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Inclusive Physical Activity & Sport for Everyone

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Current & recent projects:

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2011/09/24 12:02

Principles of inclusion

- **A social approach to inclusion**
- **A wide interpretation**
- **Creating an inclusive environment**

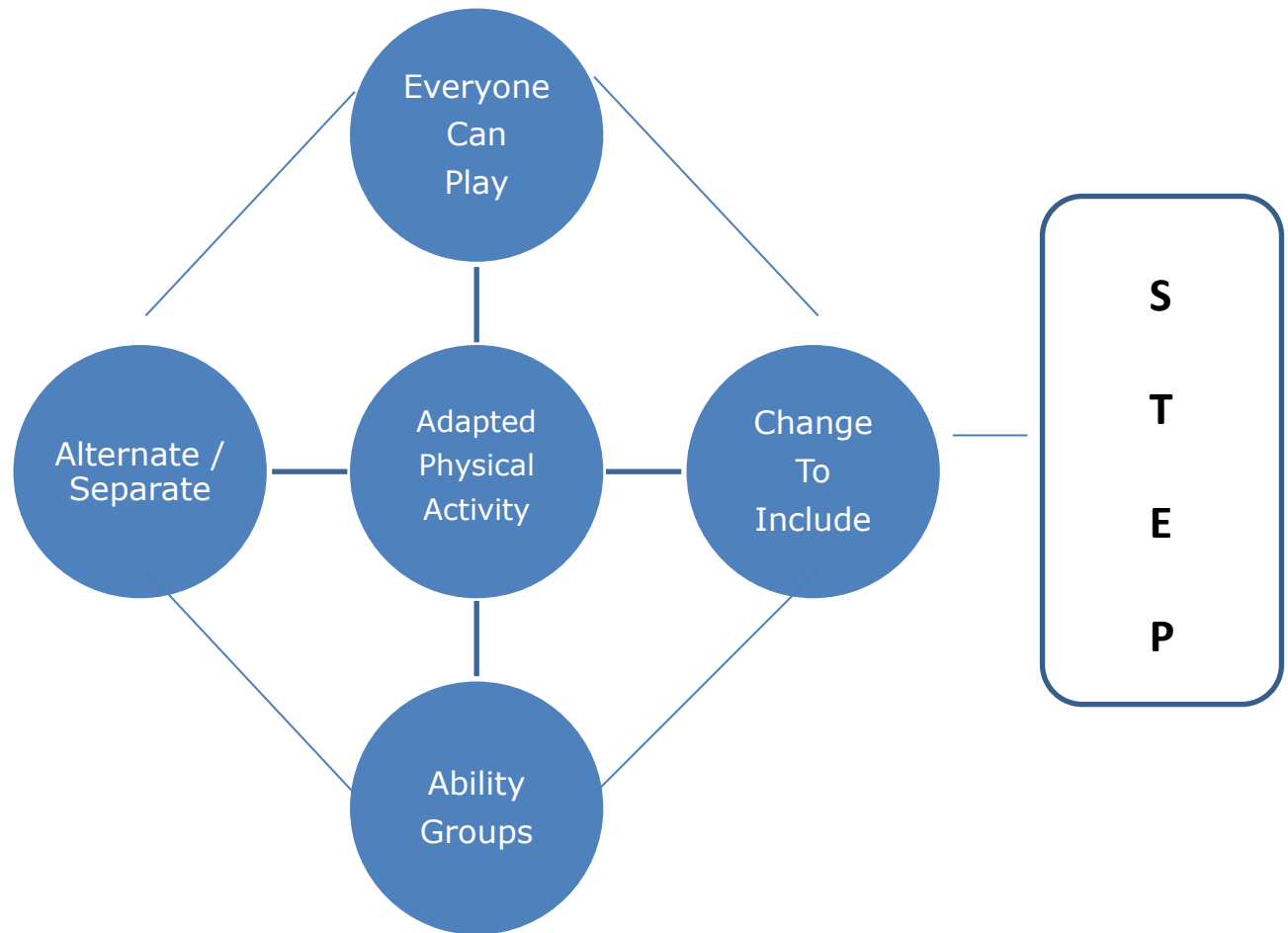
Emphasis on the *actions* of the sport leader, teacher, coach or volunteer - not *reaction* to the individual

Models of inclusion

- **Inclusion Spectrum**
- **STEP**

The Inclusion Spectrum model, incorporating STEP

Stevenson & Black (2010)



