

The background of the slide is a photograph of a basketball game in progress. A basketball is suspended in the air near the top center. In the foreground, a player in a light-colored jersey is seen from the back, looking up at the ball. To the right, another player is jumping high with their arm extended towards the basket. In the lower center, a player in a wheelchair is also looking up at the ball. The scene is set outdoors on a grassy field with buildings and trees in the background. The entire image is covered with a semi-transparent red overlay.

Inclusive Festival Guide

Ideas and strategies for delivering
an Inclusive Sports Festival

The main focus of an inclusive sport festival is to create a platform enabling all young people to participate together in the same event. Activities are designed to offer challenge and to be fun and interesting.

For example:

- the festival could be a chance to try something new in a non-competitive environment;
- or the element of competition could be added to see how competitors cope.

Each individual activity will give a young person the chance of developing skill in a varied and active way.

Festival formats

The inclusive sport festival can be organised in different ways, such as:

- a '**come and try**' event – a range of simple but engaging activities that young people can try individually or with their friends;
- **competitive team events** based around a range of sports - young people participate in individual or team competition BUT the teams are arranged so that very able teams play against teams of a similar ability;

- **integrated team event** – young people are arranged into mixed teams; each team is balanced to include a similar ability range, including for example:

- disabled and non-disabled children;
- older and younger children;
- boys and girls,

so that each team has roughly the same 'strength'.

The **integrated team event** approach provides the best opportunity for young people who have different abilities to mix and work together to achieve the same goals.

Once teams are selected and 'balanced' for ability, they can rotate around a series of sport challenges set out in stations.

The challenges are created so that individuals, or the whole team working together, can record a time or a score (if it's on an individual basis, the score/time for each person is added together to give the total team score).

Integrated Team Event

This format enables a large number of young people to experience a range of activities. Teams of around 10 members maximum mean that each participant does not have long to wait to try.

Where the whole team works together to achieve a score or time, they can have more than one attempt.

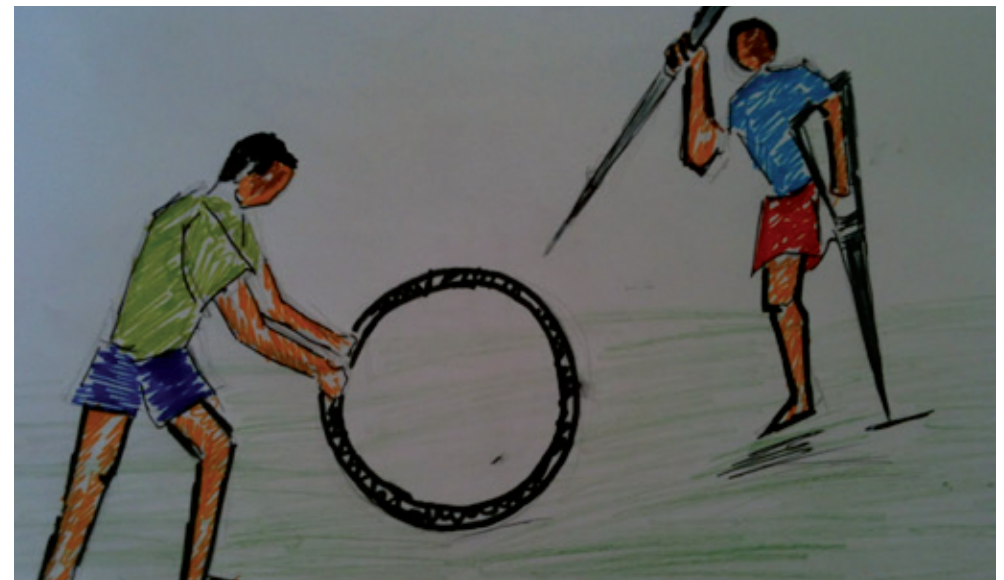
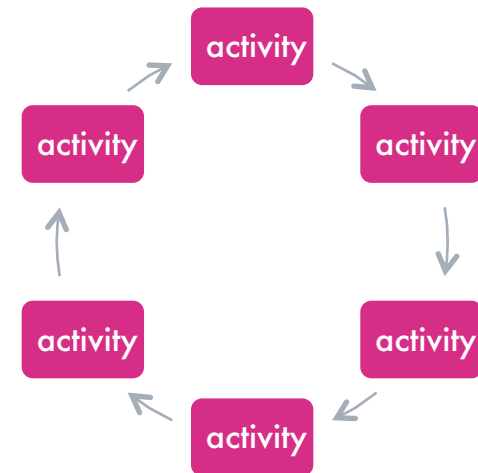
Remember, the activities should enable each team to record a score or time at each station.

