

# Inclusion 2028

## Para athletics

### Move Fast Challenge

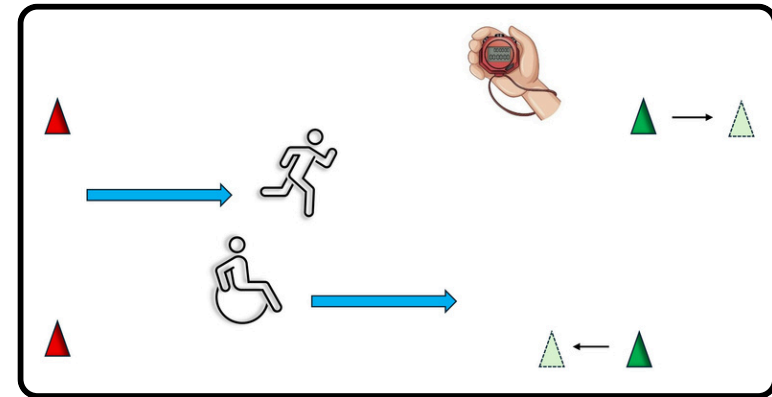
Athletes learn to move fast in whatever way they can.

#### What you need

- Enough space to enabling everyone to move freely.
- This can be indoor or outdoor.
- Markers/cones to indicate start/stop points.
- A timer

#### How to play

- Athletes form up at the start line.
- Going individually, on the start signal they move as fast as possible, in whatever way they can, towards the finish line. The distance is dependent on the space available or ability of the athletes.
- Tell each athlete how many seconds they have taken to complete the course. This can be recorded on a board or paper sheet.
- Once everyone has gone once, ask everyone to think about how they might be able to go a bit more quickly next time. For example:
  - get into a ready position before the start;
  - take bigger strides (or pushes if a manual wheelchair user).
- Athletes can go as many times as they want to try and beat their time.



#### Use the STEP adaptation tool to modify the activities

##### Space

- Increase or decrease the distance to the finish line.

##### Task

- Athletes using mobility devices (walking frames, or manual wheelchairs) can work on ways of improving their speed; bigger steps, bigger pushes, for example.

##### Equipment

- Powerchair users can test themselves by adding some obstacles on the course; for example, a line of marker cones through which they need to zig-zag.

##### People

- Vision or spatially impaired athletes can move in contact with a guide, or have verbal guidance from someone at the finish line.