

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:

