

# Inclusion 2028

## Para Sport Challenges – Commonwealth Games 26

The CG26 Para Sport Challenges are part of a series aimed at school-age students based upon global sport events. They can be used as part of the physical education programme, in extra-curricular self-directed activity or as the basis of inclusive sport festivals.

The resources are drawn from athletics, basketball, lawn bowls and swimming.

### Using the cards and videos

#### In the Physical Education programme

- The challenges can bring variety and focus to activities linked to the events for athletes who have disabilities as part of the Commonwealth Games in Glasgow 2026.
- Students can attempt the challenges multiple times, checking progress throughout an associated scheme of work.
- Or they can act as an end of programme or end of term celebration of students' abilities.

#### Self-directed activity

- Students can work on the challenges in extra-curricular or their own free time.
- Each individual can maintain a log on a tablet or similar, or just a simple wall chart, showing progress in each challenge.
- Students can develop their own activities to create new challenges for themselves or their peers.

#### A beginning not an end

The CG26 Para Sport Challenges are a start point. Use them to create advanced or hybrid versions for each sport.

#### Inclusive sport festivals

- The activities can be used, modified or extended to create challenge stations around which students can rotate as individuals, in pairs, small groups or in teams.

For example:

