OF THROW – ROLLING IS ALSO AN OPTION



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Gorri

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Gorri

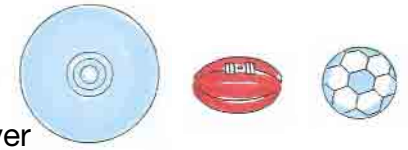
Teaching style

- Encourage good sportsmanship. When a player makes a hit they are greeted with applause and cheering. Successful players are expected to be modest about their achievement.

Rules

- Throwers must stay behind the line.
- Roll more than one target.
- Bouncing the target ball provides an interesting option.
- Vary the type of throw – rolling is also an option.
- Vary the speed the target ball is rolled.

Equipment



- Vary the size of the target ball.
- Vary the size and type of balls thrown. A bean bag is a good option for a player with limited grip strength or hand function.
- Vary the type of target ball – players with limited vision can be included by using a bell ball, goalball or a ball wrapped in plastic and secured by tape. Other sighted players may use blind folds.

Environment

- Vary the distance the players must throw from. Decrease it to make it easier, increase it to make it more difficult.
- Thowing towards a wall will help make retrieving balls easier.

Safety

- Ensure players are aware of other players.
- Balls are not retrieved until all the balls have been thrown and an 'OK' signal given. Players may then retrieve their balls and reform on the line.
- If using eye-shades, they should be removed before retrieving balls.

Questions

- How can players with different abilities be challenged?

Other games to play

Gorri can lead into playing

- Kolap • Boccia • Boccia 5-3-1
- Throlf • Other target games

Integrity

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Activity Card

Kai

This activity is based on a game from the Torres Strait where a number of players stood in a circle and sang the kai wed (ball song) as they hit a ball up in the air with the palm of their hands. The game was played using a thick, oval, deep red fruit from the kai tree, which was quite light when dry. Play with teams of 4 or more.

Playing the Game

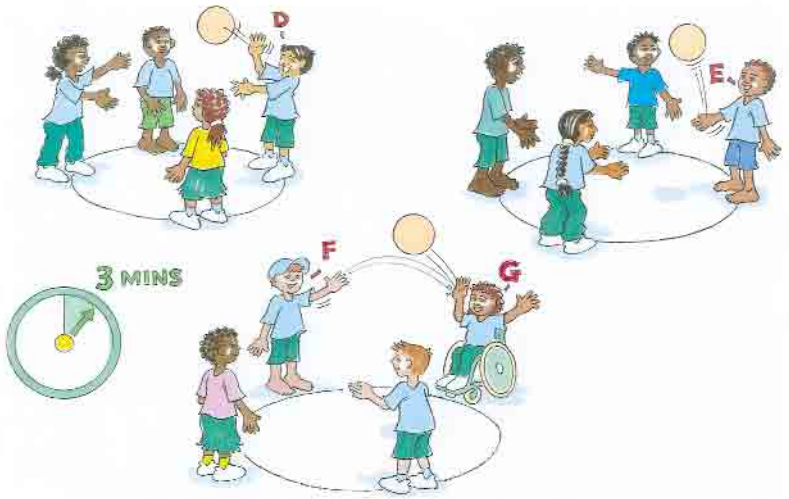
What you need

- A suitable indoor or outdoor area.
- A small beach ball, soft sponge ball or balloons for each team.



What to do

- Players either stand or sit in a circle together on the floor.
- Using a volleyball-like hitting action, players must keep the ball or balloon off the ground.
- The ball is to be hit above head height for younger players and higher for more experienced players.



Team play

- Divide into teams of 4-8.
- Each team attempts to make as many hits as they can without dropping the ball, calling out a consecutive letter of the alphabet or number on each hit.
- The team starts from the letter ‘A’ again if players:
  - miss the ball and it hits the ground
  - hit the ball twice in succession
  - hit the ball back to the player who previously hit it to them
  - do not keep their hands open and flat when contacting the ball.

Keep it up





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Kai

Kai

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

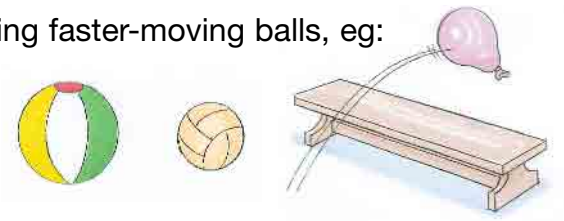
- Keep everyone involved by making sure that groups are not too large.
- Encourage players to cooperate with each other to keep the balloon or ball in play.

Rules

- Allow younger players to pass and catch, with players attempting to return the ball as quickly as possible ('hot potato' action).
- With beginners, allow players to start again at the last letter they reached rather than returning to 'A'.
- Allow 2 hits per player to keep the game flowing.
- One player stands in the middle of a circle and hits the ball to another player who in turn hits it back to the middle. If the ball hits the ground, the player in the middle is changed – aim to keep the player in the middle as long as possible.
- Introduce volleyball-type rules.

Equipment

- Gradually move towards using faster-moving balls, eg:
  – balloon
  – beach ball sponge ball
  – lightweight volleyball.
- Introduce a barrier or net.



Environment

- Begin to introduce a specific area in which to play. Mark this with cones or lines on the ground.
- Divide groups into equal teams who face each other.
- Introduce a barrier of some kind (just a line on the ground to begin with), then a net.
- Begin to introduce volleyball rules and play for points!

Safety

- Choose an area away from walls and other obstructions.
- Ensure players are aware of other players and teams and signal their intent to enter another playing area.

Questions

- What methods can players use to make sure that the balloon / ball stays in the air?
- How can players with different abilities be challenged?

Other games to play

Kai can lead into playing

- Sitting volleyball
- Volley-all
- Crab games

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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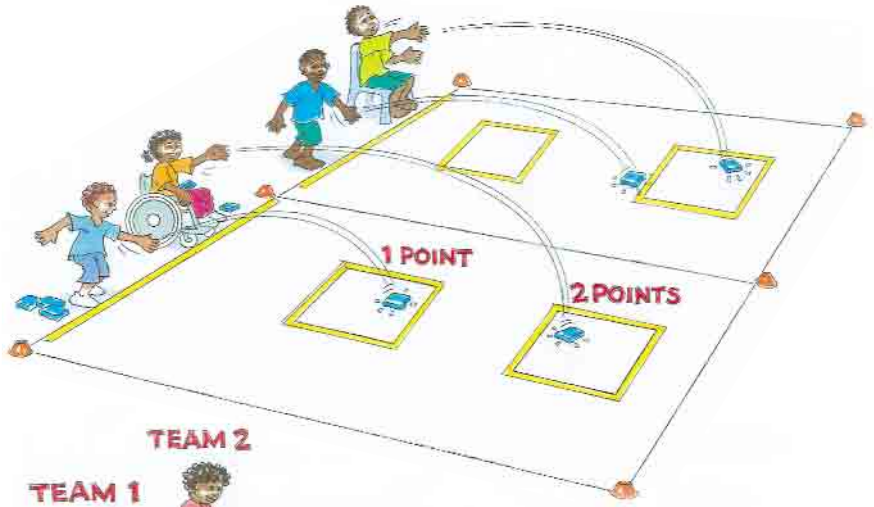
Activity Card

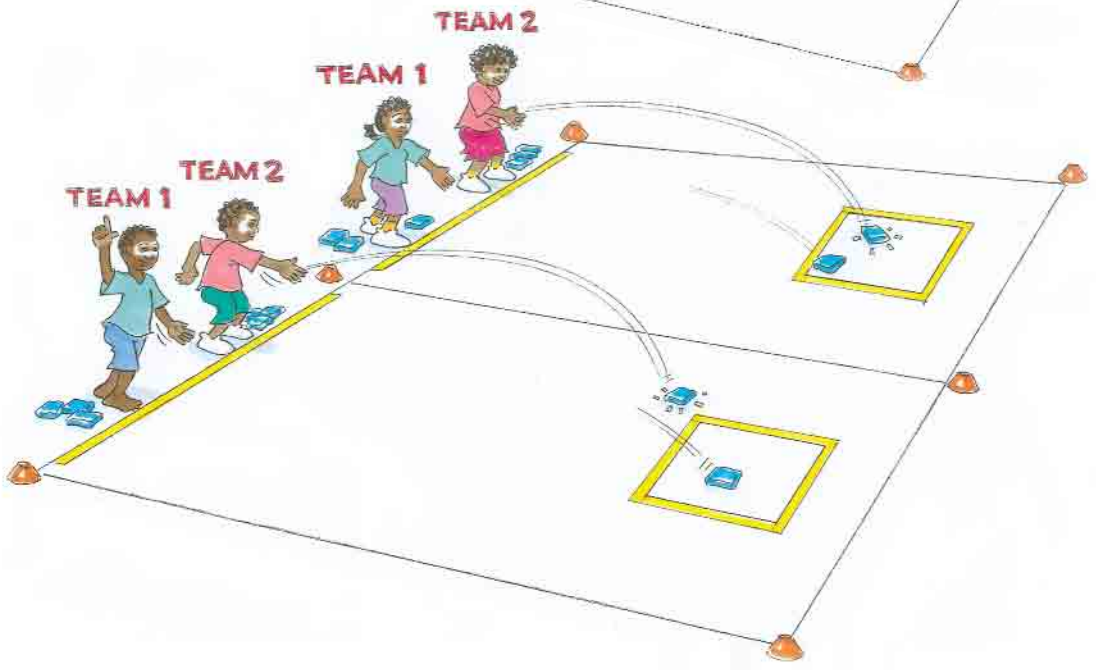
Kolap

This game was played on Mer Island in the Torres Strait.
'Kolap' refers to the beans of the Kolap tree – the throwing objects.









Playing the Game

What you need

- Objects to represent kolaps - boccia balls, bean bags, koosh balls, paper balls.
- Targets, for example hoops or circles marked or taped on the ground, softball bases or towels.
- A suitable indoor or outdoor playing space.

What to do

- Players are divided into two teams and given equal amounts of kolaps.
- Teams sit or stand at one end of the playing area.
- Target hoops, or circles, are placed at a suitable distance, one for each team.
- Players aim at their own target area (score 1 point for each kolap in the target).
- After everyone has thrown, add up the scores.
- Play until a nominated combined score is reached by one of the teams, for example 20, or use a time limit.

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Kolap

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Kolap

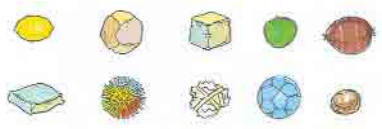
Teaching style

- Encourage the players to wait until it is their turn to throw.
- Make sure that all players know who is throwing next. How could this be achieved?

Rules

- Sometimes it helps if rules are introduced gradually.
- For example, players aim only at their own target at first then they can choose to aim at the other team's target and knock their opponent's kolaps out.
- Designate certain players as 'strikers' – only they can attack the opposing team's target. Alternate strikers every game.

Equipment



- Use different objects for kolaps.
- Try to ensure that the targets are different colours to highlight the different teams.
- Experiment with different kinds of targets. For example, elevate the target area to change the angle of the throw.



Environment

- Provide targets at different distances with different values.
- Vary the positions of the players. For example, everyone in a circle round the targets, with players sitting alternately. Or have the teams face each other with the targets between them.
- Make the target area bigger / smaller. What would be another way of affecting the size of the targets?

Safety

- Ensure adequate space for all players.
- No-one should enter the target area during play.

Questions

- Ask players to think about how they can make it more difficult for their opponents to score.
- How can teams best use their stronger players?

Other games to play

Kolap can lead into other games, for example:

- Gorri • Koolchee • Throlf
- Boccia • Boccia 5-3-1

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

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Activity Card

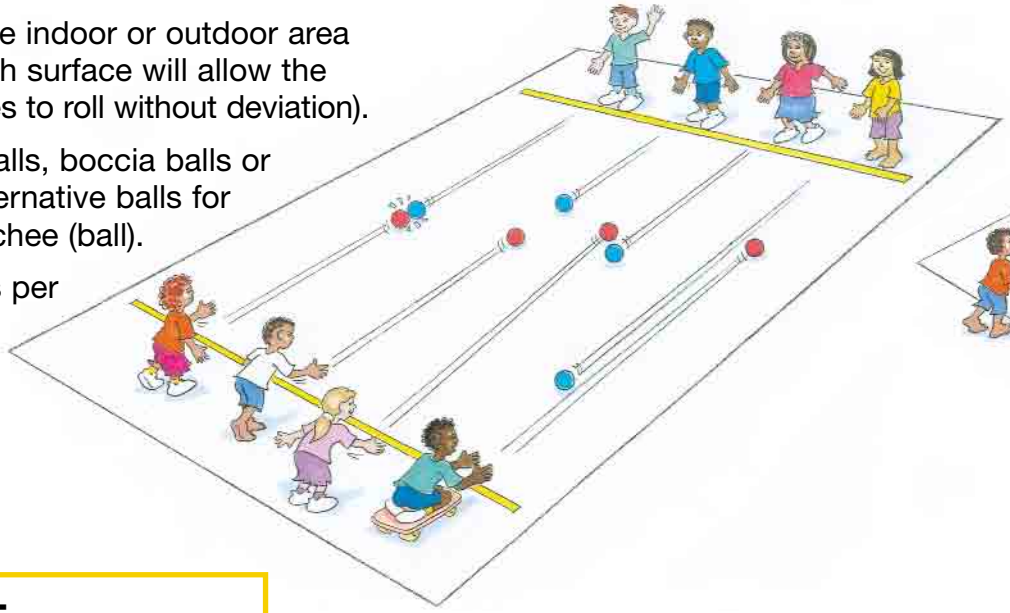
Koolchee

A ball rolling game that was played by the Aboriginal people in the Lake Eyre and Warrina regions of Central Australia. The ball is called a koolchee. Koolchees are rolled to either hit other koolchees or to knock over a skittle.

What you need

- A suitable indoor or outdoor area (a smooth surface will allow the koolchees to roll without deviation).
- Tennis balls, boccia balls or other alternative balls for the koolchee (ball).
- 3 skittles per player.

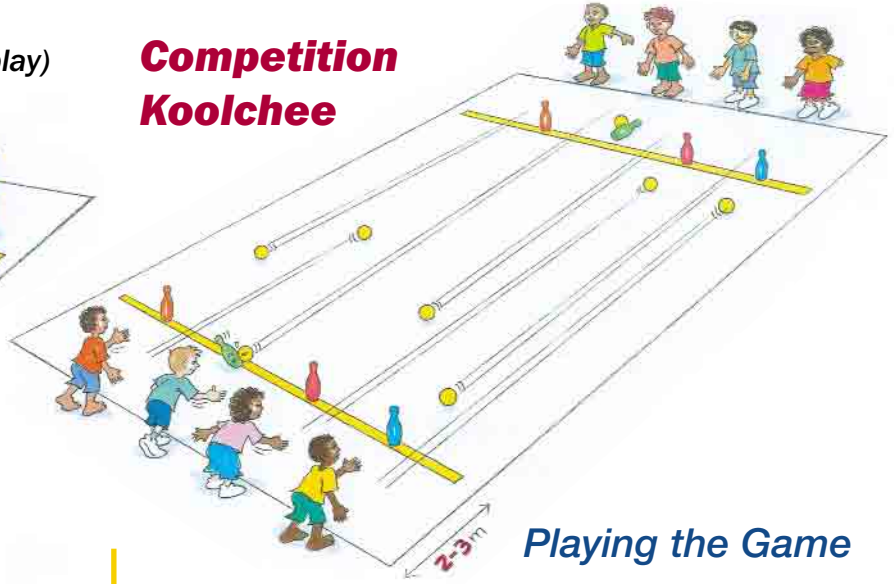
Hit a koolchee *(cooperative play)*



Playing the Game

- Teams at each end of an area roll koolchees (tennis balls) towards each other – no scoring.
- The aim is to hit another koolchee. Depending on the ability level of the players, children may start by rolling the koolchees to each other.

Competition Koolchee



Playing the Game

- A team game (4-6 per team) where players roll a koolchee attempting to knock down an opponent's skittle at the other end. Skittles are placed 2 - 3 metres in front of each team.
- The winning team is the one who knocks down all the opponents' skittles.
- Teams avoid hitting their own skittles.
- Players may 'defend' their own skittles by rolling koolchees to hit koolchees that might knock over their own skittles.
- Koolchees can't be recovered from the playing area.

T.R.E.E.

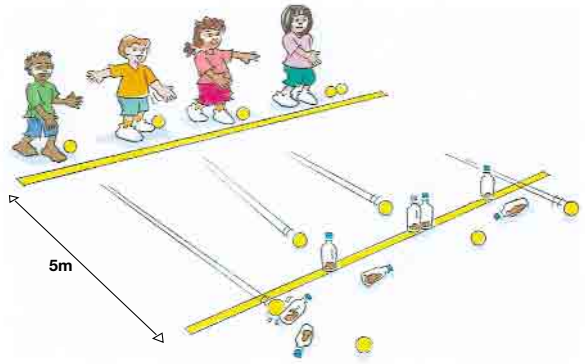
Change the separation between skittles, use different sized koolchees, adjust the distance between teams.

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Koolchee

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Practice Koolchee



Playing the Game

- Players roll koolchees attempting to knock down skittles.

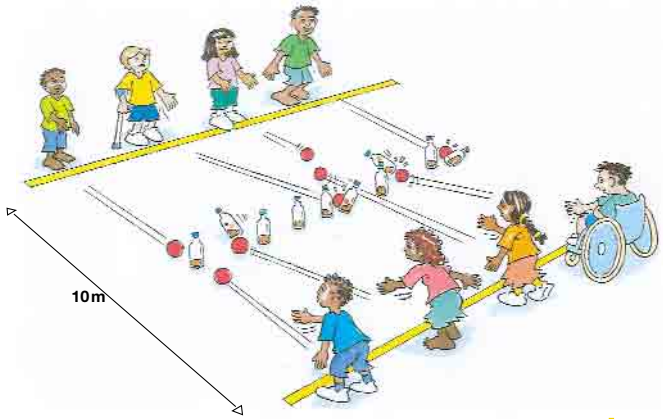
Teams

- 3 – 4 players per team, 5 or more skittles per team and at least 4 koolchees per team.
- Allow each player 5 attempts. Increase the distance and repeat, for example 10 metres then 15 metres – teams keep a total of the skittles knocked down.

Individual

- The player who knocks down the highest number of skittles is the winner.
- Players are not allowed to retrieve koolchees from the area between the throwing line and the skittles.

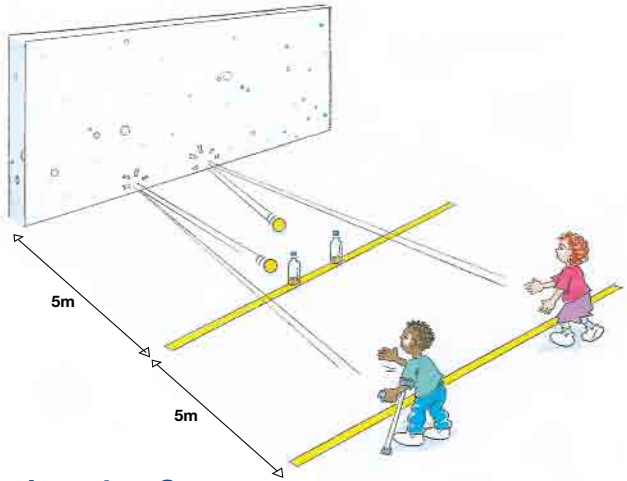
Cooperative Koolchee



Playing the Game

- Two teams facing each other work together to knock the skittles over.
- One koolchee per player.
- Around 10 skittles placed between 2 facing teams 10 metres apart.
- Players communicate and work together to knock all the skittles over.

Koolchee Challenge

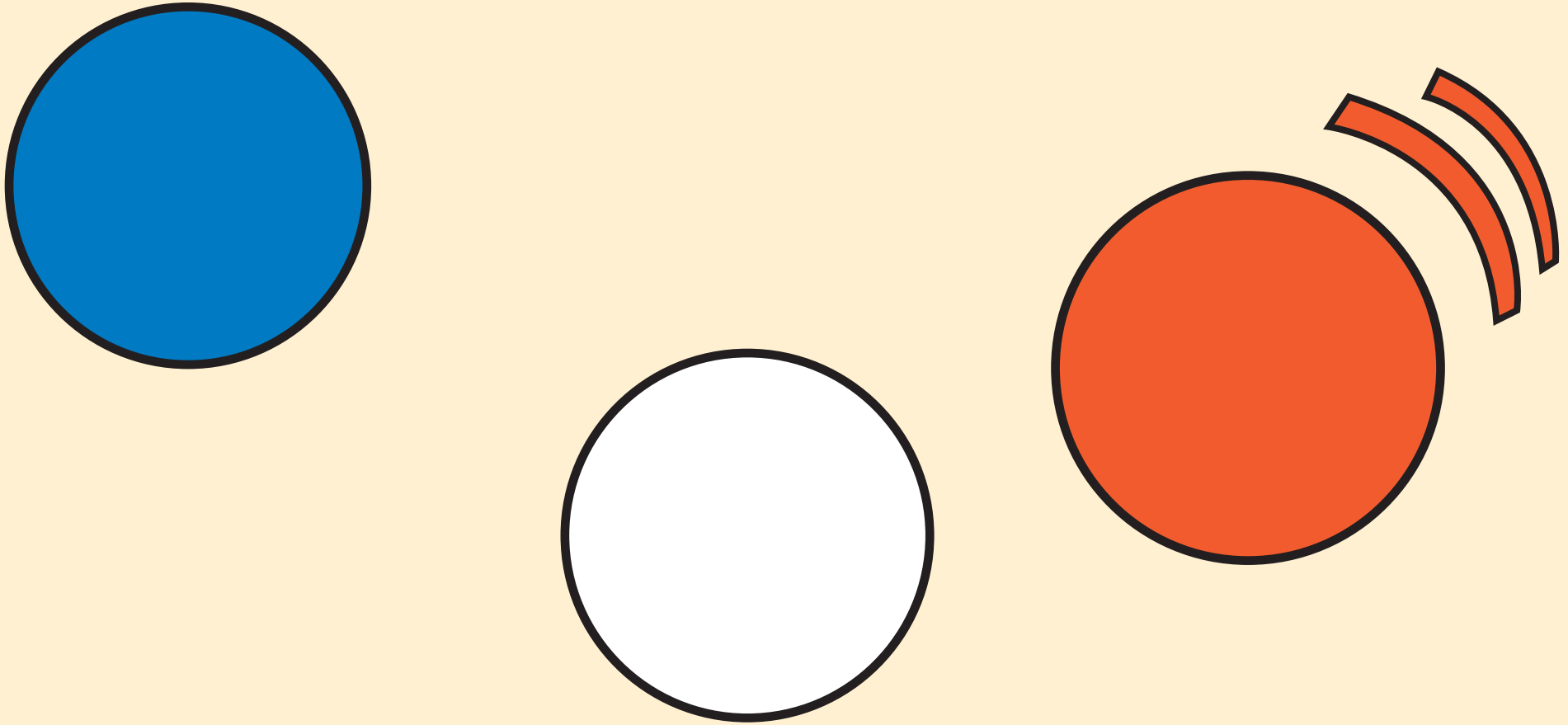


Playing the Game

- A koolchee is rolled at a wall where it rebounds. The aim is to knock over a skittle.
- Play with a larger koolchee (soccer ball size).
- Skittles are placed 5 metres from the wall and players stand back 10 metres from the wall. Adjust distances to suit abilities.
- Three attempts are allowed. If the skittle is knocked over it is moved back another metre.
- If the skittle is missed on all three attempts it is moved closer to the wall.

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Boccia



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Sports Ability Boardmaker Card

Boccia

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.



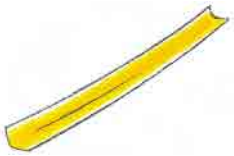
Boccia 1



Boccia 2



Boccia 3



Boccia 4



Boccia 5



Boccia 6



Boccia 7



Boccia 8



Boccia 9



Boccia 10



Boccia 11



Boccia 12



Boccia 13



Boccia 14



Boccia 15



Boccia 16



Boccia 17



Boccia 18



Boccia 19



Boccia 20

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Activity Card

Boccia

Boccia (pronounced 'botch-ya') is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.

Playing the Game

What you need

- Boccia balls, or alternative (see Equipment over).
- Suitable indoor or outdoor playing area.

What to do

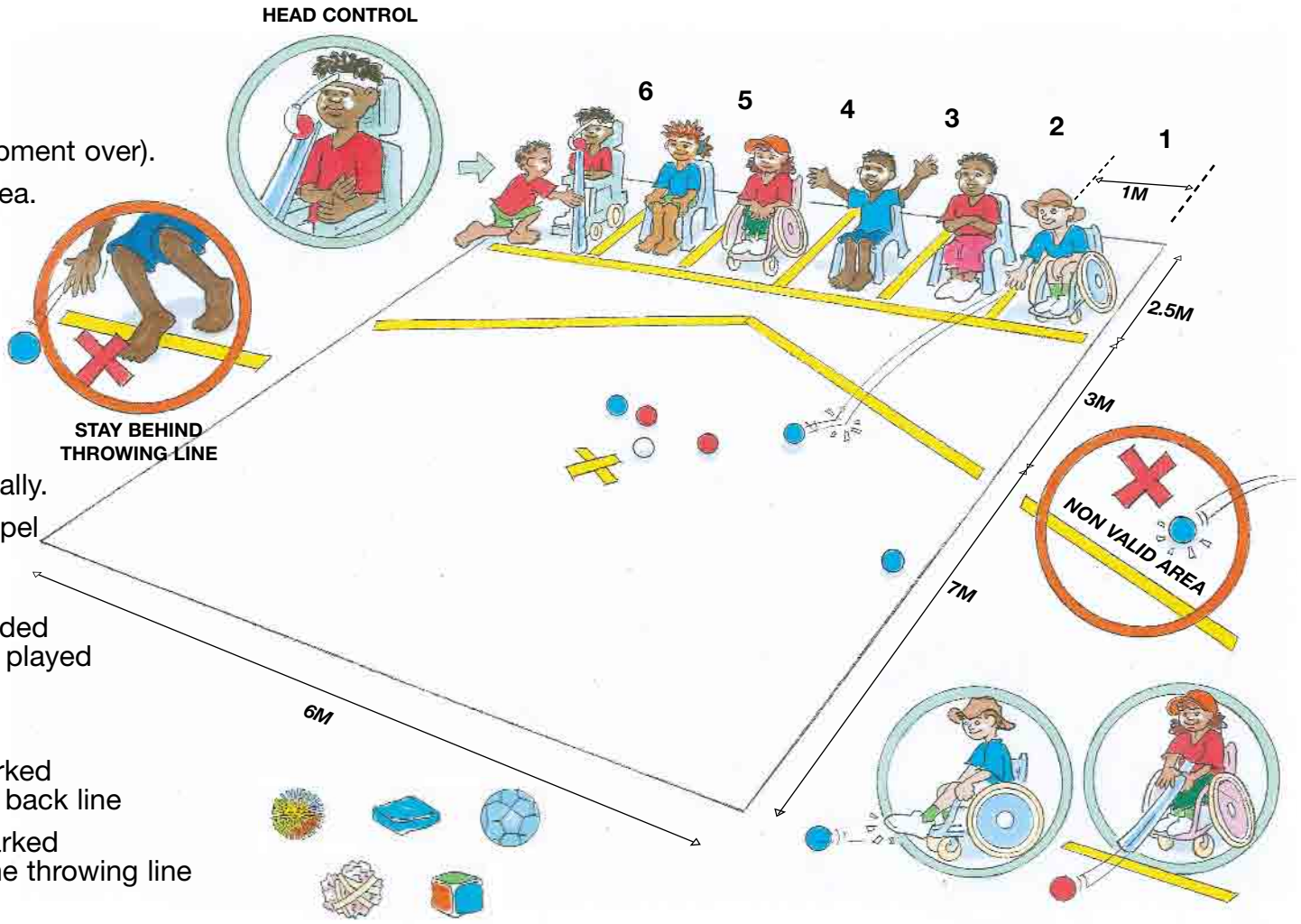
- The basic principle is to score as many points as possible by getting as many of your own boccia balls closer to the jack (or target ball) than your opponent.
- Boccia can be played in teams (3-a-side), pairs (2-a-side) or individually.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).
- The illustration shows the recommended court dimensions, but boccia can be played on any suitable size area.

In addition:

– the cross (see 'Other Rules') is marked 5 metres from the mid-point of the back line

– the apex of the non-valid line is marked 1.5 metres from the mid-point of the throwing line

– players' boxes are 1 metre wide.



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Boccia

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Boccia

Teaching style

- Get the players to agree on the appointment of a team captain. During play, the team captain decides which player on their team should go next.

Rules

- In team boccia (3-a-side), each player throws 2 balls corresponding to their team colour – red or blue.
- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- The side playing red throws the first jack. The ball must land in the valid area of the court.
- The jack ball is thrown by each player in turn at the start of each end. The player in Box 1 (left-hand box when facing the court) starts the first end, and player 6 starts the sixth and final end.
- The side throwing the jack also play the first coloured ball.
- The opposite side then play their first coloured ball into court.
- The side furthest from the jack continue playing their balls until they get nearer (or run out of balls) at which point the other team play.
- In team boccia, each game consists of 6 ends – an end is completed when all 13 balls (jack, all the reds and blues) have been played.
- The side with the most balls closest to the jack scores 1 point for each scoring ball (that is each ball closer than the opposing team's closest ball).
- At the completion of 6 ends, the points scored on each end are added together – the team with the highest total score wins.

Equipment

- Bean bags, paper and tape balls, and Koosh balls can also be used.



- A ball-sending ramp can be used (for example, plastic guttering).

Environment

- When practising, try using smaller and larger playing areas to set players different challenges.
- Try different playing positions to find the best one for each player.

Other rules

- If the jack ball is thrown or knocked out of court during play, it is replaced on the cross, and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end, they each score 1 point.
- If the total score is level after 6 ends, a tie-break (extra end) is played. The jack ball is placed on the cross, and sides toss a coin to determine the order of play.

Safety

- Make sure that no-one enters the target area during play.

Questions

- What can players do to improve their accuracy?
- How can players make it difficult for their opponents?

Other games to play

Boccia can lead into other games, for example:

- Target games, like bowls, bocce, tenpin.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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Activity Card

Boccia 5-3-1

A game to develop aiming, estimating and numeracy as well as teamwork and tactics.

Playing the Game

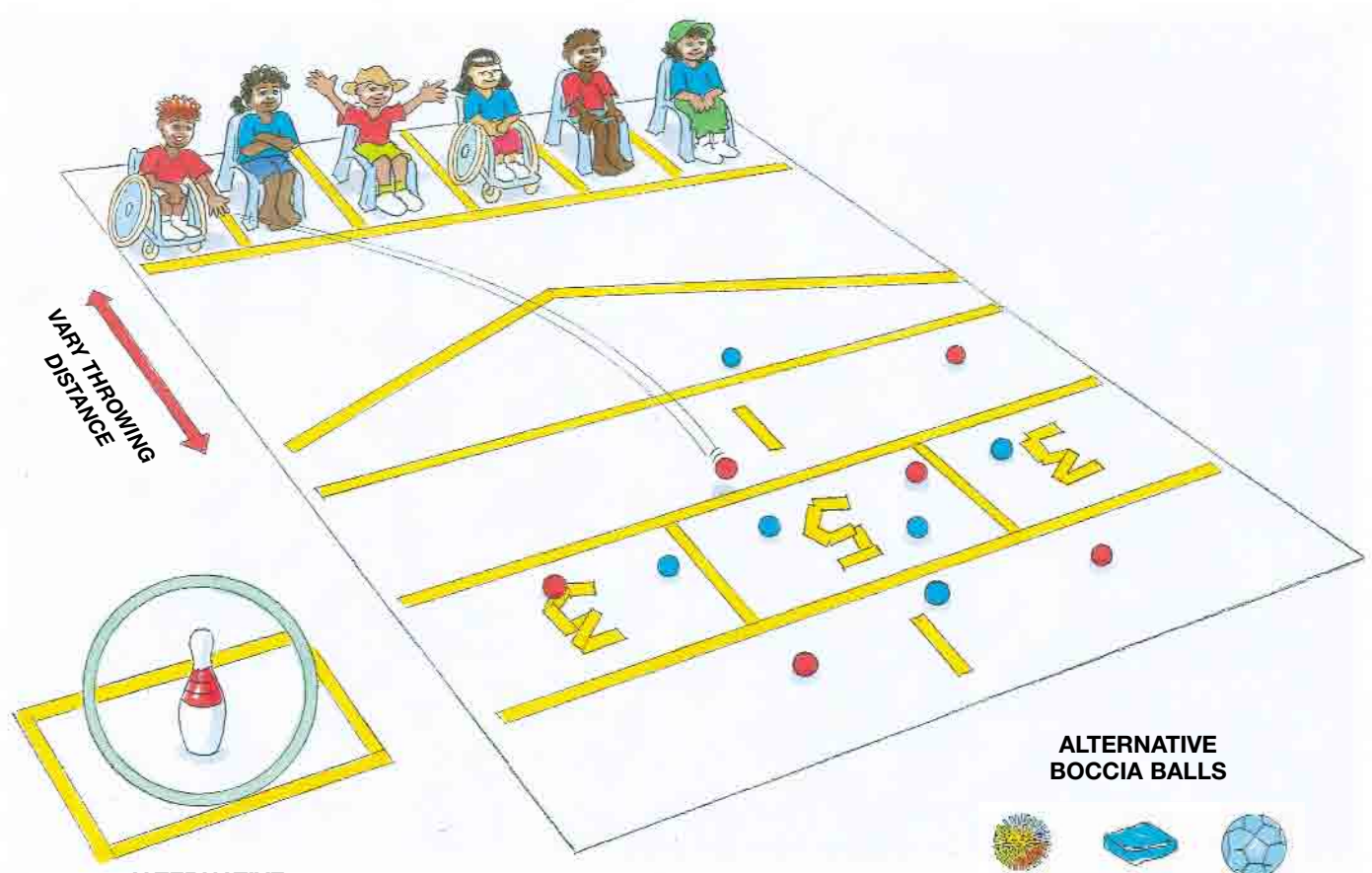
What you need

- Boccia balls, or alternative (for example, bean bags, Koosh balls, paper balls)
- Indoor or outdoor playing space.
- Boccia court, or tape or chalk to mark out target.

What to do

- Two teams of 2 or 3 players, A and B (better still choose a name).

  Each player is given two boccia balls.
- Each player in Team A takes turns from the throwing line, until all their balls have been thrown.
- Once team A has finished throwing, their score is added (1 point scored for balls static in each square). Team B then throw in turn and try to beat Team A's total score.
- Balls on the line are given the highest score.



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Boccia 5-3-1

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Boccia 5-3-1

Teaching style

- Encourage teams to find ways of working together to improve their score. For example, teams can identify the strengths of each player – some can aim at the furthest target, others the nearest.
- Allocate the task of adding the scores.

Rules

- Have teams play alternately – teams can choose to score or knock their opponent's balls out of a scoring position.
- Vary the scoring system, for example, scoring in the same box as the preceding player doubles the score.
- Agree a certain number of rounds to be played.

Equipment

- As an introductory version, or as a variation, place a corresponding number of skittles or plastic bottles in each target box.

Environment

- Increase or decrease the distance between the players and the target. For example, move the throwing line forward or back. Players of different abilities in the same team can throw from different distances.
- Vary the size of the target boxes – smaller boxes set a more difficult challenge.

