

Inclusion 2028

Using the cards and videos

The challenges shown on the cards and videos provide a start point enabling users to modify and adapt to meet specific needs or areas of focus.

The challenges can be applied to any sport or linked to other physical activity formats.

Youth leadership programmes

- The challenges can be used by young leaders as part of activity-based leadership programmes with younger peers.
- They can also assist young leaders in supporting the organisation and implementation of inclusive sports festivals providing them with examples of activity modification that they can apply or change to meet the needs of all participants.

Other CG26 para sports

There are two other sports included in the CG26 para sport programme – powerlifting and track cycling. Here are a few ideas on how these could be utilised to support inclusive physical activity.

Powerlifting

- Incorporate chest press, arm curl, straight arm lift and other movements into musical warm-up and exercise activities. Use lightweight indoor hockey sticks or similar.
- From a lying or seated position, try bench pressing with small weights, beginning with tennis balls or bean bags, gradually increasing the density of the weights.

Track cycling

- Some schools incorporate cycling into their physical education programmes using adapted bikes, such as tricycles, side-by-side two-person bicycles or those with passenger seats. There are adapted cycling organisations all over the country who can visit schools, bringing expertise and equipment suitable for a range of abilities.
- Cycling proficiency activities can be adapted to teach road sense for bicycle/tricycle users, wheelchair users and pedestrians.



Another idea

Indoor climbing

- Try horizontal climbing; for example:
 - place coloured tape hand and foot holds along lower wall bars; climbers travel along the bars by placing their hands/feet on the coloured areas; place mats below;
- use soft play, mats, ladders, ropes and other available equipment to create a crawling 'climbing' route – horizontally along the floor.