STEP

- **S**pace
- **T**ask
- **E**quipment
- **P**eople



Introduction to practical

Activities linked to Inclusion Spectrum:

- **Everyone Can Play**
- **Change to Include (using STEP)**
- **Ability Groups**
- **Adapted Physical Activity/disability sport**
- **On Your Own (discussion)**

Everyone Can Play

Simple activities based on what the entire group can do with little or no modifications:

- **warm ups and cools downs**
- **unstructured play**
- **collecting or gathering games**
- **'continuous' games**

Everyone Can Play examples



Communities and Crisis - Rheinsberg -
November 2011

Change To Include

Everyone does the same activity using adaptations to provide both support and challenge across a range of different abilities:

- adjust the **space**
- make changes to the **task**
- change or modify the **equipment**
- the way the **people** (children) interact with each other

Change to Include examples

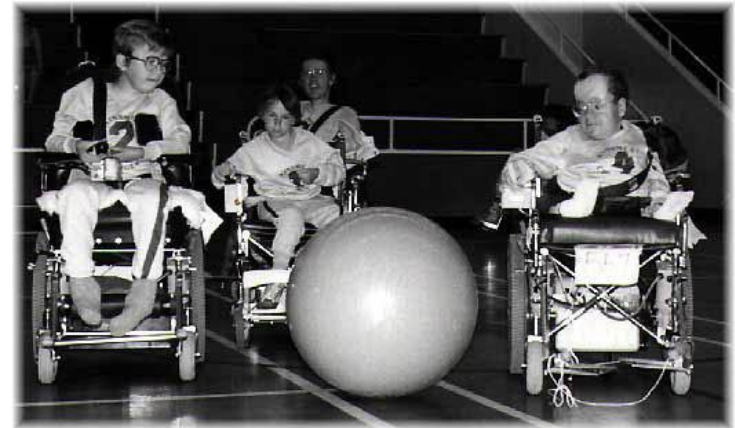


Ability Groups

Participants are grouped according to ability – each do the same activity but at appropriate levels:

- **activity versions**
- **individual practise based on ability**
- **different ways of practising skills**

Ability group examples



Adapted Physical Activity/Disability sport

Aspects of physical activity based on APA or disability sport programmes can be included in *all* approaches:

- **children with disabilities teach their non-disabled peers a disability sport activity, like boccia (bocce);**
- **adapted physical activity for *all* young people;**
- **project work based on specific disability sport activities**

Disability Sport examples



Communities and Crisis - Rheinsberg -
23/11/2011
November 2011

Alternate / Separate

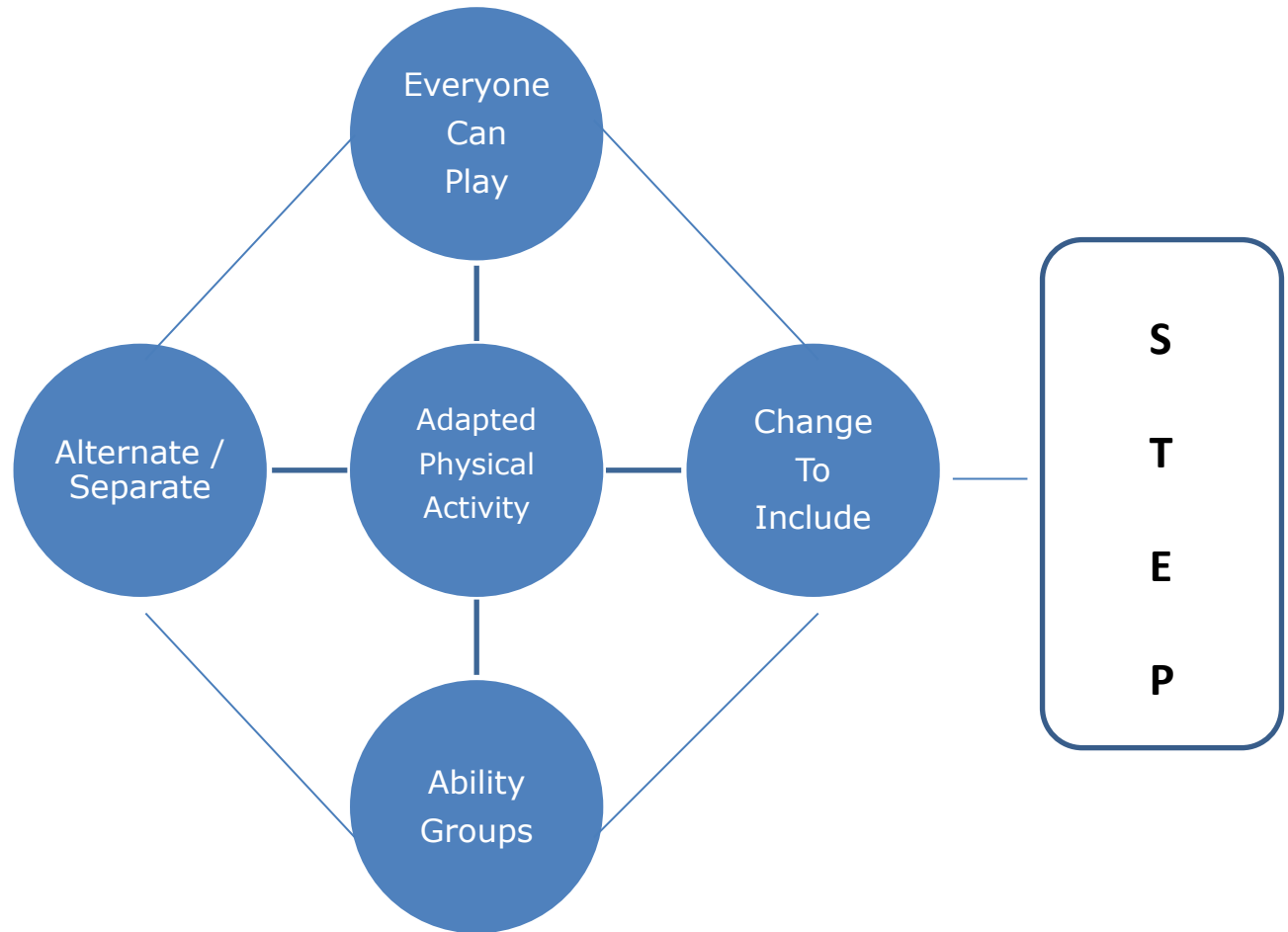
An individual or group to do a purposefully planned different activity away from the main group:

- **individual skill development working towards later integration**
- **young people prepare individually or in a group (team) for a sport event**
- ***Note: this should not be most of the time!***

Alternate/separate examples



The Inclusion Spectrum model, incorporating STEP: summary



Inclusion Spectrum References

- Black, Ken (2011) Coaching disabled children; in Stafford, Ian (ed.) *Coaching Children in Sport*. London: Routledge
- Black, K. and Williamson, D. (2011) Designing inclusive physical activities and games; in A. Cereijo-Roibas, E. Stamatakis and K. Black (eds), *Design for sport*. Farnham, UK: Gower
- Stevenson, P. (2009) The pedagogy of inclusive youth sport: working towards real solutions; in H. Fitzgerald (ed.), *Disability and youth sport*. London: Routledge

Summary

- Social approach to inclusion
- Wide interpretation
- Model of inclusion
 - Inclusion Spectrum
 - STEP

Inclusion - some basics

- Use the expertise of parents, carers and specialised support staff.
- Ensure that activities are progressive and attainable.
- Avoid team selections that leave the special needs child the last to be selected.
- Whenever possible, create tasks that build upon the capabilities of the individual; this develops self-respect.
- Make use of the wealth of resources available online and consult with relevant organisations and agencies.

Web links

Youth Sport Trust – Inclusion site

<http://inclusion.youthsporttrust.org/page/introduction/index.html>

Australian Sports Commission

<http://www.ausport.gov.au/participating/disability/resources>

THENAPA 2

<http://www.thenapa2.org/publications/products/Cards/index.htm>

The Inclusion Club

www.theinclusionclub.com

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Inclusive Physical Activity & Sport for Everyone – Part 2

Task

In groups, you will create a NEW game based on 4 aspects of the Inclusion Spectrum.

**Everyone Can Play
Change to Include (STEP)
Ability Groups
Disability Sport / APA**

Inclusion Spectrum task

Everyone Can Play – a naturally inclusive activity
OR where inclusive ideas are incorporated from the start

Change to Include – make changes to **Space**,
Task, **Equipment** and/or **People** in order to make a traditional sport or game more inclusive

Ability Groups – devise 2 or more versions of the same activity played in groups

Disability Sport/APA – create a new game based upon a disability sport or adapted activity