Safety

- Play sensibly and be aware of others.
- Stay out of the playing area whilst balls are being thrown.

Questions

- Why is the centre target given the highest score? What boccia skills does this develop?
- How can a team make it difficult for the other team to score?

Other games to play

5-3-1 can lead into other games, for example:

- Boccia / bocce
- Bowls.

Integrity

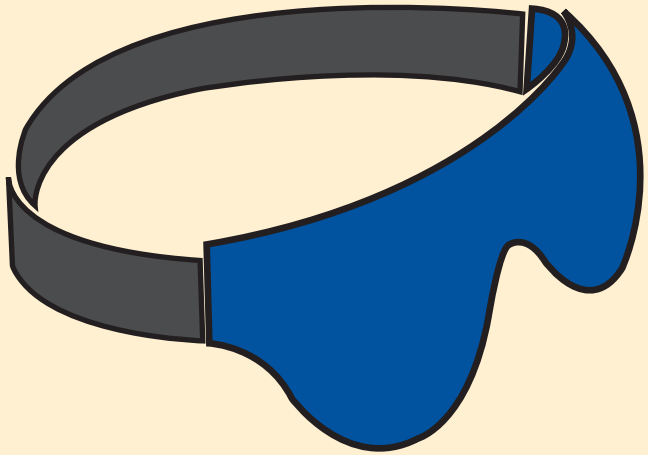
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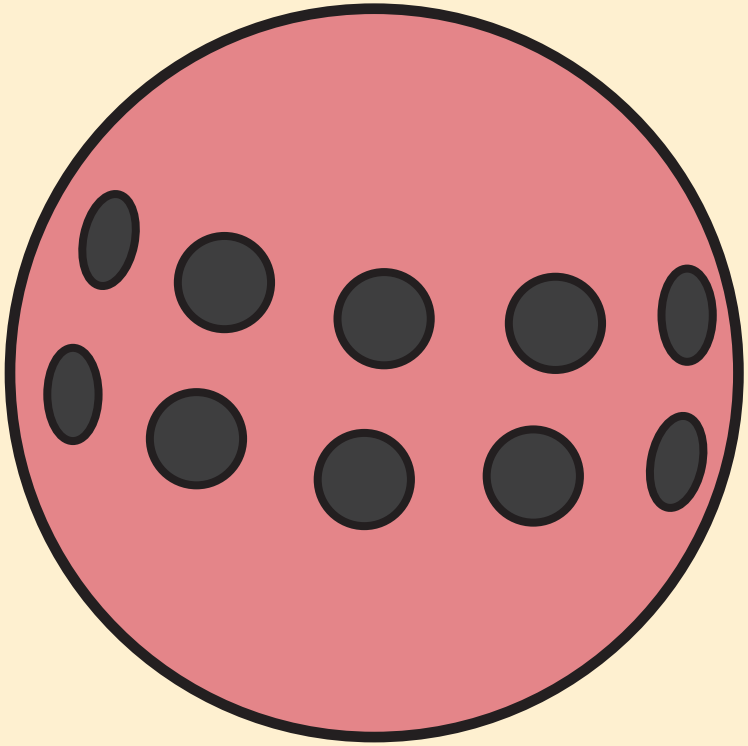
TREE

Teaching style • Rules • Equipment • Environment

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Goalball







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Sports Ability Boardmaker Card

Goalball

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.



Goalball 1



Goalball 2



Goalball 3



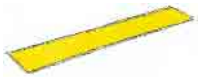
Goalball 4



Goalball 5



Goalball 6



Goalball 7



Goalball 8



Goalball 9



Goalball 10



Goalball 11



Goalball 12



Goalball 13



Goalball 14



Goalball 15



Goalball 16



Goalball 17



Goalball 18



Goalball 19



Goalball 20

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Activity Card

Goalball

Goalball is a three-a-side indoor court game developed for players who have vision impairments. It is a Paralympic sport.

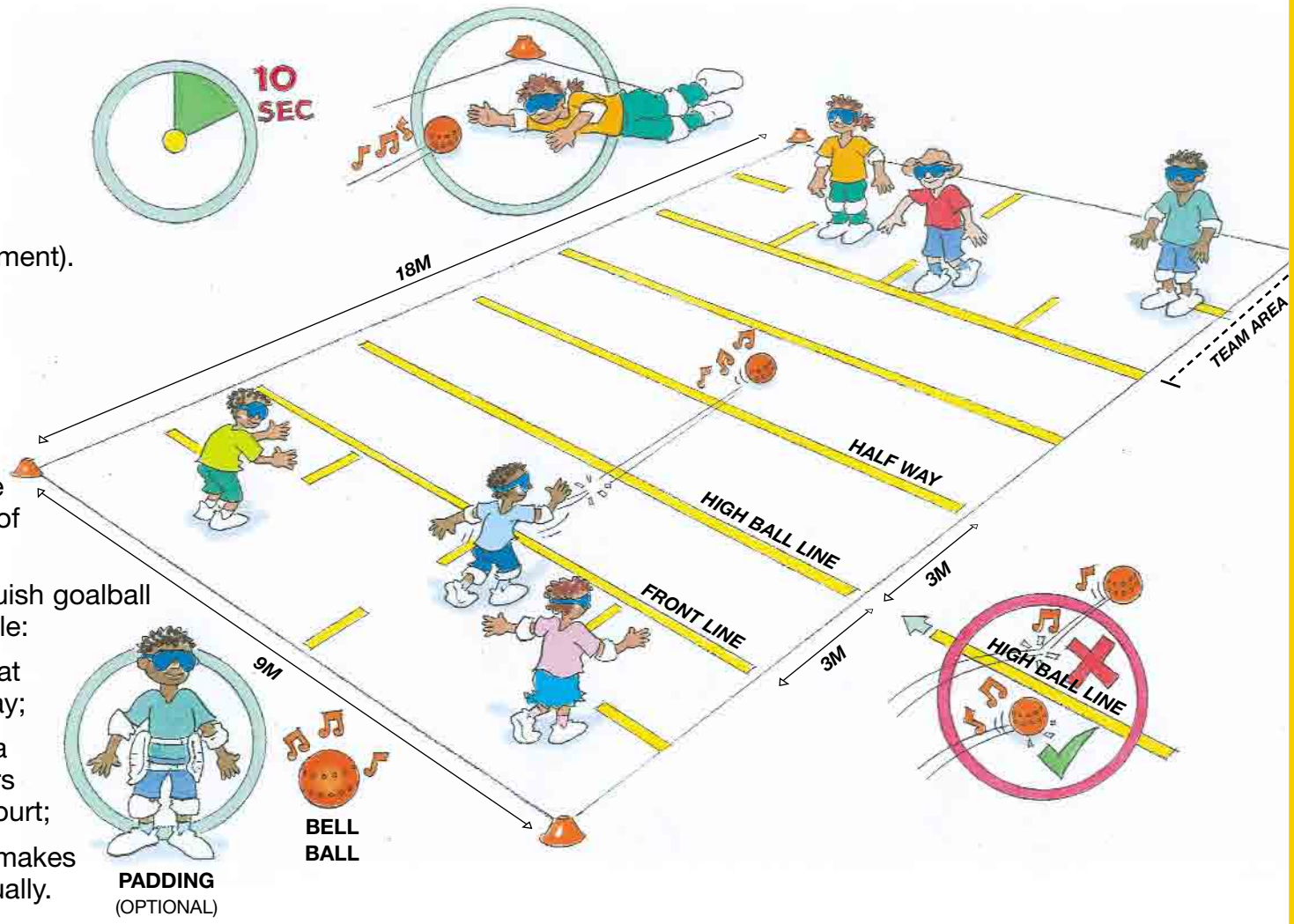
Playing the Game

What you need

- Suitable indoor playing area (volleyball court ideal).
- Goalball (ball with internal bells), or improvised sound ball (see Equipment).
- Eyeshades.
- Marking tape and string.

What to do

- The object of the game is to score a goal by throwing the ball along the floor so that it crosses the goal line of the opposing team.
- There are three features that distinguish goalball from games played by sighted people:
  - the ball contains an internal bell that helps players to locate it during play;
  - goalball is played on a playing area with tactile markings to help players determine where they are on the court;
  - all players wear eyeshades which makes it possible for everyone to play equally.



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Goalball

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Goalball

Teaching style

- The referee, teacher or coach is key to controlling the game. You must let the players know what is going on.
- Use a whistle or voice to indicate aspects of play.
- For beginners, play without eyeshades initially. If eyeshades are used, make sure that these are used by only one player (for hygiene reasons).
- Players who are hearing impaired, or some with mobility impairments, can play without eyeshades and defend a specific area.

Rules

- When the ball is thrown it must touch the floor before passing over the High Ball Line. This is to ensure that the ball is rolled giving the defending team an opportunity to hear it coming.
- Once a ball has been fielded, it must be thrown again within 10 seconds. With beginners, remove this time limit.
- No player can take more than 2 throws consecutively.
- If the ball is thrown directly over the sidelines (OUT), the defending team takes possession. If the defending team deflect the ball over the sidelines (BLOCKED OUT), then possession returns to the team who threw the ball.
- The defending team's first contact with the ball must be within their team area.

Equipment



- Use alternatives if a goalball is not available. For example, wrap a basketball in a plastic bag.
- Eyeshades, or alternatives, should block out all vision. In competition they are rigorously checked, but for practice improvised eyeshades can be used.
- The lines on the court and the players' orientation marks must be tactile enabling players to feel them with their fingers or feet (see illustration). In practice, only the players' orientation lines and the lines defining the team area need to be tactile – the rest visual for the referee, teacher or coach.

Environment

- Ensure that there is sufficient distance between teams, particularly if an official goalball is being used. These are quite heavy (1.25kg). Use lighter balls with beginners.

Safety

- On hard surfaces, players use elbow, knee and hip pads. Beginners should stay on their feet, or kneel if this is comfortable.
- If mats are used for players to lie on, be careful of awkward deflections of the ball.

Questions

- How can players who have mobility impairments, or hearing impairments, be included?

Other games to play

Goalball can lead into other games, for example:

- invasion games, eg handball
- some net games.

Integrity

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TREE

Teaching style • Rules • Equipment • Environment

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Activity Card

Goalball: Circle Ball

A rolling and listening game.

Playing the Game

What you need

- Goalball or other bell ball (for other ideas, see ‘Equipment’ over).
- Eyeshades.

What to do

- Players stand in a circle, legs apart, outside of feet touching.
- Players try to score by rolling the ball across the circle and through the legs of another player. The ball must remain on the floor.
- A point is scored if the ball goes through another player’s legs.
- Players use their hands to defend their ‘goal’.
- Players can play from a seated position. Wheelchair users can turn their chair ‘side on’ with the wheel facing into the circle representing their goal.
- Note! The ball must be rolled and stopped with the hands – no kicking!



1 POINT SCORED

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Circle Ball

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

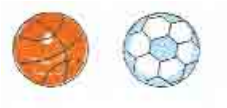
- Ensure that players know what is going on if they are using eyeshades.
- Appoint a referee to determine scores and some 'fielders' to return the ball to the circle.
- Encourage players to use their listening skills.

Rules

- Try a team version of the game with players arranged alternately. Half the players try to keep the ball in the circle while the others try to force it out (through their own legs does not count!).
- To alter the speed of the game, introduce a 'time in possession' rule (for example, 3 or 5 seconds) after which the ball must be passed.

Equipment

- Play with or without eyeshades. Circle Ball can be introduced without eyeshades initially.
- Try using different sizes and speed of bell balls.
  Or adapt the game by playing without eyeshades and using a soccer ball or basketball.
  (Keep ball on the floor – no bouncing).



Environment

- Vary the size of the circle by changing the number of players.
  Use a smaller circle as players' skills improve.

TREE

Teaching style • Rules • Equipment • Environment

Circle Ball

Safety

- Make sure that players keep the ball on the floor.
- Players should be careful not to bump heads as they bend forward.

Questions

- What goalball skills does this game develop?
- Can you adapt other games to the Circle Ball format?

Other games to play

Circle Ball develops listening and ball rolling skills required for goalball.
It can also develop ball handling skills used in basketball or netball.

Integrity

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Activity Card

Goalball: Team Pass

A listening and passing game that develops teamwork.

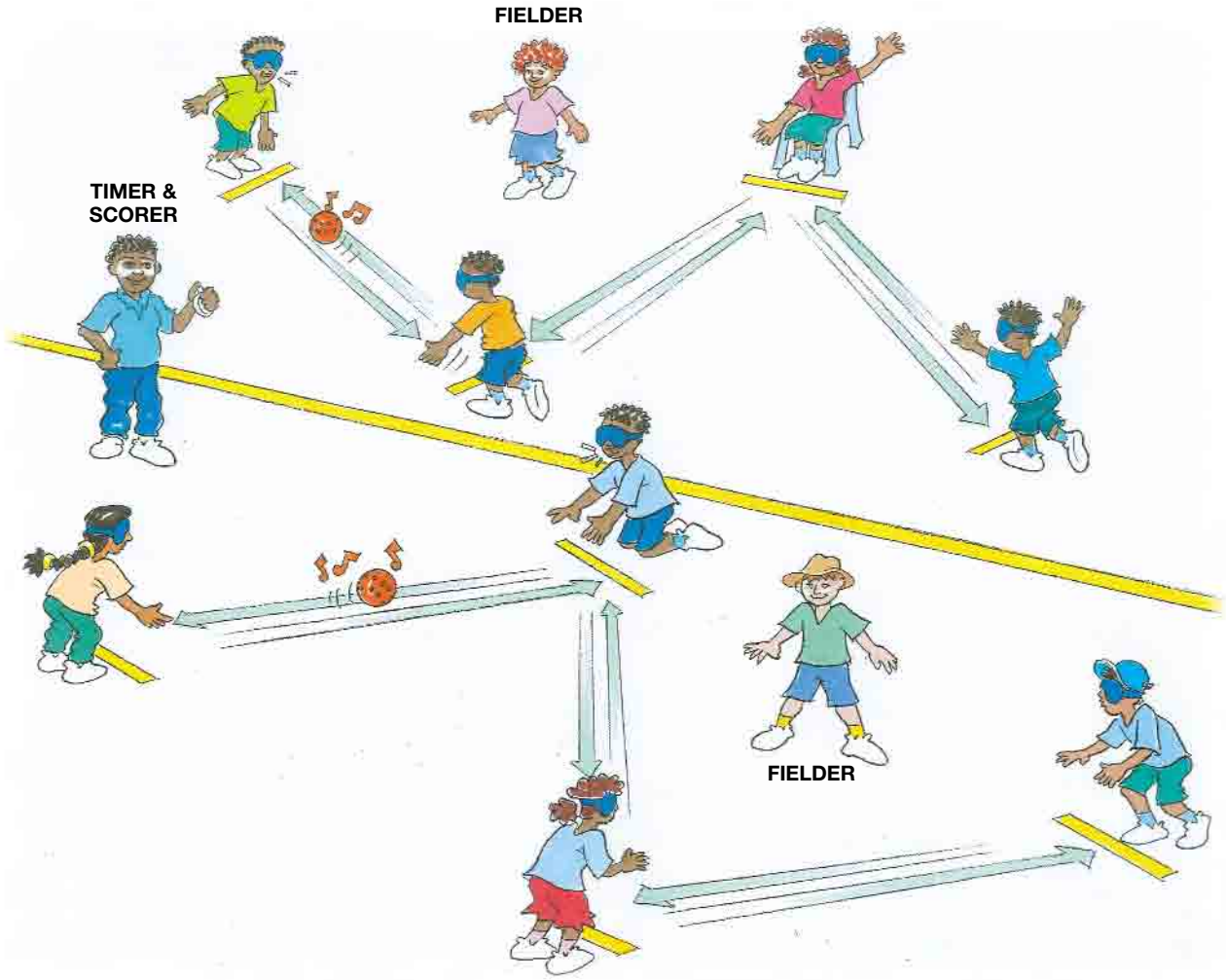
Playing the Game

What you need

- Goalball or alternative.
- Eyeshades.
- Positional markers.

What to do

- Arrange two (or more) teams in a zig zag formation (see illustration).
- Position one player on each marker down the course. Players can sit or stand.
- Starting at one end, each player passes the ball to the next player in line until the ball reaches the last player.
- The direction of the ball is reversed, and the players continue to pass the ball from team-mate to team-mate until time is up.
- Teams try to achieve as many successful passes as possible within the time limit (for example, 1-3 minutes).



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Goalball Teampass

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

- Encourage players to communicate with each other. For example:
  - to let the receiver know that the ball is coming;
  - to let the passer know that the ball has been successfully received;
  - to help the passer to be more accurate.
- Give clear start and finish signals.

Rules

- Teams get a point for every successful pass made in the time limit (that is, pass received under control).
- If a pass is missed, the ball is returned to the passer and play continues.
- It may be useful to begin with eyes unshaded, then add eyeshades once the concept of the game is understood.

Equipment

- Use a goalball for each team, or try alternatives:
  - lighter bell ball, or ball containing seeds or rice;
  - wrap a basketball in a plastic bag and secure with tape.



Environment

- Provide challenges to the players by:
  - arranging teams in different formations, for example, a square or circle;
  - varying the distance between the players;
  - changing the angle at which the players are positioned in relation to each other.

Teampass

Safety

- Make sure that the receiver is ready before sending the ball.
- Always roll the ball – no throwing!

Questions

- In what different kinds of ways can players communicate with each other?

Other games to play

Team Pass can lead into other games, for example:

- Goalball
- Target games (for example bowls, tenpin)
- Other sending / receiving activities.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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Sitting Volleyball





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Sports Ability Boardmaker Card

Sitting Volleyball

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.