For example, every team member throws 3 bean bags into a target box or hoop (or circle on the ground). The total score for all the team members added together is the **total team score** for that station.

Or the players form a straight line and pass 10 paper balls, one at a time, from one end of the line to the other. When the ball reaches the end of the line (last player in line throws it into a bucket/box) the next ball can be passed. The time taken to pass all the balls from one end to the other is the **total team time**.

The team with the best **overall** score across all the stations wins!

NOTE: This format does not work if the activities at the stations involve two teams playing against each other; everyone in the team works together to achieve the best score/time.



Before starting to plan the Festival there are important questions:

- Who are the participants?
 - See the suggestions above; for example, mixed teams of disabled and non-disabled people.
 - Find out who's coming – what are their specific needs?
- What activities will be suitable for them?
 - Ensure that any activity chosen can be adapted for a range of abilities.
- Can the participants be consulted to see if they already have favourite activities they would like to include?
 - This could happen after the first event and enable the views of participants to be incorporated next time.

Once you know the answer to these you can begin to plan in more detail. Other questions that will need to be answered are:

- How many people can take part?
 - Does this depend on the available space or the number of activities that you can run?
 - What happens if young people just show up?
- How many volunteers will be needed?
 - Have you got enough helpers to
 - greet and register participants, allowing for extra time
 - act as guides, eg. for young people who have visual impairment
 - staff the events, especially activities requiring knowledge of disability sport?
 - Do you need officials who have knowledge of specialist activities?

- How will the volunteers know what to do ... do you need to hold a training session?
- Where will the festival be held, is the site big enough for everything?
 - Access for specialised transport (if used), eg. dropping off points.
 - Access to buildings and sports areas.
 - Access to adapted toilets, if required/available.
 - Movement around the site; can you reduce this for young people who may have mobility impairments?
- How can you make the site look exciting and welcoming?
 - Banners
 - Team flags or banners (can teams contribute their own if a competitive event?)
 - Direction signs to help people find all the activities/facilities.
- What prizes will be offered and will everyone gain an award of some sort?
 - Decide upon what basis these will be awarded. Should everyone receive something just for turning up? Or is it better to treat participants with disabilities the same as any other competitor, with rewards for those who excel?
 - Ensure that non-disabled participants feel that they are being fairly treated in this regard.

Running the festival

The following matrix can be used as a guide check list to ensure you are well prepared for the Festival.

Getting ready

Decide how many stations (As a guide it is best to have 3-4 children at each station. This means the children are always occupied, but also have sufficient time to rest. The maximum number at any station should be 6. For a group of 30 6-8 stations would be sufficient, and with each activity lasting about 5 minutes, this would give enough activity for 40-50 minutes.)	
Assign a leader to each station and prepare the stations so that children can move easily from one to another.	
Prepare the entrance area so it is accessible and welcoming.	
Prepare the opening warm-up.	
Decide how you will divide the children into groups and who will do it	

When the children arrive

Have someone welcoming the children and get the leaders to begin to divide them into groups	
Assign a leader to each station and prepare the stations so that children can move easily from one to another.	
Get the group's to choose a team name; make sure there are no duplicates!	
Take an exciting warm-up activity	
Assign each group to its first station	



Running the festival (cont.)

During the activities

Have someone timing the activities and blowing a whistle or sounding a hooter to signal start and finish - or play music.	
Allow enough time for the children to move between the activities, for the leader to explain what to do, and for the children to practise	
Encourage the leaders to praise everyone for good performances	

Food and water

It's important to decide whether any food or water will be provided. Access to a water source in hot weather is very important.

A sponsor may support by providing water and snacks for the participants.



The Inclusion Spectrum

The Inclusion Spectrum is an activity-centered approach to the inclusion of pupils who have different abilities. In a festival like this, inclusion can be achieved by changing the environment of the activity, or the way in which the activity is presented.

The Inclusion Spectrum provides leaders and coaches with options and different methods of delivery. In this way different needs within the group can be balanced. This avoids the more able pupils benefiting at the expense of the less able.

Open – a simple activity based on what the entire group can do with little or no modifications

Modified – everyone does the same activity with adaptations to challenge the more able and support the inclusion of everyone

Parallel – participants are grouped according to ability - each do the same activity but at appropriate levels

Separate – an individual or group do a purposefully planned different activity

Disability Sport – aspects of physical activity based on disability sport programmes can be included in all approaches – provides specific opportunities for disabled pupils and a new challenge for non-disabled pupils - 'reverse integration'.

