

# Active Kids Paralympic Challenge

Sainsbury's



Active Kids



Paralympic Challenge 2016

## Teacher Guide

### The Challenges

The Active Kids Paralympic Challenges create the opportunity for young people in school and community to learn about Paralympic sport through active participation and to feel involved in the build-up to Rio 2016.

The Challenges follow 4 Paralympic sports – specifically chosen to motivate & inspire young people.

Each sport involves four different Challenges.

Challenges will be 'released' to registered schools on key dates leading up to Rio 2016.

The resources in the **Motivate** section of the website shares ways of linking the Challenges to the curriculum and how they can be integrated into cross-curricular projects.

**A fundamental principle is that the Challenges are not prescriptive but can be adapted for a range of ages and abilities.**

### The Sports

The Challenge cards in the **Activate** section consist of simple, easy-to-organise and inclusive games that encourage young people to strive to beat their own scores, individually or in small teams.

The time they invest in meeting the Challenges can be converted into kilometres by using the Get Set Road to Rio app.

#### Boccia

A bowls-type individual or team sport developing coordination and control skills.



#### Goalball

A dynamic team court game developed for athletes who have vision impairments.



#### Sitting volleyball

A fast-moving court game featuring volleyball skills, movement and teamwork.



#### Athletics

These Challenges give young people the opportunity to learn to be a guide and an athlete.



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## Linking the Challenges to the Curriculum

The Challenge activities are fun and engaging but they also provide strong links to the National Curriculum for Physical Education and a springboard to other curriculum subjects.

Each of the sports-specific cards in the **Motivate** section provides snap shots to bring the Active Kids Paralympic Challenges to life, including examples of how to link to Numeracy, Literacy and SMSC.

## Further support - Sainsbury's Inclusive PE Training

Do you struggle to adapt or simplify activities to ensure all are engaged in PE?

Do you want practical ideas to help to stretch and challenge the more able?

Can you identify any children that you struggle to engage or include?

If you answered YES to any of the above questions then Sainsbury's Inclusive PE Training is for you, free workshops and resources for teachers, trainee teachers and school staff to fully include all pupils in curriculum PE - [www.inclusivepe-eng.co.uk](http://www.inclusivepe-eng.co.uk)

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For All

Inclusive PE  
Training Programme



The Active Kids Paralympic Challenges can be adapted for Key Stage 1-3, and support the inclusion of young people who have a wide range of abilities.

Key stage	Content	Active Kids Paralympic Challenge input
1	Fundamental movement skills: agility, balance & coordination	All the Challenges involve the development of agility, balance and coordination skills. These can be adapted for younger children.
	Competition against self	Each Challenge encourages young people to strive for improved results and convert the time they spend into kilometres from London to Rio.
	Competition against others	There is no direct competition in any of the Challenges. However, individuals and teams can compare scores in each Challenge and try to reach Rio first.
	Cooperative activity	Cooperation and collaboration are integral to every Challenge.
	Increasing challenge	Each sport involves four different Challenges that encourage young people to find new ways to achieve specific goals and outcomes.
2	Using skills in different ways	Young people may need to draw upon previously learned skills and adapt these in order to be successful in activities based on Paralympic sport.
	Communication	Effective communication is a key aspect, whether working with a partner or in a team. Additionally, young people can describe their progress to others.
	Collaboration and competition	The Challenges require positive cooperation – whether working with a partner or as part of a small team. Young people can organise and try the competitive aspects of the Challenges.
	Improving and evaluating skills	Young people can analyse their Challenge performances and think about the elements they can improve before their next attempt.
3	Improve competency and confidence	In order to be successful, and to sustain improvement, young people need to continue to develop the required skills for each Challenge.
	Assessing self and others	Many of the Challenges involve collaborative pair or team work. Offering constructive criticism to their team-mates is an important facet.
	Developing out-of-school interests	All the Challenges offer competitive pathways for eligible athletes. Young people can develop an interest in coaching or officiating in these sports. And Challenge sports have links to non-disability sport versions.
	Understanding long-term benefits of physical activity	Young people can assess the positive impact of specific disability sports on fitness and health – including emotional and mental development.