Sitt Vball 1



Sitt Vball 2



Sitt Vball 3



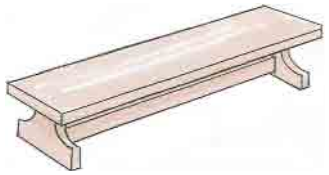
Sitt Vball 4



Sitt Vball 5



Sitt Vball 6



Sitt Vball 7



Sitt Vball 8



Sitt Vball 9



Sitt Vball 10



Sitt Vball 12

Sitt Vball 11

Sitt Vball 14

Sitt Vball 13

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Activity Card

Sitting Volleyball

An alternative version to traditional standing volleyball using a smaller court and lower net. Sitting volleyball is a Paralympic sport.

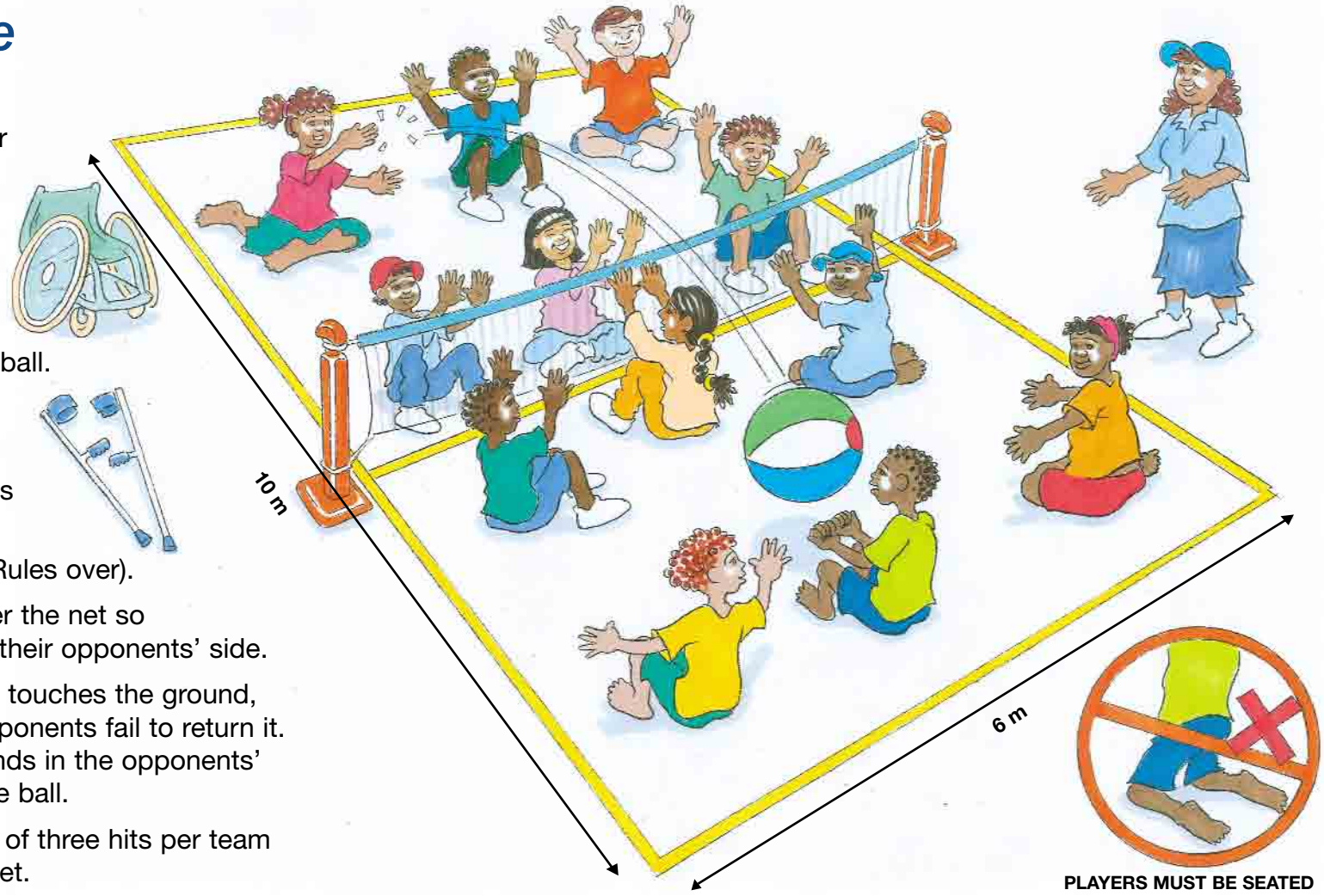
Playing the Game

What you need

- Any suitable indoor or outdoor playing area. Ideally the court should measure 10 metres by 6 metres (see illustration).
- Net or rope (with ribbons)
- Beach ball, light plastic or rubber ball, or standard volleyball.

What to do

- Played by 2 teams of 6 players (or any suitable number).
- Players must be seated (see Rules over).
- Teams try to send the ball over the net so that it touches the ground on their opponents' side.
- 'Rallies' continue until the ball touches the ground, the ball goes 'out', or their opponents fail to return it. A point is scored if the ball lands in the opponents' court or they cannot return the ball.
- Normally, there is a maximum of three hits per team then the ball must cross the net.



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Sitting Volleyball

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Sitting Volleyball

Teaching style

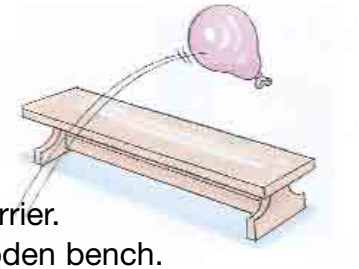
- Encourage players to build up their skills and introduce the rules gradually.
- For example, do not penalise 'double' hits in the beginning. Or allow more than three team hits before the ball crosses the net.

Rules

- In competitive sitting volleyball, the net should be 1.15 metres high (1.05 metres for women). Try setting the net at different heights to suit the age or ability of the players. Or play without a net!
- Allow the players to play the ball off one bounce initially.
- Part of a players back from buttocks to shoulders has to be in contact with the floor / ground when playing the ball.

Equipment

- Try using different types of ball:
  - lightweight balls,
  - slower-moving balls,
  - even balloons initially.
- Experiment with different kinds of net or barrier. Try using a solid barrier like chairs or a wooden bench. How does this change the game?



Environment

- Vary the size of the court to suit the number of players. For example, if there are more players, use a bigger space. (However, if some players become less involved, it may be better to divide the group into 4 teams and play two games!)

Safety

- Play sensibly – make sure that players have personal space.
- Players who may be sensitive to rough surfaces should sit on a mat or soft area.

Questions

- What ideas can you introduce to help keep the rallies going for longer?
- What can you do to make sure that all the players are equally involved?

Other games to play

Sitting volleyball can lead into other games:

- Standing volleyball
- Other net games.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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Activity Card

Volley-all

A volleyball game that enables standing and seated players to participate together.

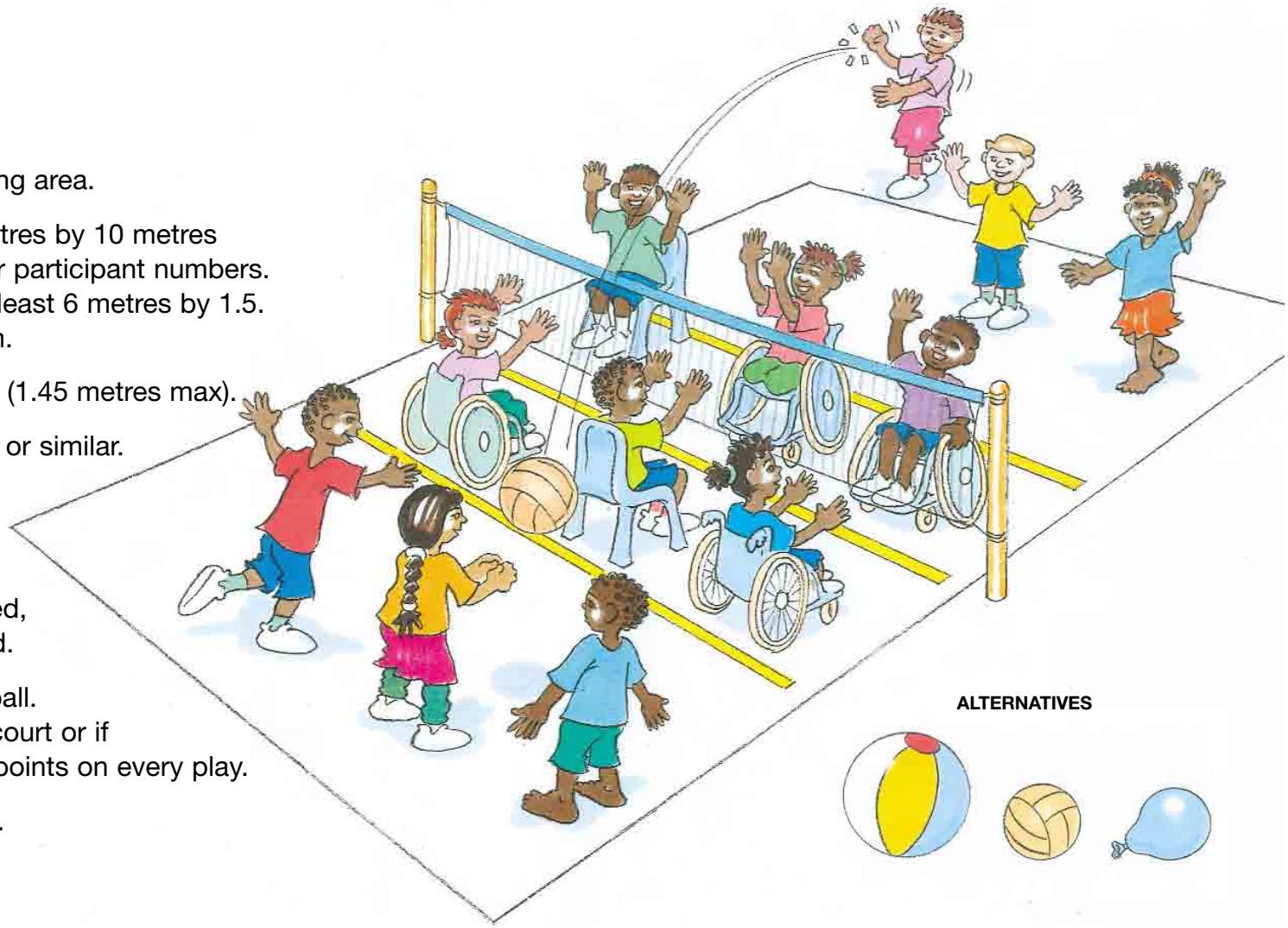
Playing the Game

What you need

- A suitable indoor or outdoor playing area.
- Court dimensions should be 6 metres by 10 metres minimum. Change this to allow for participant numbers. The front court area should be at least 6 metres by 1.5. The rear area 3.5 metres minimum.
- Net or rope with ribbons attached (1.45 metres max).
- Lightweight volleyball, beach ball, or similar.

What to do

- Players in the front zone are seated, whilst those in the rear zone stand.
- Players take turns in serving the ball. Score if ball lands in opponents' court or if opponents knock ball out. Score points on every play.
- Players remain in their own zones.



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Volley-all

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Volley-all

Teaching style

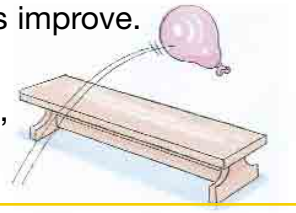
- Encourage maximum participation – change the set up of the game to enable everyone to take part.
- Note that some players may prefer to play from a seated position, for example, if they have a balance difficulty. This enables them to concentrate on playing the ball.

Rules

- Gradually introduce volleyball rules, for example:
  - allow multiple hits initially, then move to three hits maximum before ball must cross the net.
  - allow one bounce, then no bounces.
- Try rotations within zones to give players the opportunity to play in different positions.
- In the beginning, make sure that serves can be returned.

Equipment

- Use a slow moving ball (for example, a beach ball) to begin. Move to a harder, faster ball as players' skills improve.
- If there is no net or place to hang a rope, then use solid objects, like seats or benches, as a barrier.



Environment

- Adjust the net height if the front or rear zone players are being excluded. For example, if the ball is always passing over the front zone, lower the height of the net. If the front zone players are spiking the ball too easily, raise the net slightly.

Safety

- Players must remain in their own zones. Standing players must not move forward into the front zone, and any wheelchair users in the front zone must not roll back into the rear court.

Questions

- What can you do to speed up or slow down the game?
- What ideas can help the players to keep rallies going?

Other games to play

Volley-all can lead into other games, for example:

- Volleyball
- Racquet games.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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Activity Card

Blanket Ball

A basic throw and catch game that builds teamwork.

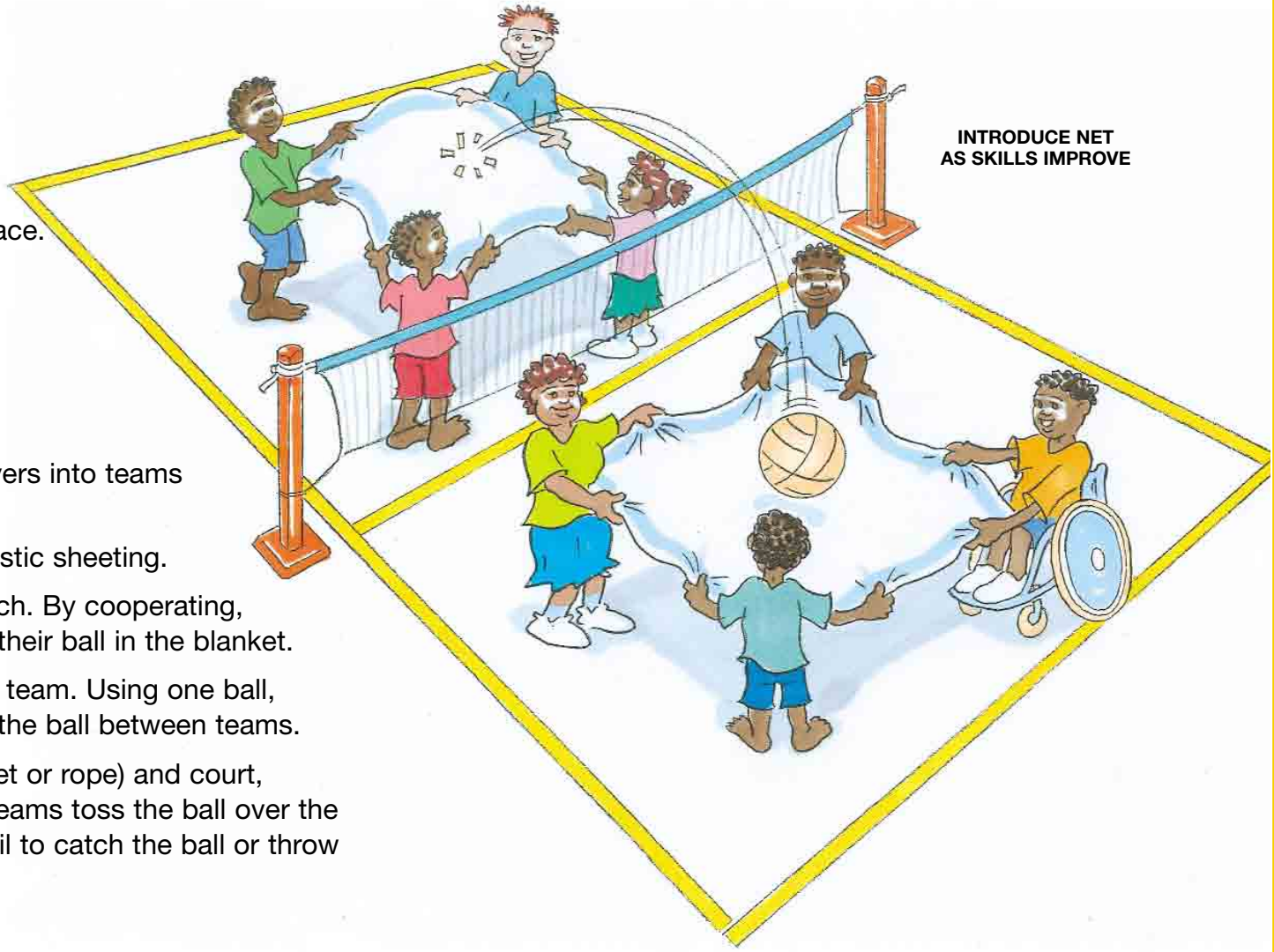
Playing the Game

What you need

- Lightweight ball or beach ball.
- Suitable indoor or outdoor playing space.
- Net or barrier.
- Blankets, sheets, large plastic bags.

What to do

- Agree a playing space and divide players into teams (3-6 players).
- Each team use a blanket, sheet or plastic sheeting.
- Teams begin by playing with a ball each. By cooperating, they work together to toss and catch their ball in the blanket.
- Each team gets together with another team. Using one ball, they work together to toss and catch the ball between teams.
- Finally, using a barrier (for example, net or rope) and court, the teams play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball or throw the ball 'out'.



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Blanket Ball

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Blanket Ball

Teaching style

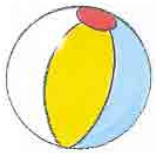
- Develop good cooperation and coordination in each team before moving to a competitive game.
- Initially, it may be helpful to place players who are similar in height in the same teams.
- Explain that the point of this game is to encourage players to work together as a team. They will only succeed if they help each other.

Rules

- Use very basic volleyball rules.
- Ask each pair of teams to devise rules on which they can agree.

Equipment

- If some individuals find it difficult to use a large blanket or sheet in a group, then try working in pairs using a plastic bag or smaller piece of material.
- Change the density of the ball – a slower-moving beach ball may be easier at first.



Environment

- Make sure each group has it's own personal space.
- As teams improve working on their own, gradually put them together with other groups.
- Try different kinds of barriers. Initially, it may just be two lines marked on the ground. The ball must travel over these lines. If it lands between them, the ball is out and the other team scores.

