

Inclusive Sport and PE

- Children with vision impairment often encounter barriers to getting active and have negative PE experiences.
- This can lead to lower fitness levels and more associated health conditions.

The benefits of making PE inclusive

- Fun, opportunity to connect with peers
- Increased self-esteem
- Develop a positive attitude towards sport – extracurricular clubs
- Improved physical health
- Enhanced motor skills
- Improved spatial awareness and orientation skills
- Recognised in area 10 of CFVI - Opportunities to participate in Social, Sports and Leisure activities [Curriculum Framework for Children and Young People with Vision Impairment](#)
- Some equipment might be difficult to find, profiles and prep might take time, but it can make a huge difference.

Overview for this session

- Student PE profiles
- Staff awareness training and in-class support
- Specialised equipment
- Pre-teaching strategies and introducing new sports
- General VI rules
- VI equivalent sports
- Extra-curricular participation in sport
- Links to organisations and resources

Individual student PE profiles

- **Updated yearly**
 - Name, photo, year etc.
 - Summary – level of vision, skill levels, key information, barriers to participation, strategies that work, areas for development, dos and don'ts.
 - Sporting interests, mobility issues, staffing and support
- **Information on individual sports**
 - How to differentiate
 - Specialised equipment
- [Pupil PE Profile 1](#)
- [Pupil PE Profile 2](#)

Staff awareness, training and support

- Whole school VI awareness and Talking PowerPoint presentations for individual students
- PE teachers receive yearly training and PE Profiles from Vision Support team
- Staff training from external sporting organisations
- Specialist TAs or QTVIs support in all PE lessons

