



Information sheet

What is it?

TOP Sportsability is one of the Youth Sport Trust TOP programmes and creates opportunities for young people with disabilities to enjoy, participate and perform in physical education (PE) and sport. This is done through a series of inclusive equipment sets and resource cards.

How does it work?

Within TOP Sportsability there are five inclusive games: boccia, goalball, polybat, table cricket and table hockey. These games enjoy Paralympic status and are played by elite participants.

The games are accompanied by resource cards which include both information on playing each of the five games, and a number of different inclusive activities. All of the games offer the opportunity to integrate disabled and non-disabled young people.

As with all other TOP programmes, TOP Sportsability offers teacher training on the effective use of the TOP Sportsability resource cards, equipment and handbook.

Who is it for?

Inclusion of **all** young people is a priority.

This programme is targeted specifically at young people with disabilities.

TOP Sportsability provides excellent opportunities for inclusion and to integrate disabled and non-disabled young people in unique sports challenges.

What are the benefits?

The complete package of equipment and resource cards creates opportunities for all young disabled people to enjoy, participate and perform in PE and sport.

The cards and training express ways of including TOP Sportsability in PE programmes either developmentally or as mini-games in their own right.

TOP Sportsability also links to sport in the community, including links to disability sport networks

"The equipment is fantastic - it's very colourful, very bright and, most important of all, anybody of any ability can play on an equal basis."

Avril Fryers, PE Teacher, Rosstulla Special School, Newtonabbey, Northern Ireland.

For further information on how to access the TOP programmes telephone the Youth Sport Trust on 01509 226600 or visit www.youthsporttrust.org