Safety

- Make sure that everyone has enough space and that teams do not get too close to each other.
- Ensure that the playing area is free of obstacles – players' attention may be focused upwards and the blanket obscures the ground.

Questions

- What can teams do to help them throw and catch the ball in a coordinated way?

Other games to play

Blanket Ball can lead into other games, for example:

- Volleyball
- Throwing and catching activities.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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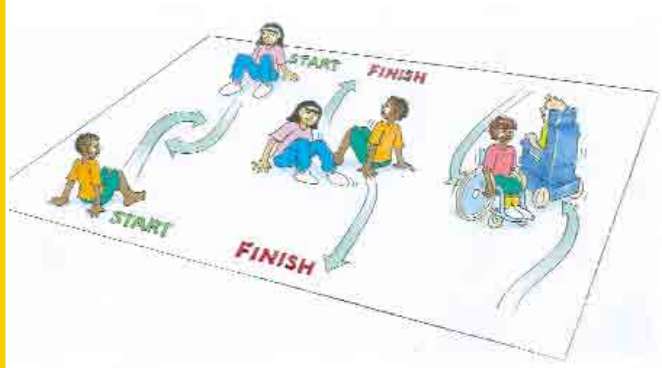
Sports Ability

Activity Card

Volleyball: Crab Games

These games develop movement skills for Sitting Volleyball.

Crab Dance



Playing the Game

What you need

- Sufficient space for all participants – smooth surface or grass is best.

What to do

- Players sit on the floor facing each other in pairs about 3 metres apart (wheelchair users can choose to get out of their chairs or use their chair).
- Players slide towards and around each other and back to their starting position as quickly as possible.
- Pairs can race each other or try to beat their own time.

Catch a Crab



Playing the Game

What you need

- Sufficient space for all participants – smooth surface or grass is best.
- Ribbons or sports sashes.

What to do

- Players spread out across the playing area.
- Half the players have a ribbon or sports sash tucked loosely into the back of their collar.
- Other players chase them by sliding or 'crab' walking and try to grab a ribbon.
- Change roles and play again.

Crab Food



Playing the Game

What you need

- Sufficient space for all participants – smooth surface or grass is best.
- Bean bags • Hoops or tape

What to do

- Hoops representing each player's (crab) home are placed in a circle around a central 'base' hoop.
- The base hoop is filled with beanbags (crab food).
- Crabs slide from their home hoop to the base, collect crab food (one bag at a time) and take it to their home base.
- Crabs can choose to steal food from other crabs' home hoops.
- The crab with the most food after time has elapsed (1-3 minutes) is the winner.

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Use the TREE model to modify this game.

TREE **Teaching style • Rules • Equipment • Environment**

Sports Ability

Activity Card

Volleyball: Crab Games

These games develop movement and ball skills for Sitting Volleyball.

Crab in the middle



Playing the Game

What you need

- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do

- Players sit in a circle with one player in the middle – the Interceptor Crab!
- The ball is rolled between players in the circle with the Interceptor Crab sliding or crab-walking to try and trap or touch the ball.
- If the ball is trapped (or perhaps even touched) the Interceptor Crab changes places with the player who rolled the ball.

Crab 4 Square



Playing the Game

What you need

- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do

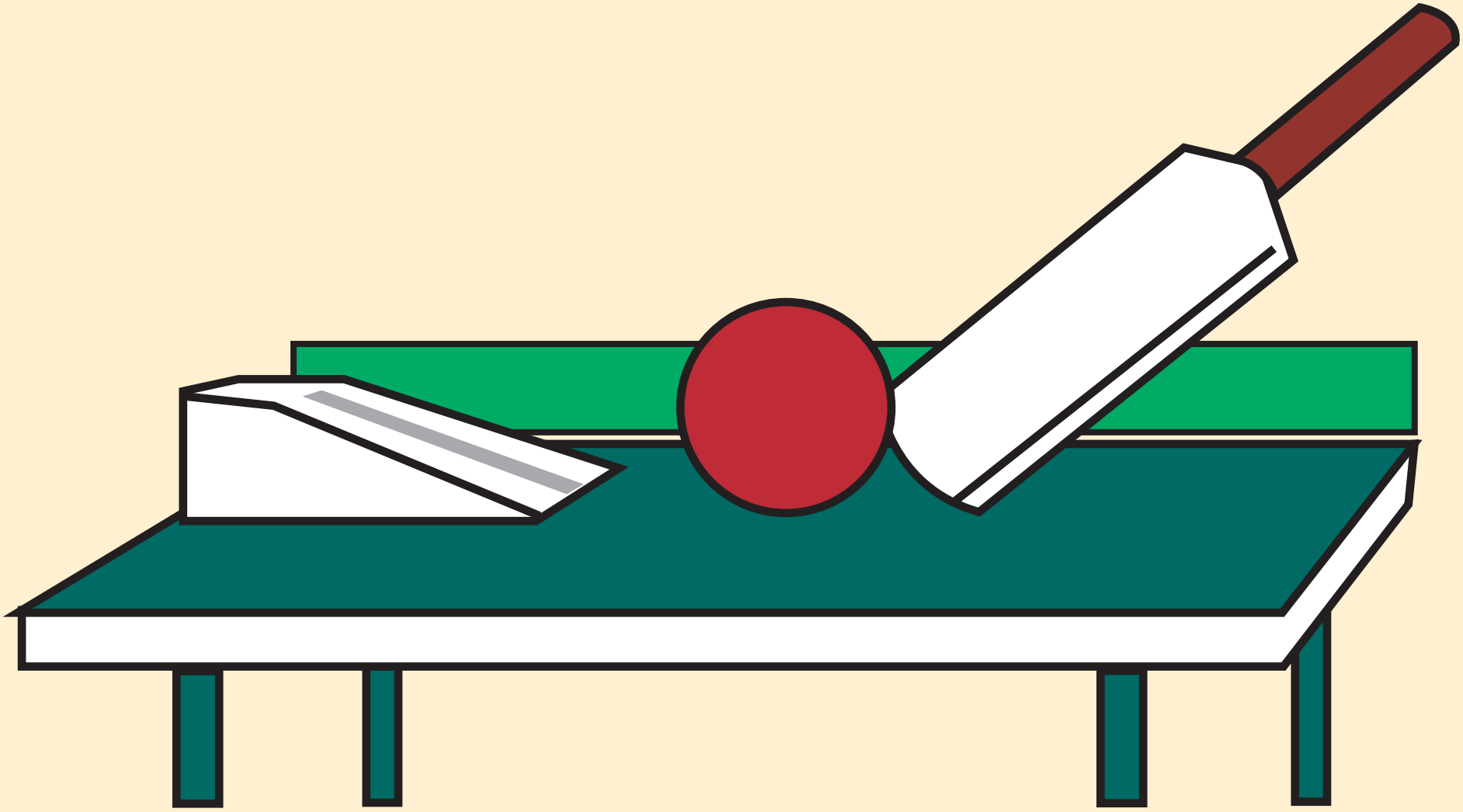
- Divide the playing area into four squares as in the illustration.
- Divide the players into two teams.
- Two players, one from each team, sit in each square.
- The team in possession try to make as many successful passes as possible before the other team intercept the ball.
- If the ball is tipped or touched, possession changes and the new team tries to make more consecutive passes than their opponents.

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Use the TREE model to modify this game.

TREE **Teaching style • Rules • Equipment • Environment**

Table Cricket



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Boardmaker Card

Table Cricket

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.



T Crckt 1



T Crckt 2



T Crckt 3



T Crckt 4



T Crckt 5



T Crckt 6



T Crckt 7



T Crckt 8



T Crckt 9



T Crckt 10



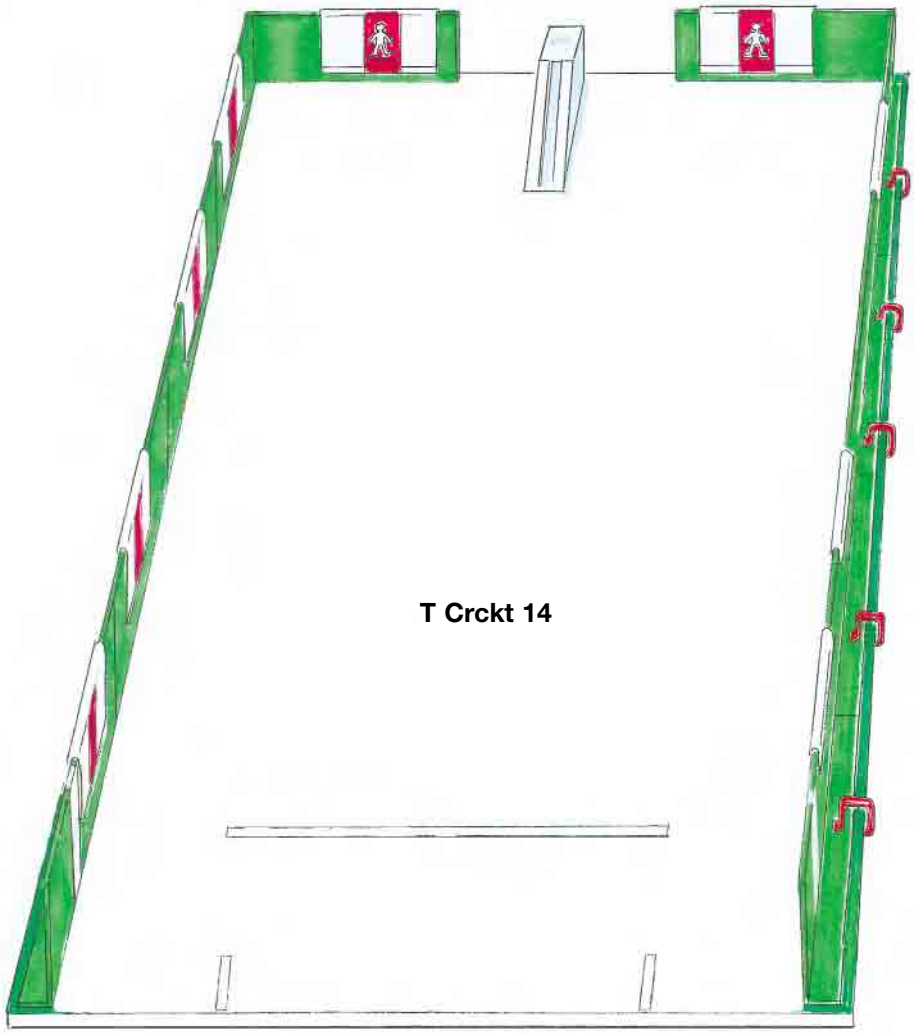
T Crckt 11



T Crckt 12



T Crckt 13



T Crckt 14

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Activity Card

Table Cricket

All the elements of cricket (batting, bowling and fielding) recreated on a table-top.

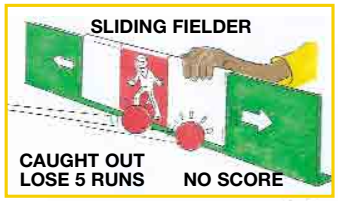
Playing the Game

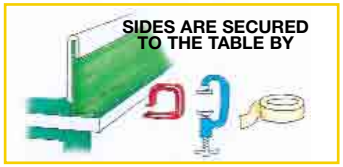
What you need

- The full-sized version of the game is played on a table tennis table – but any suitable flat table-top can be used.
- Official table cricket equipment is preferred, but see overleaf under 'Equipment' for alternatives.

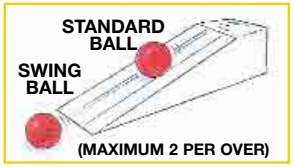
What to do

- Table cricket mirrors all the main rules and elements of cricket.
- Can be played in teams (six players) or individually.
- The batter scores by hitting the ball against the sides of the table and avoiding the fielders (gaps in the field).
- The sliding fielders are positioned on the rebound sides by the fielding team to prevent the batter from scoring.
- See the 'Scoring & Dismissals' card for the table cricket scoring system.
- The batting team starts with 200 runs.
- The bowler can use either the standard ball or the 'swing' ball (maximum two per over).
- The bowler bowls by releasing the ball down the launcher. The ball must leave the end of the launcher and not off either side.
- Teams play to an agreed number of overs per batter / bowler (usually two, giving a 12 over match).
- Table cricket can be played by players of mixed ability, but is particularly suitable for young people who have severe impairments (higher support needs).



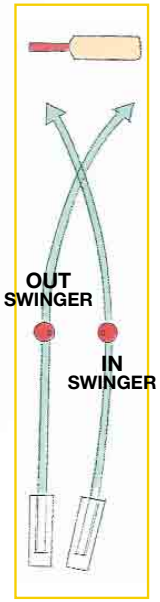


CLIPS, CLAMPS OR TAPE





STANDING BATTER
(VERTICAL BAT)



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Table Cricket

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

- Look at ways in which table cricket can be used to introduce the rules of field cricket.
- Encourage the players to discuss the tactics they will use when:
  - batting;
  - fielding.
- Explore ways in which the game can be used to support numeracy skills.

Rules

- Standing players must hold the bat in a vertical position. Seated players may hold the bat horizontally.
- One fielder on either side of the wicket can be designated as an 'active' fielder. These players may physically move the fielding section in front of them to catch out the batter.
- Allow some players to hit the ball twice:
  - first contact to stop and control the ball
  - second contact to make a shot.
- The bowler may conceal the ball from the batter choosing either the standard or swing ball.
- Allow the bowler to 'flick' the ball down the launcher to increase the speed of the ball.

Equipment

- Some players may prefer to use a glove bat (or an improvised version) to improve manipulation.
- Larger, slower moving balls or larger bats can be substituted if necessary.

Environment

- Reduce or increase the number of fielders depending on the size of the table used (maximum of 9 sliding fielders on a table tennis table).
- Try setting the game up on the floor if a table is unavailable.

Table Cricket

Safety

- Ensure that the lower limbs of wheelchair users do not rub against the underside of the table.
- Avoid wild swings of the bat. The ball should be stroked and directed with the bat using a pushing technique.
- Avoid striking the rebound sides with the bat.

Questions

- Have players worked out the best way for them to hold the bat before they start to play?

Other games to play

Table Cricket can lead into other games, for example:

- target games
- bat and racquet games.

Integrity

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Activity Card

Table Cricket: Scoring

Scoring Chart

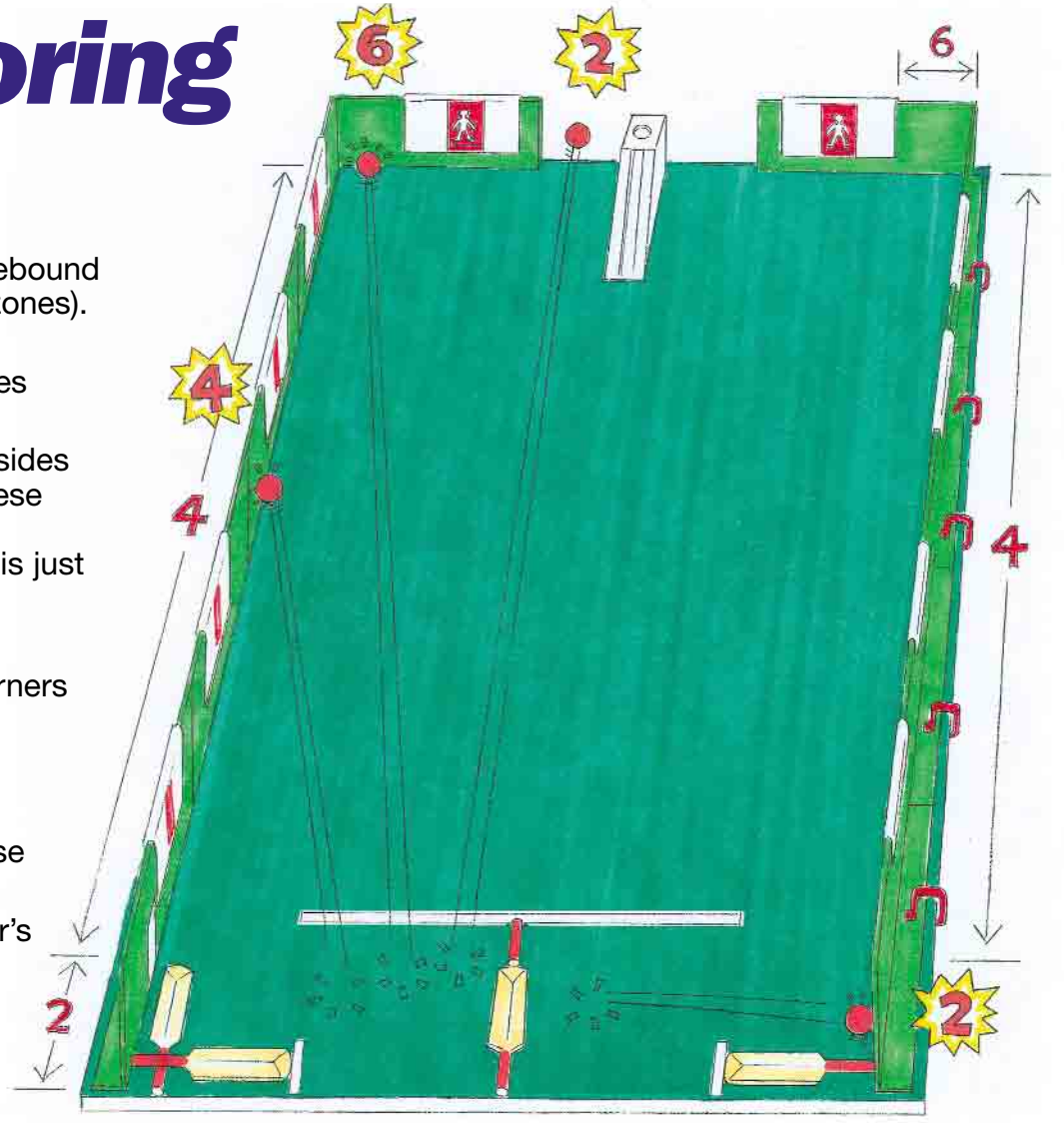
In table cricket, the batter scores by hitting the ball against the rebound sides of the table avoiding the fielders (see diagram for scoring zones). The batting team start with 200 runs.

