

MULTI-SKILL CLUB

INCLUSION CO-ORDINATION

GETTING SKILFUL

Encourage the children to:

Upper body

- explore a range of co-ordination activities that challenge manipulation and accuracy by changing the size of the object and the size of the target
- explore ways of sending an object using aids if necessary (ramp in boccia)
- practice target activities like table cricket and polybat.

Lower body

- explore different methods of sending objects and vary direction, type and range of targets
- challenge themselves by devising appropriate slalom courses to travel through.

Brain

- select appropriate rackets, bats and balls to help challenge their movement competence
- think of different ways of communicating with each other (e.g. in goalball).

THINK INCLUSIVE

- Boccia is a game of strategy and skill from which all children would benefit.

Encourage the children to:

Space

- use small distances at first
- use different directions to find which is easiest/most challenging.

Objects

- challenge co-ordination with the whole range of objects using:
 - big and light
 - small and fast
 - small and easy to hold bats
 - bats which may be more awkward to hold and which strike the object further away from the body.

Speed

- find their maximum speed for relay and slalom like activities
- explore different types of movement which may lead to an increase in speed.

Strength

- explore different throwing positions which may lead to more strength being applied.

GETTING BETTER - SOSS

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- explore co-ordination when using fast, sudden movements or changes of level
- particularly explore shooting at targets that require sudden movements.

Balance

- explore different balance positions from which co-ordination may be improved.

Encourage the children to try:

- target sports like boccia
- games which require the use of an object like table cricket and polybat
- different types of movement with an object (floor lacrosse or zone hockey)
- games which require co-ordination with others (goalball)
- throws which require co-ordination of body and objects.

EXTENDING SKILLS

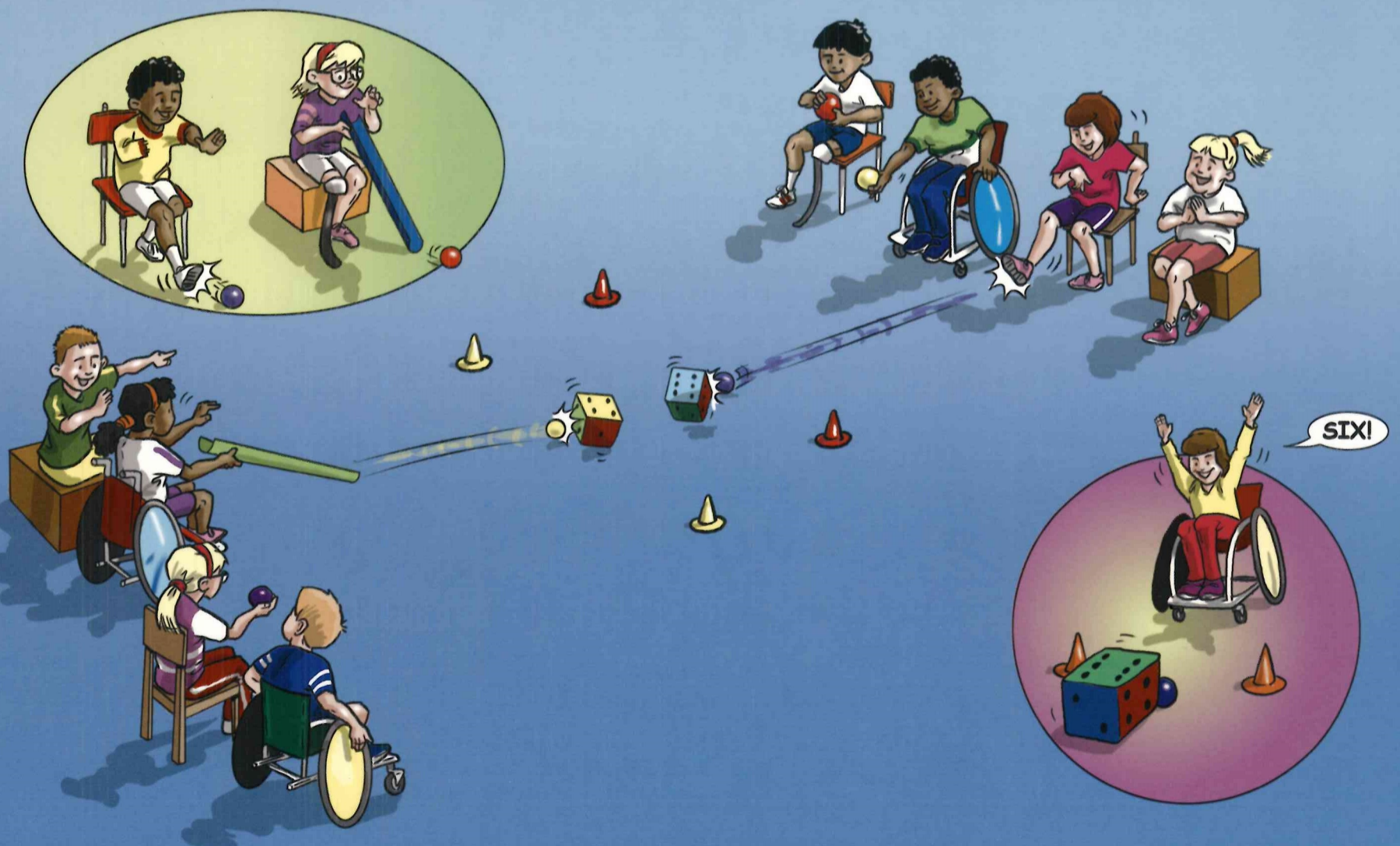


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INCLUSION CO-ORDINATION



GOLDEN GOAL

- In turns, players use a boccia ball to try to knock a foam dice through the target.
- Players take alternate shots with the dice being replaced each time.
- If a player knocks the dice through the target, the team scores the number on the dice.



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