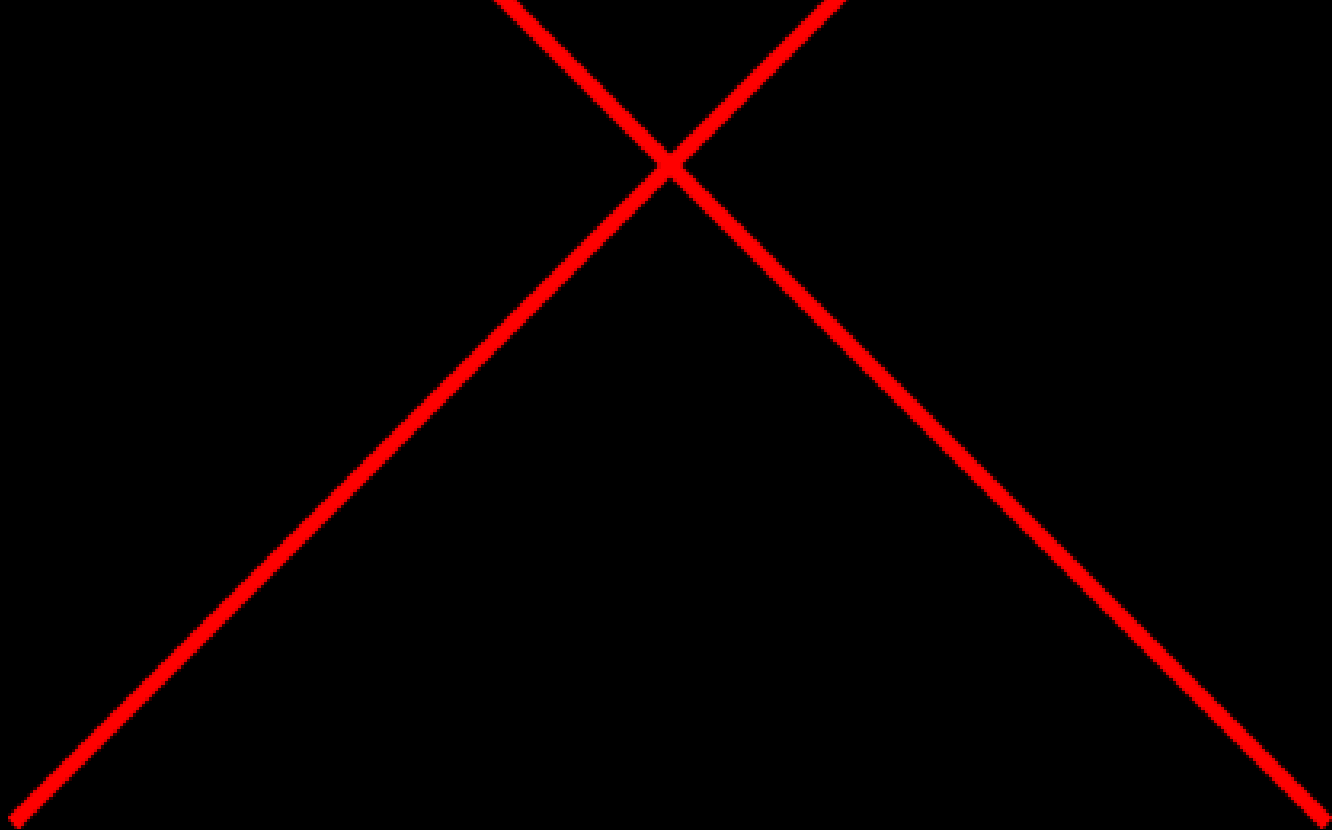
Specialised Equipment

- Use high contrast equipment or sound emitting equipment
- Bell ball (contrast, sound, only use one)
- Make your own (foam ball & beeper)
- Adapt your own (leash or weighted base)
- Catching (scratch, grip mits, tail for tracking)
- Make your own rubbish ball
- Keep equipment in consistent places
- Your education questions answered –
VIEW



Key finder or mini speaker to indicate goal or basket





Pre-teaching and Introducing New Sports

- What do they already know about the sport?
- Fill the gaps (rules, skills, equipment, pitch/court, adaptations)
- Tactile boards to show playing area, boundaries and positions and teach terminology, strategy and purpose. Relate to actual pitch/court.
- Make sure the student with VI has the core skills to participate in a game before diving in
- Break skills down to component elements and build up from simple to complex using the whole-part-whole method
- Work with a supportive partner then progress to a small game (e.g. 2 v 2) before introducing to a full game.

General VI rules across all sports

1. No intercepting passes to or from students with VI IF their name is called out
2. No tackling students with a VI
3. All side-line & centre balls to be taken by Student with VI
4. Opposing team-members aren't allowed to "trick" students with a VI by clapping or shouting their own names when the VI student is passing the ball
5. If the student with VI is taking a shot, the goalie (or someone else) should clap to show where the goal is
6. Double-dribbling in basketball and handball are fine

Incorporate VI equivalent sports

- Most sports have a blind or VI equivalent (volleyball or football for example), so it's also worth teaching this version of the sport
- If the student with VI has experienced the mainstream version, it's great to get the mainstream students to experience the VI version.
- Incorporate a VI volleyball, tennis, badminton court in the rotation.
- Invite sporting organisations (Goalball UK, VI Cricket, local football, rugby and tennis clubs).

Visits from sporting role models



How to increase extra-curricular PE

- Weekly keep fit intervention
- Lunchtime VI multi-sport club
- Visits to sports clubs and events (crown green bowls, BBS have a go day, swimming lessons, goalball tournaments etc)
- British Blind Sport 'have a go' days and 'activity finder'

British Blind Sport Have a go days

Have a Go Days | British Blind Sport



Our 'Have a Go' Day is coming to
Middlesbrough

02/10/2023



BBS Events

British Blind Sport - Activity Finder

[Activity Finder | British Blind Sport](#)



Activity Finder

Search our national database of inclusive activities

Find

- Any Activity -

within

20 miles

of postcode

LE113GE

Search

OR

[Get active at home](#)

RNIB Sport and Leisure webpage Sport and leisure | RNIB

Discovering sports factsheet Discovering sports 2024.docx

RNIB

See differently

Fact sheet

Discovering sports

Introduction

People with sight loss can and do participate in a wide variety of leisure and sports activities. Some activities may require adapted rules, special equipment or a different setting. If you are interested in taking up a sport or continuing with an activity, this factsheet provides [a number of](#) ideas and contact details of organisations who can help you get started.