The various markings on the table help to designate scoring zones (see diagram).

- 2 runs scored square of the batter on either side (ends of the sides nearest the batters end). Fielders may not be placed within these areas which are 15cm wide from the batter's end of the table (length of bat blade approximately). Ideally, this measurement is just the blade of the bat
- 4 runs anywhere else on the sides.
- 6 runs in the two corners. Fielders cannot be placed in the corners (minimum width 15cm or length of bat blade).
- 2 runs either side of the launcher.

Additional

- The batter may not strike the ball until it has crossed the crease on the batter's side.
- The bowler bowls a 'wide' – i.e. the ball passes over the batter's end of the table outside the wicket markings without being touched by the batter. 4 runs are awarded to the batter (to counter the deliberate use of wides). An extra delivery is awarded.
- If the ball becomes stationary without touching the sides it is declared a 'dead ball'. No run is scored and the ball counts as one in the over.



Note re pitch markings: dimensions for competition indicated in the text are based on a table tennis size pitch. However, these can be adjusted to suit the size of the table and number of players. The table cricket bat can be used to estimate some of the measurements.

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Table Cricket: Dismissals

Dismissals Chart

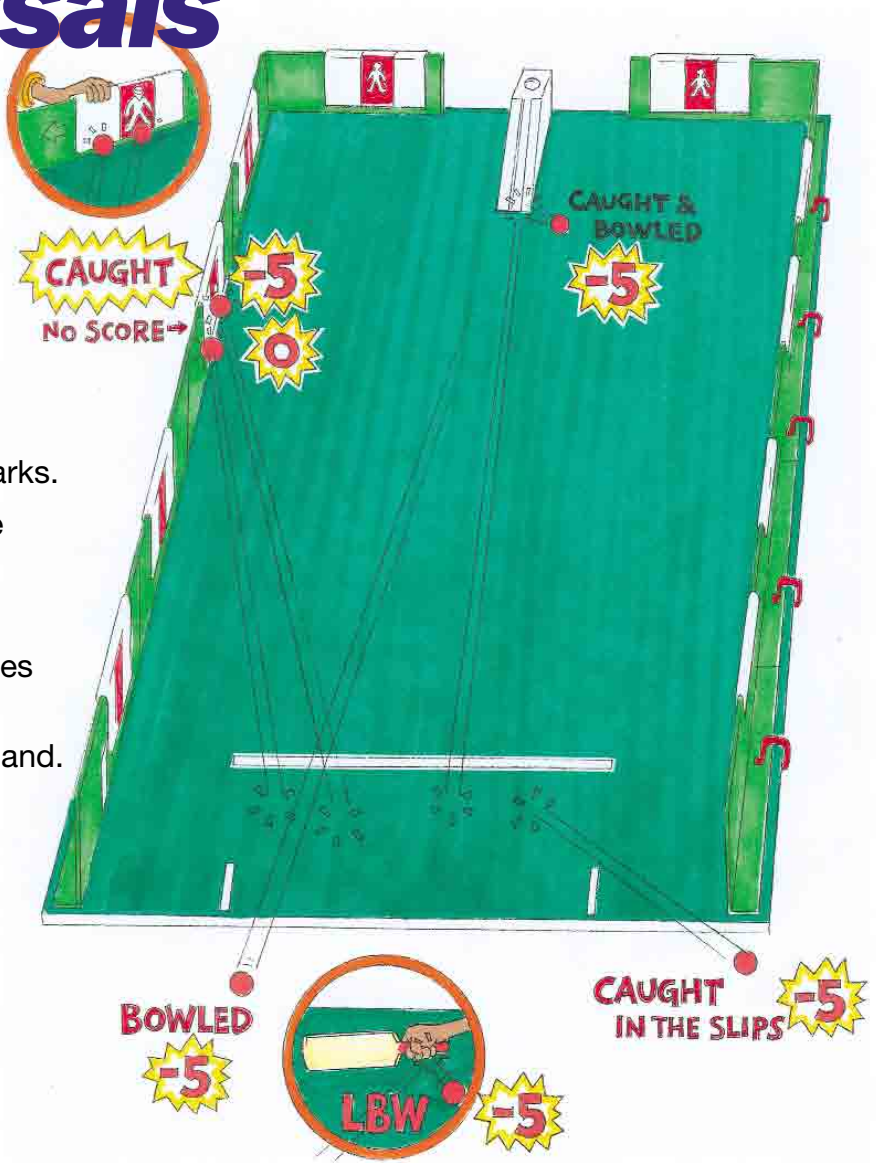
Most of the ways in which a batter is dismissed in field cricket can be re-created in the table cricket environment. The main difference is that in table cricket the batter always completes their allocated overs and is never 'out'. Instead, the batter loses 5 runs for every dismissal (from the starting total of 200).

The methods of dismissal are:

- **Bowled –** ball crosses the batter's end of the table between the 'wicket' marks.
- **Caught –** the ball hits the red part of any fielder. (Note: if the ball strikes the white part of the fielder the ball is declared 'fielded' and there is no score).
- **Caught and bowled –** the batter hits the launcher with the ball.
- **Caught in the slips** – the batter 'nicks' the ball with the bat and the ball goes over the batter's end of the table either side of the wicket.
- **LBW –** in attempting to play the ball, the batter touches the ball with their hand.

Additional

- If the batter hits the ball off the table (other than over the batter's end) they are 'out' and lose 5 runs.



Note re pitch markings: dimensions for competition indicated in the text are based on a table tennis size pitch. However, these can be adjusted to suit the size of the table and number of players. The table cricket bat can be used to estimate some of the measurements.

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Activity Card

Table Cricket: Variations

These activities help develop table cricket skills or provide 'stand alone' games.

Target Cricket



Playing the Game

What you need

- Table cricket equipment.
- Various targets, for example, plastic cups, plastic bottles, small skittles, balls.

What to do

- The bowler places target objects on the table, leaving space to bowl the ball down the centre.
- Batter tries to knock down as many targets as possible in 6 deliveries.
- Add up score and change roles.

Clock Cricket



Playing the Game

What you need

- Table cricket equipment.
- Target cards marked 1-6. Or all clock numbers (1-12) except 6 (the batter's position). Numbers could be attached to sliding fielders, for example.

What to do

- The bowler delivers 6 balls in turn.
- The batter tries to hit each numbered target in sequence 'around the clock face'.
- Batter does not move on to the next target until the previous one has been hit successfully.

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Table Cricket Variations

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

Target cricket

- Encourage players to keep the score for each other, or allocate a player to keep score for the group. Make sure everyone takes a turn if possible.

Clock Cricket

- Make sure that players know the order in which they go for the targets. What could help them?

Rules

Target cricket

- Allocate specific scores to different targets, perhaps based on the type of target or its colour.
- Differentiate the scoring system, for example, 1 point if the ball touches the target, 3 points if it is knocked over.

Clock Cricket

- Try playing the ball from a static position before trying a moving ball.

Equipment

Target cricket

- Vary the target – use lighter/heavier targets. For example, fill small plastic bottles with different amounts of water.

Clock Cricket

- Some players may have more success with a lighter ball initially.

Environment

Target cricket & Clock Cricket

- Place targets closer to the batter initially.
- Try playing on different sized or different shaped tables.

TREE

Teaching style • Rules • Equipment • Environment

Table Cricket

Safety

- Direct the ball carefully when playing a shot. No wild swings!
- Ensure that the legs of seated players do not rub against the underside of the table.

Questions

- Are the players hitting the ball with the middle of the bat?
- Are the batters more accurate when the ball is bowled quickly or when it is bowled slowly? What about the swing ball?

Other games to play

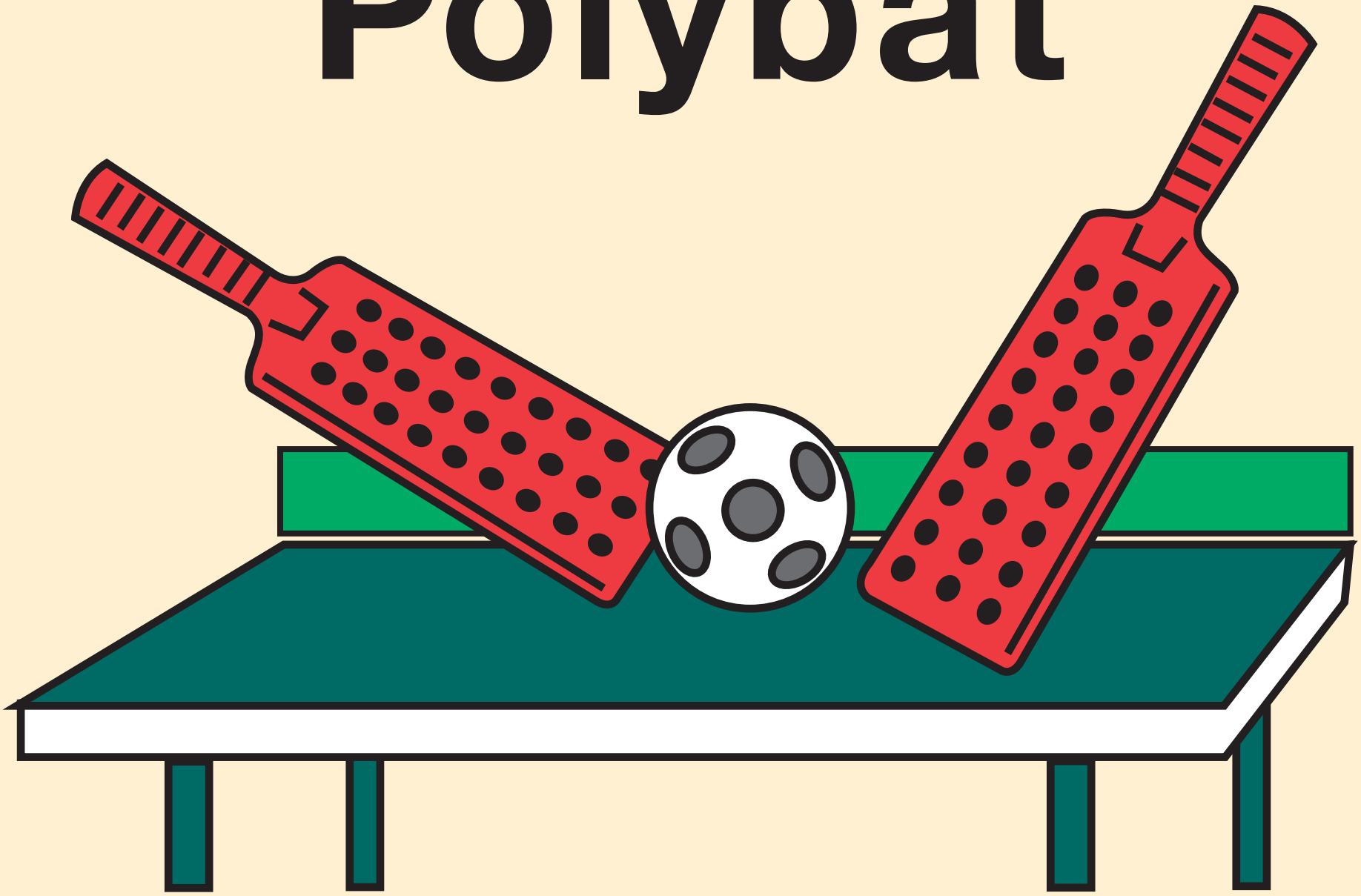
- Try other target games, like boccia or bowls. Can these be adapted for a table top?

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

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Polybat



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Sports Ability Boardmaker Card

Polybat

These five additional cards in the Activity Card set serve two purposes. On the front there are pictorial representations of each activity as a visual aid to communication. The back side of each card shows thumbnails of each activity for staff and students to design their own cards by 'cut and paste'.



PolyBat 1



PolyBat 2



PolyBat 3



PolyBat 4



PolyBat 5



PolyBat 6



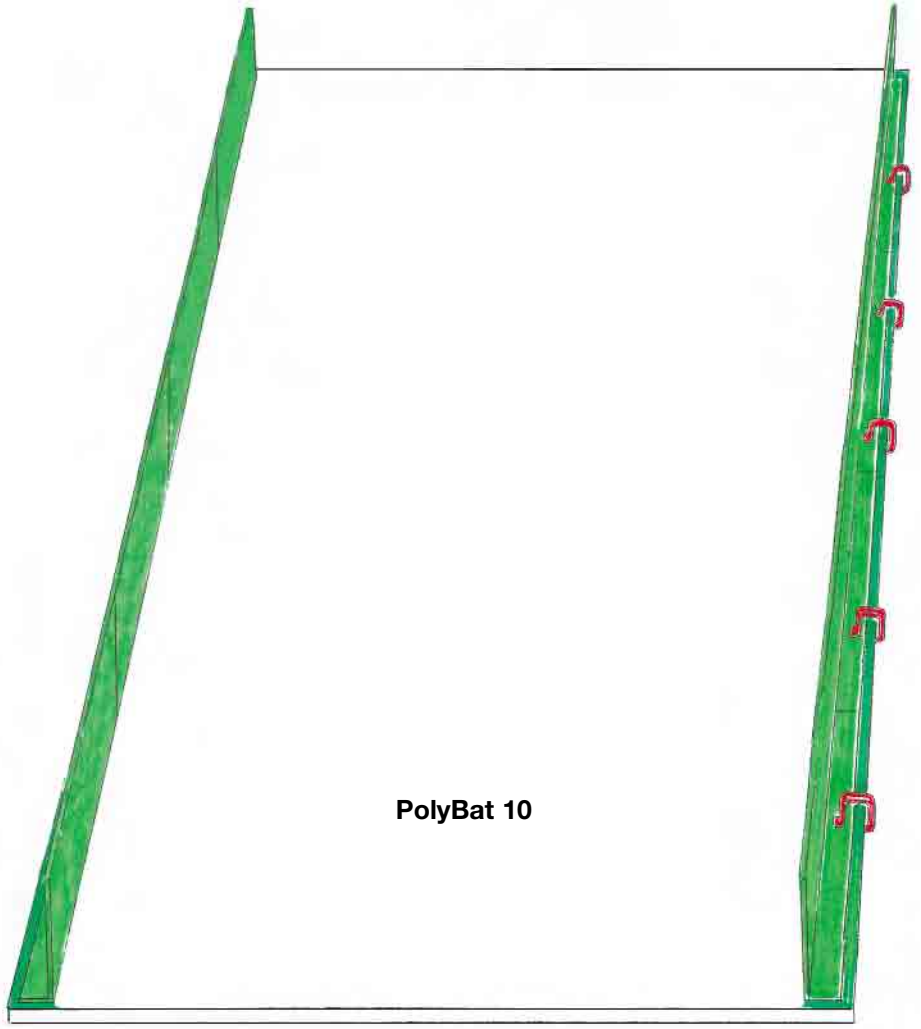
PolyBat 7



PolyBat 8



PolyBat 9



PolyBat 10

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Sports Ability

Activity Card

Polybat

An alternative table-top bat and ball activity.

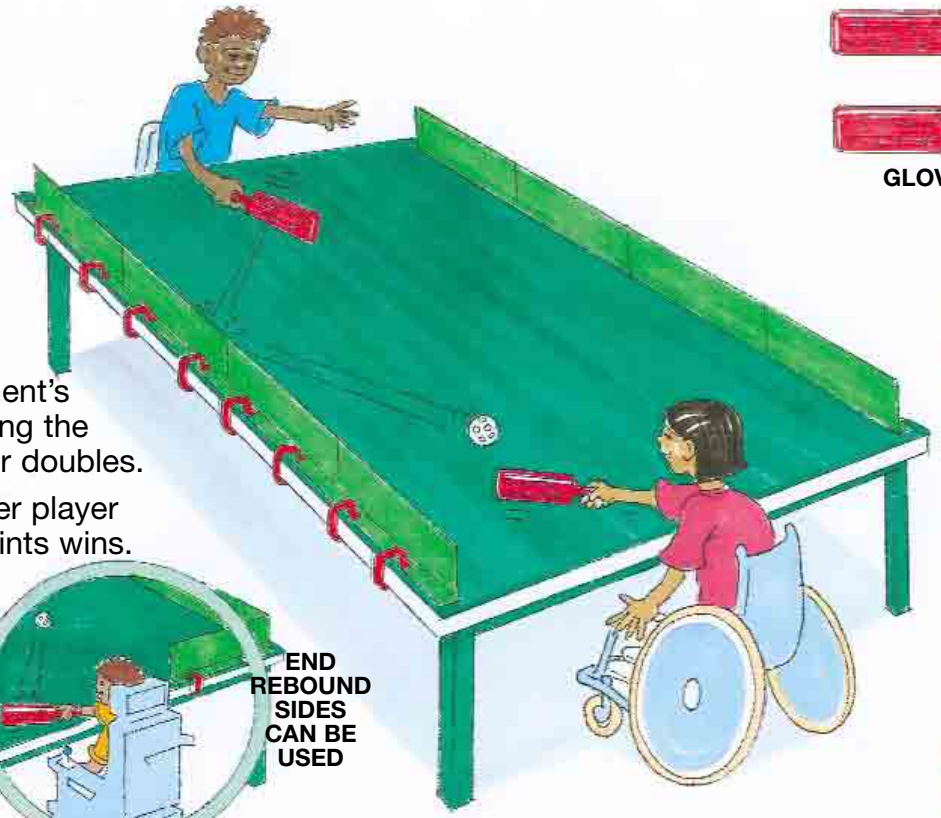
Playing the Game

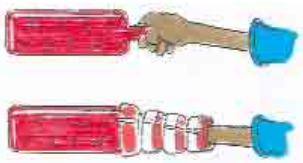
What you need

- Polybat bats and balls, or alternatives (see 'Equipment' over).
- Table tennis table or any large table or flat surface (again, see options over).