Material for the Inclusion Spectrum and Planning the Festival has been adapted from the work of Ken Black

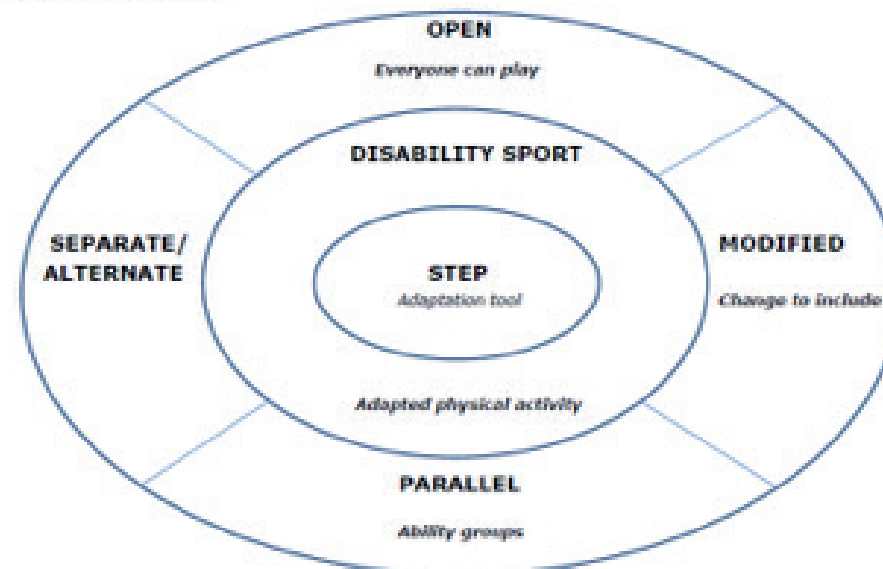
Activity/station ideas

Look at the activity cards to get ideas for activities and game stations that can be included in the Inclusive Sport Festival.

Or invent your own – perhaps based upon traditional or indigenous games.

Note that some traditional games have been included in the activity cards.

Inclusion Spectrum 2012



Black/Stevenson 2012

The Inclusion Spectrum - Examples

Event	Activity Example	Description
Open Everyone can play	Participation games	All participants play the same game, for example, trail following, parachute, action songs.
Modified Change to include	Skills challenges	Everyone participates in a series of skills challenges in which points or times can be recorded; however, some activities are modified to take different ability levels into account, eg. target basketball with different height baskets.
Parallel Activity groups	Volleyball	Participants play different versions of volleyball in ability groupings. For example, seated volleyball with low net, seated and standing players with medium height net, and standard volleyball.
Disability sport	Eg. Boccia	Boccia for all, with mixed teams of non-disabled players & players with disabilities.
Separate Or alternate	Athletics	For example, inter-special school athletics, using activities selected from the disability athletics programme

How the activity cards could be used in a Festival

Card	Suggestions
Blanket ball	Team agrees a target number of tosses and catches and tries to reach the target without the ball touching the floor See how many tosses and catches can be done in a certain time Pairs in the team use a "blanket" most suited to them and all pairs scores are added to give a team score.
End zone	Devise a dribbling game using markers with the team scoring a point for each marker successfully negotiated. Teams could use one "course" or different courses adapted for different abilities
Chase or escape	Play the extension game "Rock, Paper, Scissors as a warm-up Play Chase or escape as a team game with the team collecting points for the number of successful escapes
Balloon Strike	This is easy to use in a Festival. If being competitive then score two points for a successful first strike and one for a successful second strike.
Boccia	Play the extension game 'Boccia bucket' with the group choosing or making their own targets from a variety of different equipment items.
Ball Skills	Catch up could be used as a warm up in teams or in a 'come and try' festival. Against the clock would make a good team challenge, with the number of passes making the team's score.
Gates	An excellent festival activity. It could be played in a certain time, with the team scoring a point for each gate passed
Circle Ball	Excellent as a warm-up or an activity in a come and try festival.

How the activity cards could be used in a Festival

Card	Suggestions
Goal Ball	Substitute small obstacles for the opposition players. Each player tries to roll the goalball through the gaps to score. Could also make an excellent activity for the end of a festival, with teams playing against each other for a certain time.
Speed Throw	Play "Goalball tenpin" trying to knock down all the skittles or if playing competitively score a point for each skittle knocked down, and the total number of skittles gives the team's score
Who has seen my handkerchief	An excellent activity that could be used in a 'come and try' festival.
Inclusive Relay	Could be used as an excellent final activity for the Festival.
Korbo	An excellent festival activity. The number of successful throws by each player gives the team's score.
Over-under	Play as a time trial; how long does it take until the person who starts the game gets back to the front of the line? Play the "tunnel ball" variation with players guessing how many times they will be able to roll the ball through everyone's legs in a certain time. A point could also be scored for each time the ball goes through everyone's legs.

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