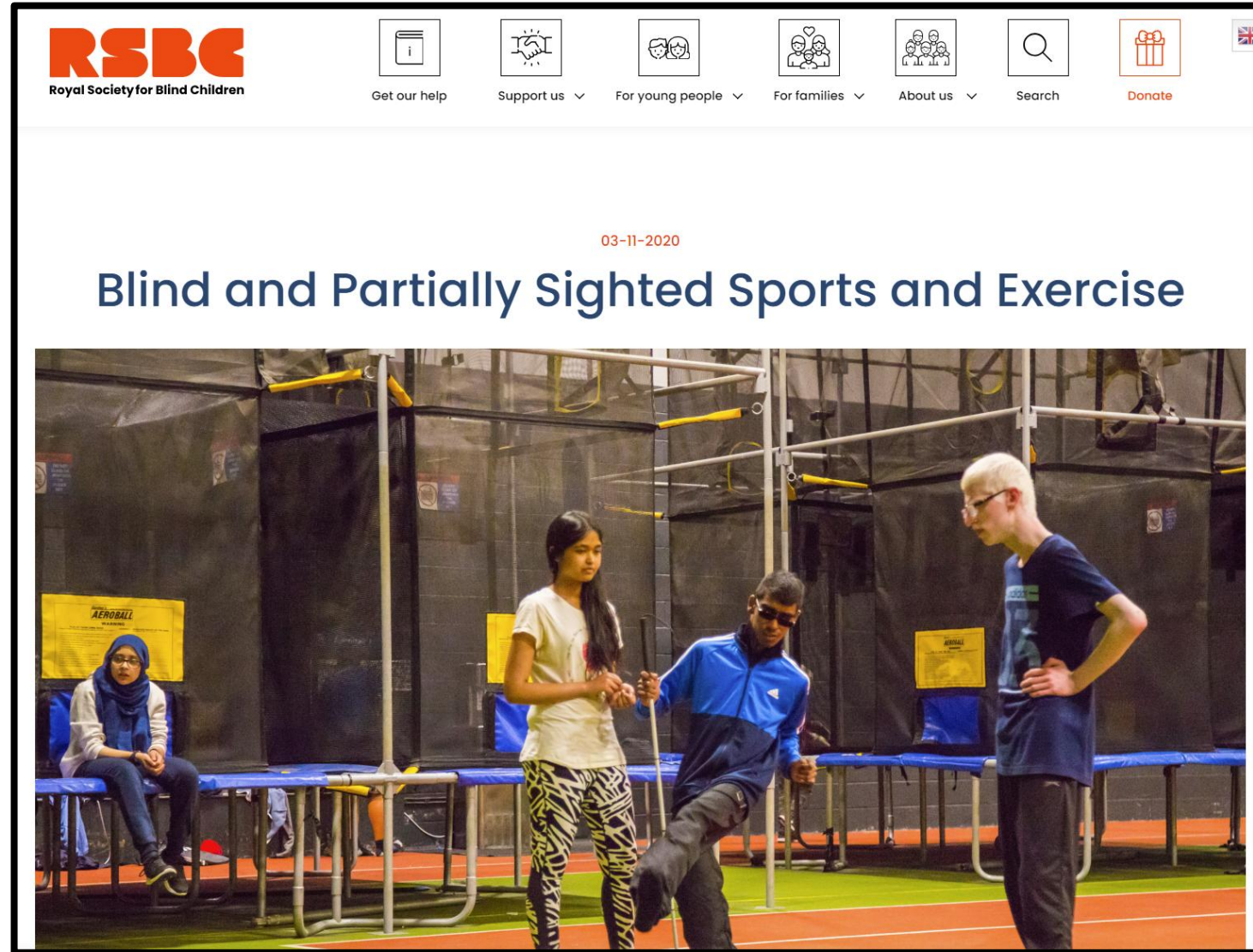
For further help or assistance please call our Helpline on **0303 123 9999** or email helpline@rnib.org.uk. You can also search for details of sporting organisations by visiting RNIB Sightline Directory at sightlinedirectory.org.uk.

Activities (in alphabetical order)

Angling and fishing

RSBC Sports and Exercise sessions

Sports sessions with VI
young people - RSBC



Thomas Pocklington Trust Your P.E. Kit

[Your P.E. Kit: A Guide on Sports and Physical Activities at Secondary School - Thomas Pocklington Trust](#)

- A Guide on Sports and Physical Activities at Secondary School
- Find out how sports and activities can be made accessible and enjoyable for blind and partially sighted students



Scottish
Disability Sport

[scottishdisability
sport.com](https://scottishdisabilitysport.com)



Disability Sport Wales

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We provide sport and active recreation opportunities for disabled people

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Equipment for Inclusive Sports

[Inclusive sports equipment.pdf](#)
[\(viewweb.org.uk\)](#)

Equipment for Inclusive Sports

This document provides suggestions on where to purchase equipment to help make sport inclusive for children and young people with vision impairment.

Badminton

- [Giant shuttlecock](#)
 - These are good for indoor badminton skills and games. Due to their weight, they are also useful for outdoor throwing and catching games to improve hand eye coordination and learn about the shuttle's flight
- [High visibility shuttlecocks](#)
 - This is a pack of 6 bright yellow shuttlecocks. They are standard size and medium speed to help tracking.
 - Short handled rackets – [overall smaller](#) or [just short handled](#)

Basketball

- [Basketball \(with bell\)](#)
 - This basketball contains two bells which make a clear jingling sound so it can be located when in play. In a mainstream PE lesson, players are likely to hear the bounce of the ball in addition to the sound of the bells to further enhance tracking.

Boccia

- [Boccia Set](#)
 - This set is available from TTS. There are many other sets available from Amazon or a number of other sports suppliers.

Cricket

- [Cricket ball \(with ball bearings\)](#)
 - These cricket balls contain ball bearings inside to help players locate them during the game. They can also be used for baseball, rounders or just playing catch. They produce a loud noise and are great for working on auditory skills. Just be careful though as they're very hard!



Thanks for listening – Any questions?