What to do

- The aim of the game is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface. Can be played as singles or doubles.
- Each player has five serves. Serve then goes to other player (or rotates alternately for doubles). First to eleven points wins.
- Play begins with the server playing the ball off any side. Strokes can then be played directly or off the side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- The ball must stay on the table surface at all times.
- Polybat is suitable for players who have arm, balance, or coordination impairments for whom table tennis may not be appropriate or possible.
- Polybat can also be used as a means of introducing table tennis to younger children.





GLOVE BAT



1 POINT

END REBOUND SIDES CAN BE USED



NO TRAPPING OR HANDLING

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Polybat

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Polybat

Teaching style

- Look at ways in which the players can improve their technique or anticipation of the ball movement. For example:
  - encourage the players to keep the bat steady and in front of the body;
  - enable them to rest the bat on the table surface if necessary to provide more stability;
  - encourage them to watch the speed and direction of the ball. This can be practised by rolling the ball from different angles.

Rules

- Play first to 11 or 21 points with or without a two-point advantage.
- Modify the multiple touch rule and specify the number of hits for players of different abilities.
- Allow some players to serve direct to their opponent.

Equipment



- The sides can be attached to a table tennis table which provides a standard size for play. However, any large table can be used, or a number of smaller tables can be pushed together. Tape can be used to smooth the joins.
- If polybats are not available, then any small flat-edged play bat can be used. Plastic or wooden rulers may also be used.
- Use slow moving wiffle or airflow balls. Larger wiffle or airflow balls can be used before progressing to the standard polybat ball.

Environment

- Reduce the width of the end line by adding shorter rebound sides to the end of the table. This way, for example, the game can be balanced between players of different abilities, or if two players play against one.

Safety

- Ensure that the lower limbs of wheelchair users do not rub against the table.
- The game can be very dynamic and absorbing. Check for signs of fatigue with beginners.
- Avoid striking the rebound sides with the bat. Ensure that they are properly clipped or taped onto the table.

Questions

- Can the players angle the bat downwards in order to keep the ball on the table surface?
- Is it better to hit or strike the ball, or can players get more control by using a pushing or sweeping action?

Other games to play

- Polybat can lead into:
  - table tennis;
  - other bat and racquet sports.

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

TREE

Teaching style • Rules • Equipment • Environment

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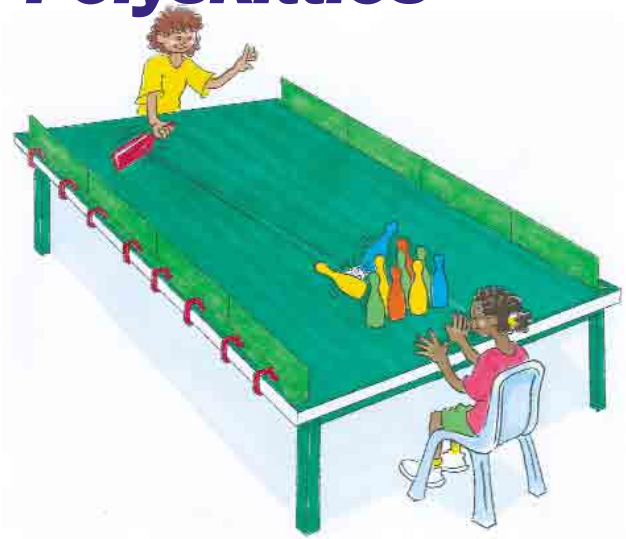
Sports Ability

Activity Card

Polybat: Variations

These games develop skills that support polybat and other bat and racquet activities.

Polyskittles



Playing the Game

What you need

- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).
- Skittles, small plastic bottles, plastic cups.

What to do

- Try to knock down as many skittles as possible using 5 balls in succession.

Polysquash



Playing the Game

What you need

- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).

What to do

- Push the table against a wall. Players sit next to each other. Mark a dividing line up the centre of the table if necessary.
- Players play alternate hits off the wall or sides.
- Players score by hitting the ball over the end of the table on their opponent's side.

Octopoly



Playing the Game

What you need

- Polybats and balls (or alternative bats and balls).
- Polybat rebound sides (or similar).

What to do

- Use a multi-sided table to involve more players.
- Players play individually or in teams.
- Agree a winning score (for example, 5).

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Polybat Variations

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

Polyskittles
- Encourage players to keep score or allocate a scorer.

Polysquash
- Use polysquash to explain about the game of squash.

Octopoly
- Discuss with the group ways in which they would like to play.

Rules

Polyskittles
- Remove / leave skittles that have been knocked over.

Polysquash
- Allow multiple hits for some players.

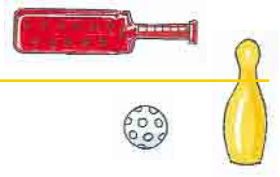
Octopoly
- Players take turns in starting the game by serving off any rebound board.
- Players can score through any other player's 'goal'.

Equipment

Polyskittles
- Try using different kinds of target, for example, plastic cups, light balls.

Polysquash
- Raise the end of the table nearest the wall slightly to help the ball roll back towards the players. (for example, use coasters).

Octopoly
- Try using balls that move at different speeds.



Environment

Polyskittles
- Space the skittles out to challenge players.

Polysquash
- Players can use narrower tables and play individually initially.

Octopoly
- Make 'goals' wider or narrower depending on the abilities of the players.

Polybat

Safety
- Play sensibly and with control, without swinging the bat around. This is particularly important if playing near other players.

Questions
- Can some of these games be played cooperatively? For example, how many consecutive hits can players make at polysquash or octopoly?

Other games to play
Use these games to lead in to:
- competitive polybat
- other bat and racquet games, including table tennis and squash.

Integrity
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TREE

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Sports Ability

Activity Card

4 Square

A passing / interception game that develops space-finding and close marking skills.

Playing the Game

What you need

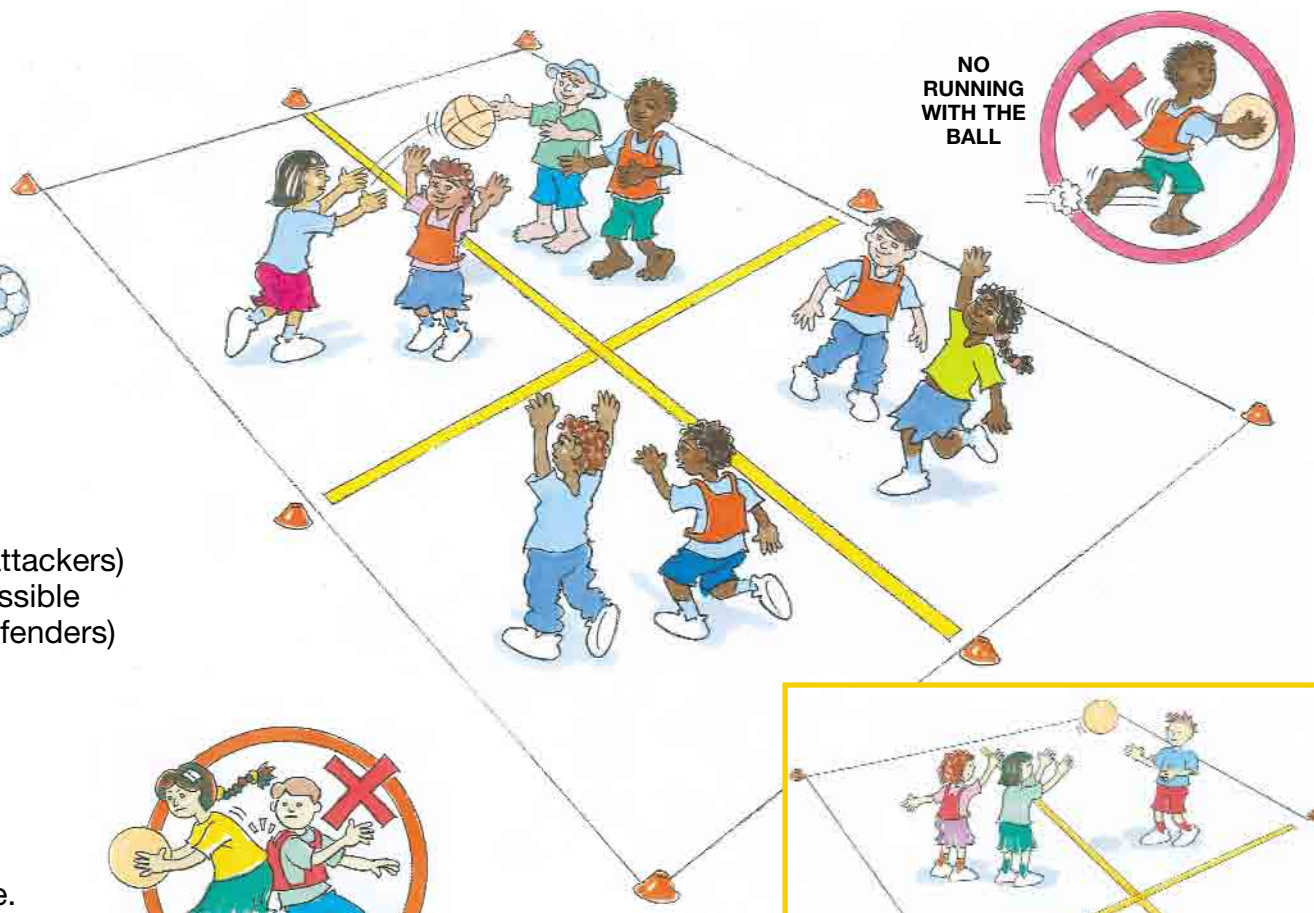
- Variety of balls.
- Marker cones.
- Coloured bibs.

ALTERNATIVES



What to do

- Group participants into 2 teams of 4. One player from each team stands in each of the 4 squares.
- One team takes possession of the ball (attackers) and tries to make as many passes as possible between themselves. The other team (defenders) try to intercept the ball.
- Players can pass in any direction.
- All players, passers and interceptors, must remain in their own square.
- Defenders must not make physical contact with the opponent in their square.
- If the defenders catch the ball or knock it out of play they take possession.
- Winners are those who score the highest number of consecutive passes.



NO BUMPING

OPTION: ONE PLAYER IS UNMARKED IN A SQUARE– PLAYS FOR BOTH TEAMS.

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4 Square

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

4 Square

Teaching style

- Try to match abilities in each square.
- Discuss with the players ways in which they can:
  - make room for themselves to receive a pass;
  - make interceptions without making contact with their opponent.

Rules

- Vary the time each player has in possession.
- Use sport specific rules, for example netball, basketball (allow dribbling), hockey, soccer.
- Use specific kinds of passes, for example: high passes only, bounce passes only.
- Passing challenge – try passing in one direction around the squares.
- Some players who are intimidated by close marking can play on their own in a square. They play for a specific team or whichever team is in possession.

Equipment

- Use different balls to create different challenges, for example:
  - smaller / larger ball.
  - sports specific – netball, basketball, hockey.



Environment

- Easier for passers:
  - Make the area bigger to give passers more room.
- Easier for the interceptors:
  - Reduce the area to make interception easier.

Safety

- Make sure that players are aware of the movement capabilities of everyone in the group.
- No physical contact.

Questions

- What changes to the game can be introduced to ensure that everyone is involved?
- How can the game be adapted for players who have mobility or coordination impairments?

Other games to play

Skills developed in this game can lead into:

- Basketball
- Netball
- Rugby
- Hockey

Integrity

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Sports Ability

Activity Card

Rally Around

Cooperative play - working in pairs, players complete a hit and rally circuit with 60 seconds at each station. The aim is to rally for as many shots as possible. Pairs move from station to station on a signal.

Playing the Game

What you need

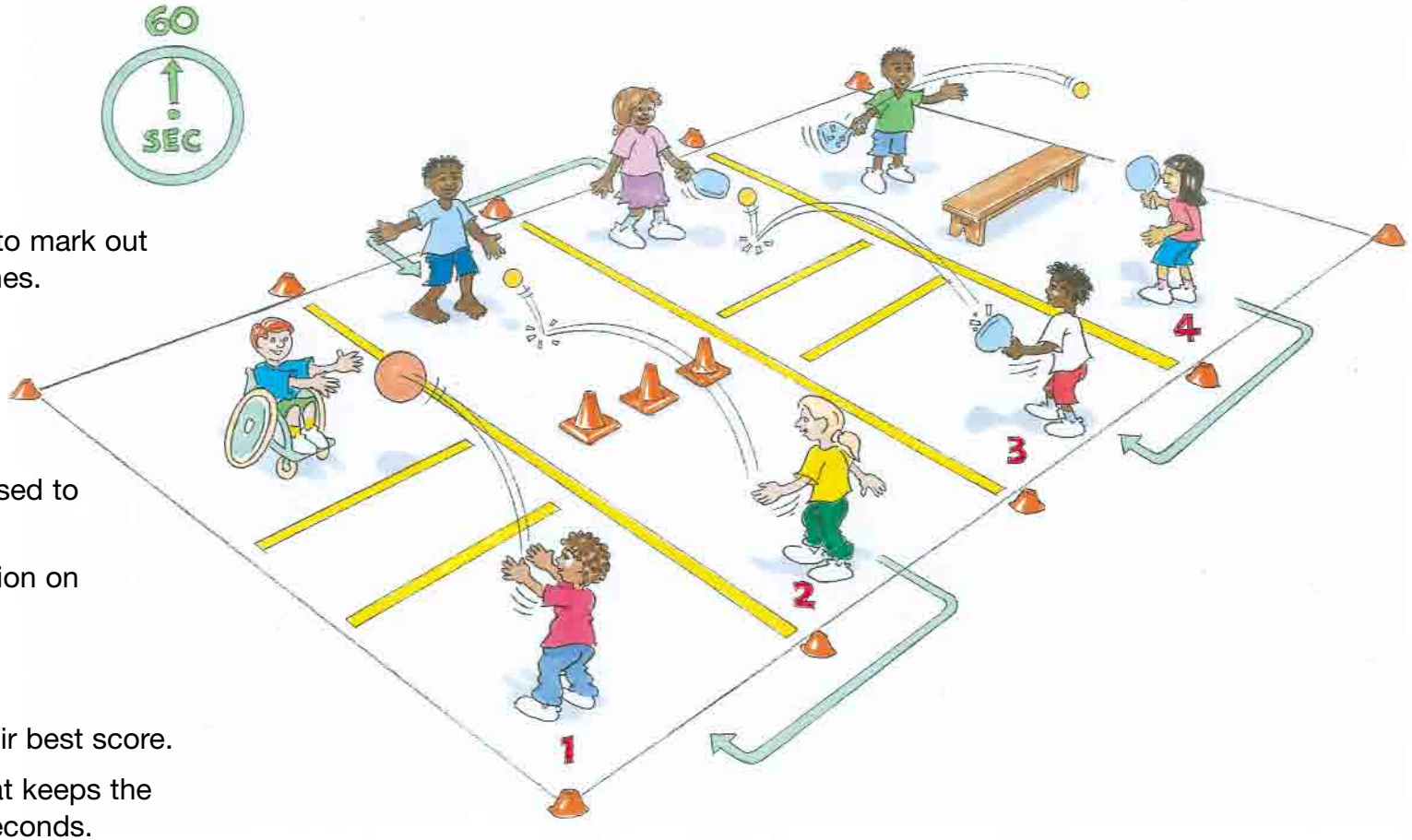
- A suitable indoor or outdoor playing space.
- A variety of bats and balls.
- Marker cones or alternatives to mark out playing areas and 'no-go' zones.

What to do

- Divide group into pairs, one pair for each station.
- An underarm throw may be used to start play.
- Players move to the next station on a signal.

Scoring

- Help your partner achieve their best score.
- 5-point bonus for any pair that keeps the rally going for the entire 60 seconds.



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Rally Around

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

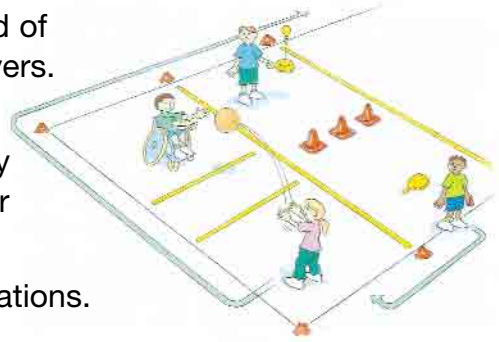
Rally Around

Teaching style

- Use role models to highlight skilful play.
- Encourage players to strike the ball in different ways. For example: soft / hard, high / low.

Rules

- Allow two bounces for less skilled players.
- Play 'points' to a nominated score, for example 21 points for a win.
- Allow a catch and pass play instead of a striking action for less skilled players.
- Rather than rotate around, a player with a mobility restriction might stay in one place and take a new partner on each rotation.
- Vary the way of moving between stations.



Equipment

- Vary the type of ball – use a larger slower ball with less skilled players.
- Vary the type of bat.
- Introduce different types of barriers into the 'no-go' areas.

Environment

- Vary the width of the 'no-go' areas.
- Use a wall. Players work in pairs or individually.

Safety

- Make sure there is enough space between groups.

Questions

- Ask players to think about how they can make the game faster or slower?
- How can players of different abilities be challenged?
- What ideas can help the players keep rallies going?

Other games to play

Rally around can lead into other games:

- Hit 4 and Go
- Wall tennis
- Tennis
- Other racquet games.

Integrity

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TREE

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Activity Card

Hit 4 and Go!

A striking / fielding game that develops basic batting and fielding skills.

