



Foundation

Activity Challenge

WEEK 2



INCLUSIVE SPORT CHALLENGE

Use your imagination to create a sport that anyone can play!

1. Create your own inclusive sport



An inclusive sport is a sport or activity that anyone can play, no matter their age, gender or physical ability. The sport can be in its intended format or may have been adapted.

Name

You can name your sport now or at the end of activity one when you have thought more about the equipment, scoring and rules.



Equipment

Think about what equipment will you need to play your sport. Will you need balls, rackets, sticks and are you going to have goals?

Scoring

Explain how players will score points; will they need to throw or roll something? Do you have to hit a target or reach a specific score to win the game?

Rules

Explain the rules of the game. These can be similar to other sports you have played. What are the players allowed and not allowed to do? Are there any rules for the equipment you use?

2. Develop your sport

Decide how many players you need, where the sport can take place and what your sport will look like.

USE THE BOXES
PROVIDED OR A
BLANK PIECE OF
PAPER IF YOU RUN
OUT OF ROOM

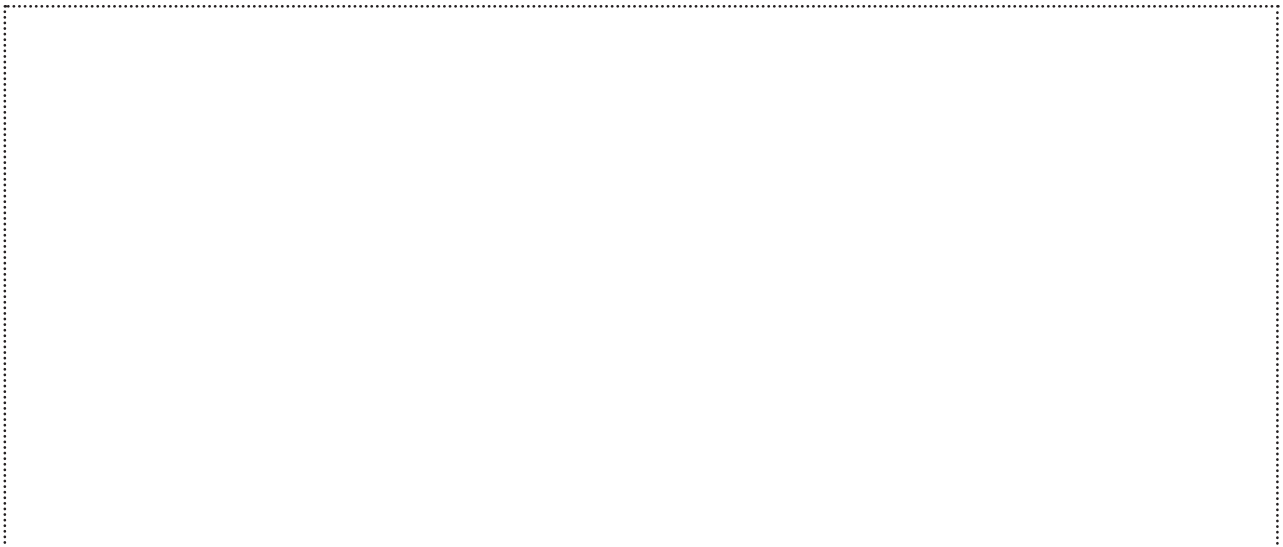
Number of players

Think about how many players you need in your sport. Can the game be played one v one or do you need a team? Can your game be adapted for a different number of players so more people can play?

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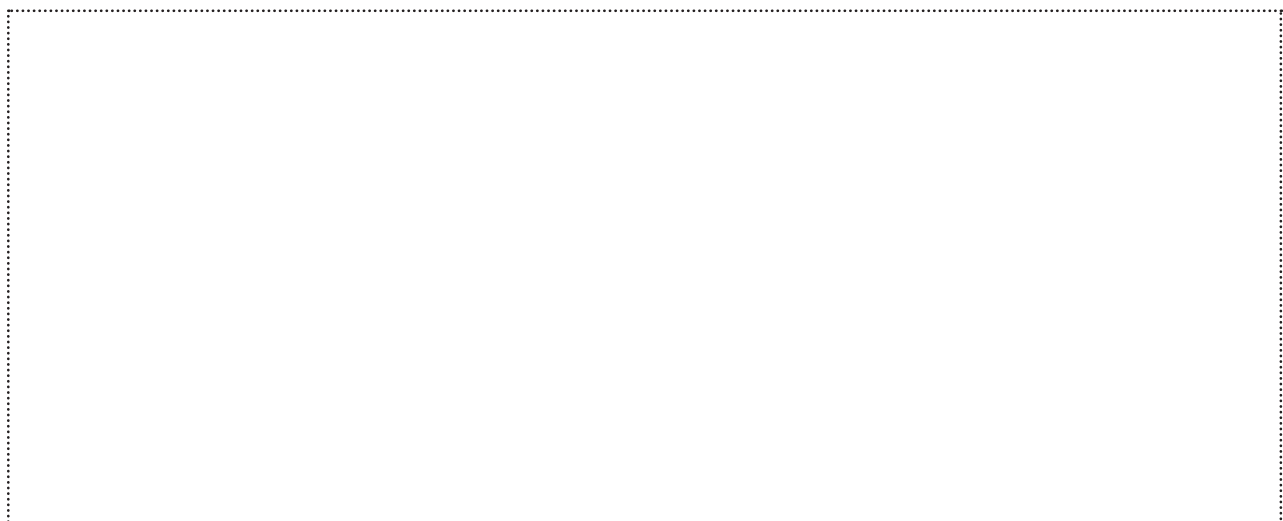
Draw a picture of your sport

Think about where your sport takes place. Can it be played anywhere or does it require a pitch or court?



Does your sport have a kit?

If so, draw a picture of what it looks like:



3. Adapting your sport so everyone can play

An inclusive sport means that everyone has an equal opportunity to play. Think about whether you need to adapt your sport for certain disabilities.

Could a wheelchair user play the sport you have designed?

Can blind or deaf people play your sport? Or those with learning disabilities?

How would you need to adapt your sport?

What different equipment would you need for different types of people?