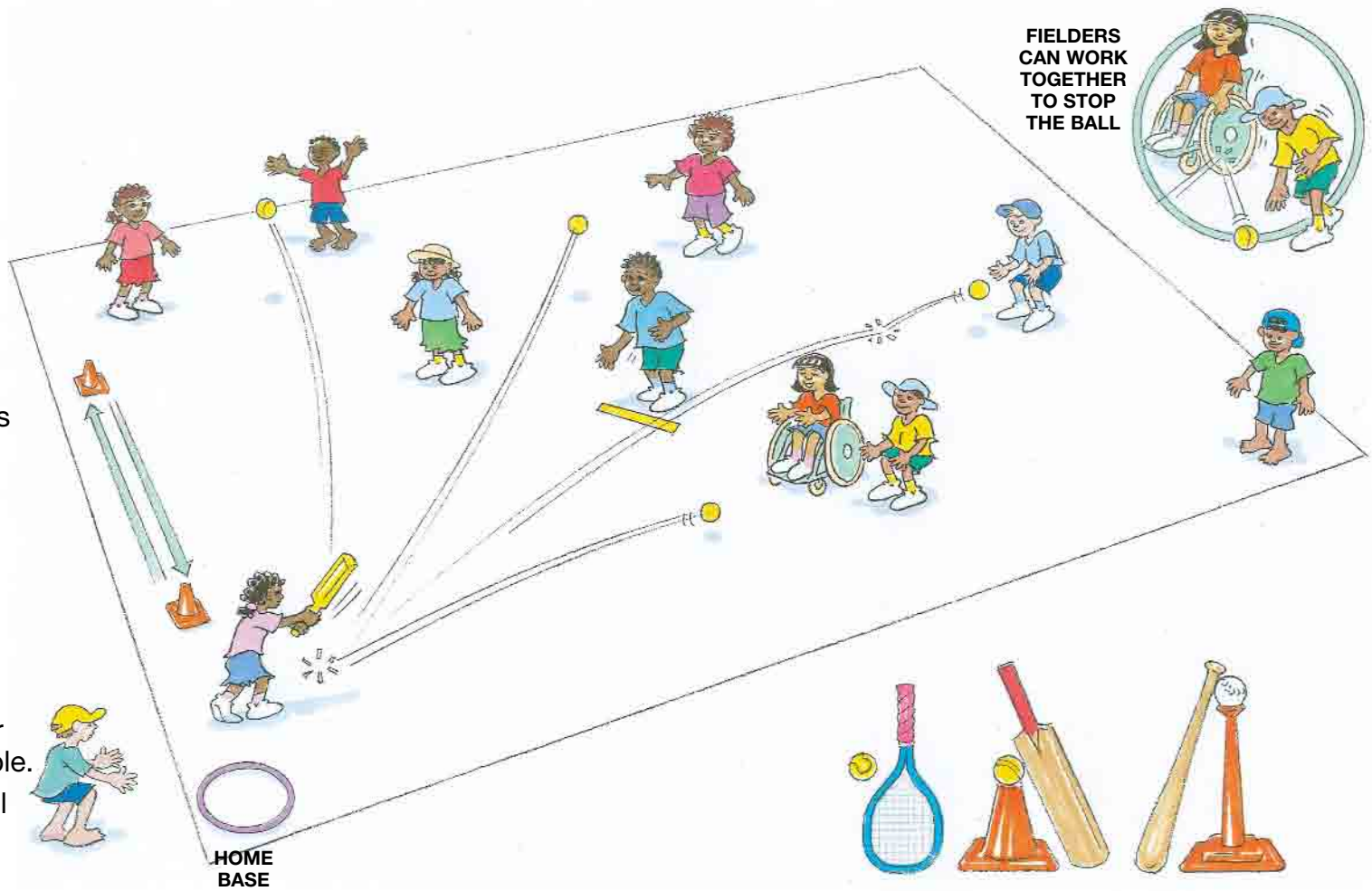
Playing the Game

What you need

- A suitable indoor or outdoor playing space.
- Range of bats, sponge or lightweight cricket balls.
- Marker cones.
- Optional batting tee(s).

What to do

- Divide the group into two teams – batters and fielders.
- When a batter comes to bat, they hit 4 balls, one after the other, into the playing space.
- The balls can be hit from the ground, off tees, or from a self or drop feed.
- When the last ball is hit, the batter runs between the marker cones as many times as possible.
- The fielders must return the ball to the home base – call 'Stop' when the last ball reaches home base.



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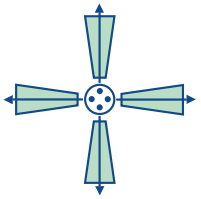
Hit 4 and Go

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Hit 4 and Go

Teaching style

- Group management:
  – if there is a very large group, use a 'fan' system, with two or more groups playing this game at the same time.



GROUPS PLAY OUTWARDS FROM CENTRAL SAFE AREA

- When using this system players must hit the ball forward.

Rules

- Harder for the fielders:
  – fielders cannot move until last ball is struck.
  – fielders must take the ball to the home base – not throw.
- Harder for the batter:
  – batter must hit the ball forward of the batting position.
- Devise scoring zones – batters gain extra runs if the ball passes through the zones. If running is not an option, batters who have mobility impairments can score by hitting into these zones.

Equipment

- Have a variety of bats available for batters to choose.
- Use different density balls to vary the challenge for batters and fielders. Or use four different types of ball.
- Try different heights of tee – or devise alternatives.

Environment

- Vary the distance between the batter's marker cones.
- Increase or decrease the playing area. Increasing the size gives the fielders a bigger area to cover, decreasing it reduces scoring options for the batter.
- To give batters more time to make their ground, have the fielders stand further back.
- Try using scoring targets for the batters (for example 2 marker cones positioned to form 'gates').

Safety

- Make sure that the surface is suitable for everyone.
- Check that the batter's running zone is clear of the fielding area.

Questions

- How can fielders get the ball back to home base quickly?
- How can everyone, batters and fielders, be involved all the time?

Other games to play

Hit 4 and Go can lead into:

- Cricket
- Teeball
- Softball / baseball

Integrity

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TREE

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Activity Card

Throlf

'Throwing golf' **– a target game designed to develop aiming, sending and throwing skills, and to help players challenge themselves and others.**

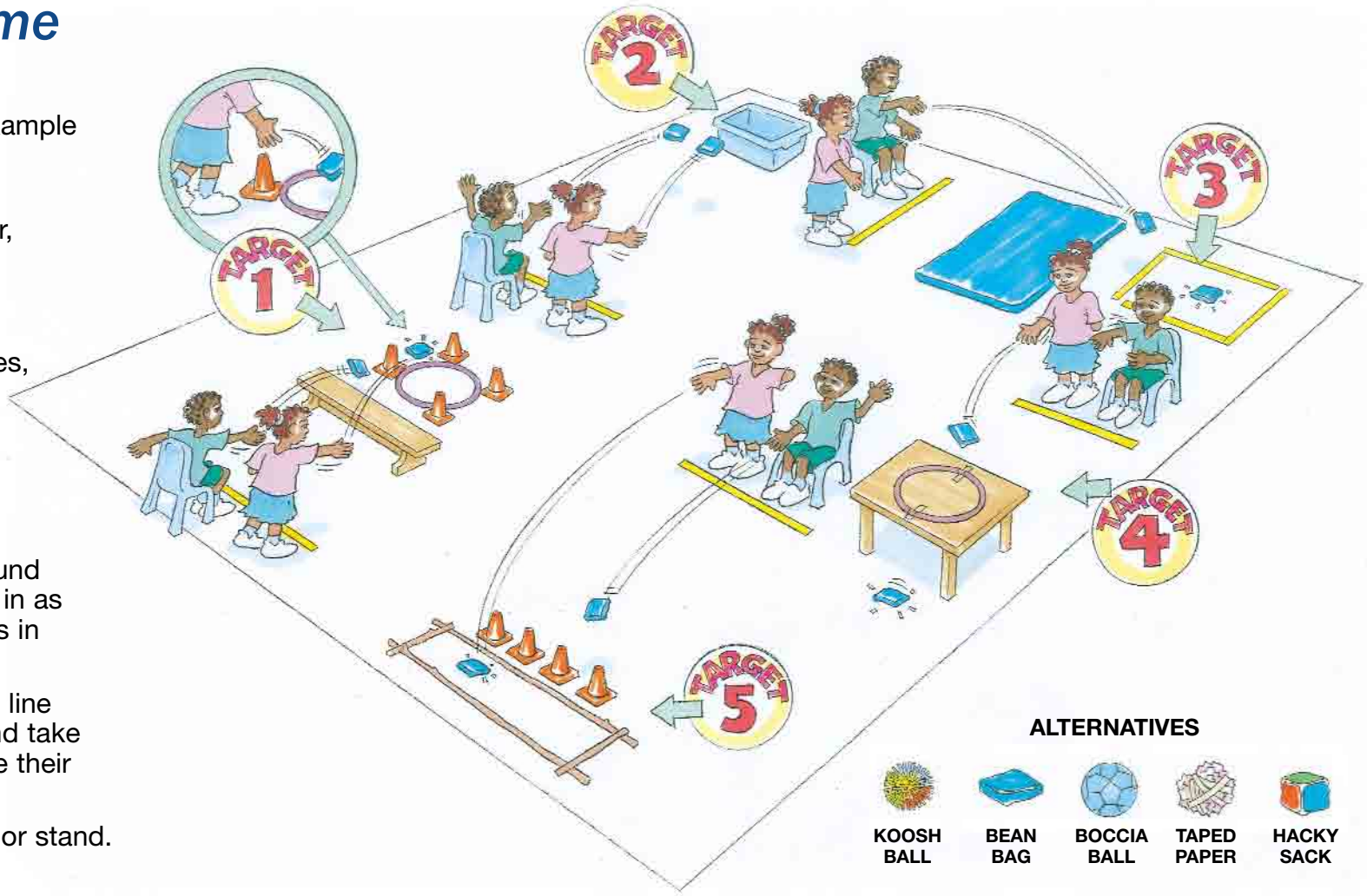
Playing the Game

What you need

- A variety of targets, for example hoops, boxes, buckets, marker cones.
- Bean bags, one per player, or any other suitable implement that 'stops where it drops' (see over).
- Objects to create obstacles, barriers and 'bunkers'.

What to do

- Set up a number of target 'holes'.
- Players work their way round the course trying to finish in as few throws as possible, as in the golf scoring system.
- Players throw from a start line (tee) next to each hole, and take their next shot from where their bean bag / ball lands.
- Players can choose to sit or stand.



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Throlf

Throlf

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Teaching style

- Encourage the players to get together in small groups and devise their own target holes. They can then challenge other teams to score in their target.
- Provide sound or verbal cues for players who have visual impairment. For example, encourage players to work in pairs and provide support to each other. Using brightly coloured bean bags and targets may assist some players who have vision impairments.
- Use the game to introduce the rules of golf and how some of these rules link to other sports. For example, the player furthest from the target after the opening throw plays first. There is a similar rule in boccia.

Rules

- Allocate different scores to the holes.
- Set a maximum number of throws per hole and / or the whole course (like a 'par' in golf).
- If boccia rules are used, adjust the throlf course in order that players rolling the ball can participate equally.

Equipment

- Use different kinds of throwing implement, for example bean bags, fluff balls, koosh balls, hacky sacks, boccia balls, or scrunched-up paper and tape balls.
- Use other objects to create the equivalent of water hazards and bunkers. For example, a blue blanket on the floor can be a water hazard.
- Some players may prefer or require a ball-sending ramp.
- Instead of 'holes' use skittles or empty plastic bottles.
- A numbered card or 'flag' can be devised to identify target holes.

Environment

- Utilise objects in the environment to create the targets and obstacles.
- Set targets at different heights – this changes the angle of the throw. For example: use a pile of mats.
- Provide alternative targets at each hole, especially if some players are rolling a ball.
- Vary the distance from the throwing line to the target.

Safety

- Encourage everyone to play sensibly – be aware of others.
- Don't start play if players are still around the target.

Questions

- How can you encourage the players to use different throwing / ball-sending techniques?
- If there are obstacles in the way, what strategies can players use to reduce the number of throws?

Other games to play

Throlf can lead into:

- Boccia / bocce
- Bowls
- Tenpin
- Golf

Integrity

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TREE

Teaching style • Rules • Equipment • Environment

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Sports Ability

Activity Card

Wall Tennis

A wall / rebound game that develops reaction and anticipation skills, throwing, catching and striking.

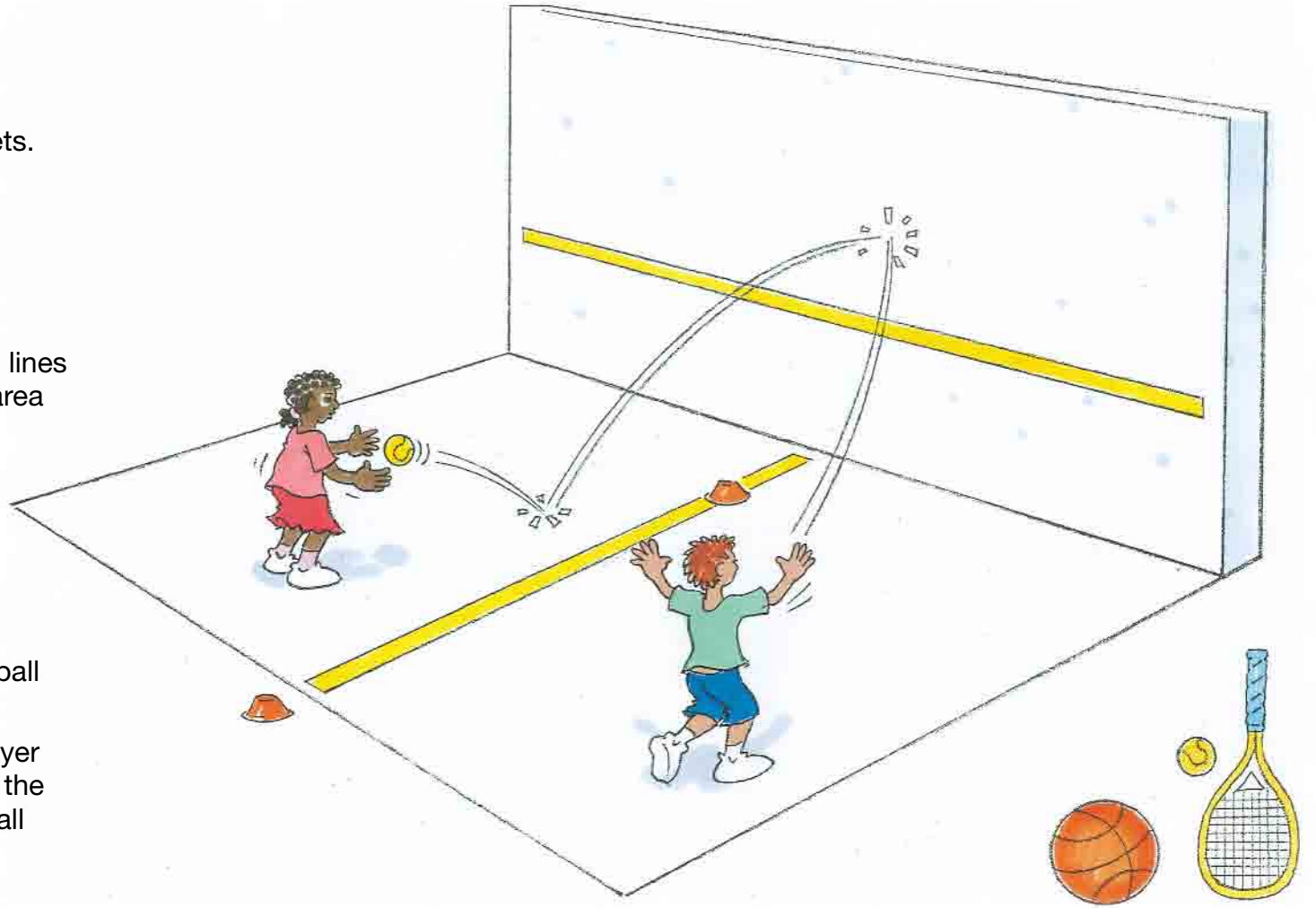
Playing the Game

What you need

- Range of balls, bats and racquets.
- Rebound surface.
- Marker cones (optional).

What to do

- Using marker cones, or existing lines on the floor, divide the playing area into two equal halves.
- Players stay in their half of the court.
- Players throw the ball so that it hits the wall above the line, and rebounds back into court.
- The other player can catch the ball on the full or after one bounce.
- The rally continues until one player is unable to return the ball onto the wall above the line before the ball bounces twice.
- Players serve alternately.



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Wall Tennis

Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

Wall Tennis

Teaching style

- Encourage players to throw the ball (or strike it if they are using racquets) in different ways. For example: soft / hard, high / low.
- Challenge players to find the gaps where their opponent has less chance of catching the ball.
- Try a cooperative approach – how many successful passes can be made?

Rules

- Allow more bounces for some players.
- Play to an agreed number of points, or have a time limit.
- As players become more aware of each other, allow them to move anywhere on court to catch the ball.
- Play in pairs, one player in each team throwing, the other catching.

Equipment

- Try using racquets or bats instead of throwing the ball.
- Serve the ball from a high or low tee.
- Use faster / slower moving balls.
- Try using larger / smaller balls.
- Try using sport specific equipment, eg soccer or hockey versions.



Environment

- Look at ways of modifying the divisions in the playing area to create opportunities for players of all abilities.
  - For example, create a front zone (nearer the wall) and a rear zone (further from the wall) – players with quick reactions play in the front zone, players who need more time to react play in the rear.
  - Create scoring zones – allocate differing point scores if the ball bounces in specific areas.
  - Play against two adjoining walls (a corner), playing the ball off either or both walls.

Safety

- Ensure that players stay on their side of the dividing line.

Questions

- How can the game be modified in order to include more players?
- Can different rebound-type games be created? What about games based on softball or volleyball?

Other games to play

This game can lead into:

- Racquetball or squash
- Other ball games, eg soccer, hockey, netball, basketball.

Integrity

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TREE

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