



**Special
Olympics**
Ireland



Module 3

Inclusive Activities & Games

Module 3

Inclusive Activities & Games

All primary school children spend in excess of three hours per week in the playground. Some children can feel quite isolated during this time as they lack either the social or physical skills to join in.

Playground games are an important element of the Games Strand in our **Primary School Physical Education Curriculum**. These games are great fun, require very little equipment and encourage maximum participation and success for all.

The games in this pack have been designed to encourage more inclusive playground games at break times. We have taken a selection of well-known games which can be taught in the **Physical Education** class and then transferred to the playground.

The prerequisite skills to play the games are outlined over the following pages with suggested adaptations to include children with differing abilities in **every game**.

Module 3

Inclusive Activities & Games

Strand — Athletics

Strand Unit — Throwing

Objective

The child should be enabled to:—

- Experiment with appropriate objects and methods of throwing and aiming for height and distance.

Strand Unit — Understanding and appreciation of athletics.

Objective

The child should be enabled to:—

- Describe and discuss movement and ask and answer questions about it.

Strand — Games

Strand Unit — Sending, receiving and travelling.

Objective

The child should be enabled to:—

- Practise skills previously experienced;
- Develop and practise ball-handling skills.

Module 3

Activities & Games

Strand Unit — Creating and playing games.

Objective

The child should be enabled to:—

- Create and develop games in pairs or small groups;
- Play small-sided (mini) versions of games.

Strand Unit — Understanding and appreciation of games.

Objective

The child should be enabled to:—

- Discuss and develop control in movement and skills relevant to games;
- Apply simple rules to small sided games.

Class Level — 1st & 2nd Class : Key Stage 1

Module 3: Lesson 6

Playground Games

Game — Pair Target Game

Resources — Hoops, space markers & beanbags

How to Play

- Groups of 4 — two teams of two;
- Each team has four of the same coloured beanbags i.e. two per player;
- The first player in each team takes a throw with their right hand at the same time and then goes behind their partner who does the same;
- The second throw is with the left hand;
- After all beanbags have been thrown, the winners are the ones with the most beanbags in the hoop;
- Initially there is no time limit;
- **Progression:** As they become more skillful set a time limit e.g. 20/15/10 seconds.

Differentiation

- Pupils who have difficulty with listening and responding might learn sequence of game as with infant activity;
- Pupils learn in a peer tutoring situation.

Module 3: Lesson 6

Playground Games

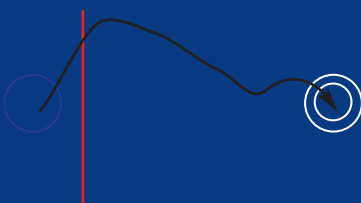
Prerequisite Individual Skills:—

Underarm throw at target but now introducing correct leg and arm co-ordination i.e. stance for throwing; opposite leg to throwing hand — right handed throw, left leg leads ...

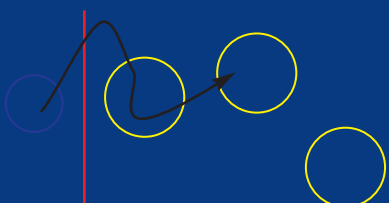
from space marker to hoop



from space marker to container



from space marker to a choice of hoops



from space marker to a choice of hoops, container and upturned space marker



Differentiation for Prerequisite Individual Skills:—

- Over learning of the gait for stance;
- Using equipment to reinforce correct stance e.g. vinyl footprints for pupil to stand on to develop correct stance;
- Using hand over method to condition pupil into correct throwing technique.

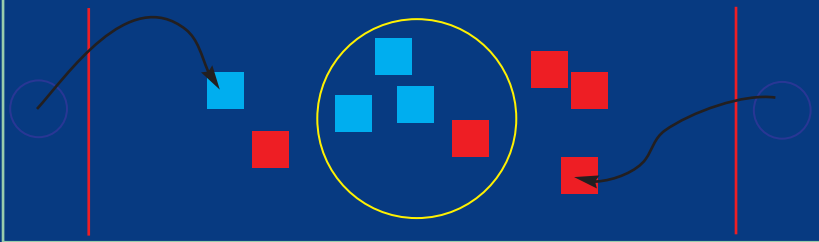
Module 3: Lesson 6/7

Playground Games

Progression: Pair Activity

Repeat all the individual activities with a partner to practise taking turns.

Small Group activity – in this case, those throwing the blue bearbags were the winners



New Game — Bearbag Bocce

Resources — Hoops, space markers & bearbags

How to Play

- Four teams of two;
- Each team has two bearbags the same colour e.g. two red, two green, two blue or two orange;
- One target jack, eg yellow bearbag or small ball;
- The aim of the game is to get the bearbags as close as possible to the jack;

Module 3: Lesson 7

Playground Games

Beanbag Bocce How to Play (cont)

- Each player takes one throw-in (turn) from the starting hoop or space marker;
- The group whose beanbag is closest to the jack gets one point;
- Game can be played for a set duration eg. three minutes or can be played up to a certain score.

Differentiation

Some children could be:—

- Initially paired with adult;
- Paired with a classmate with close supervision;
- Paired with a classmate and supervision gradually reduced;
- May need to sit while throwing;
- May need to use a bigger target.

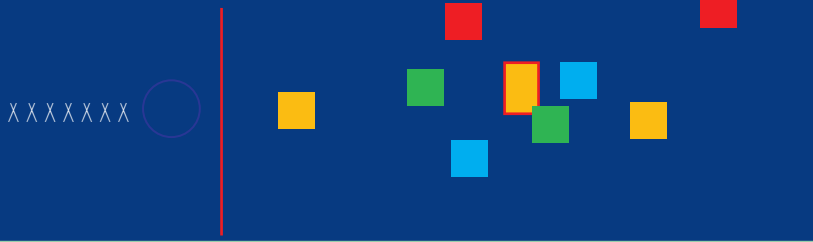
When playing the game on the first number of occasions:—

- Call out each instruction – ‘Blue throw, red throw, etc.’;
- Pupils repeat the instruction then perform the task;
- Eventually pupils will perform the task without instruction and teacher will prompt only.

Module 3: Lesson 7/8

Playground Games

Bearbag Bocce – in this case, the children throwing the green bearbags score 1 point



New Game — Bearbag Golf

Resources — Hoops, space markers & bearbags

How to Play

- The course is made with space markers as tees and hoops and targets;
- Each hole is colour coded e.g. red space marker and red hoop;
- Each child plays the game with a partner;
- Played like golf except using a bearbag and throw;
- Start from first tee and throw the bearbag into the target of the same colour with the least number of throws;
- Lowest score wins.

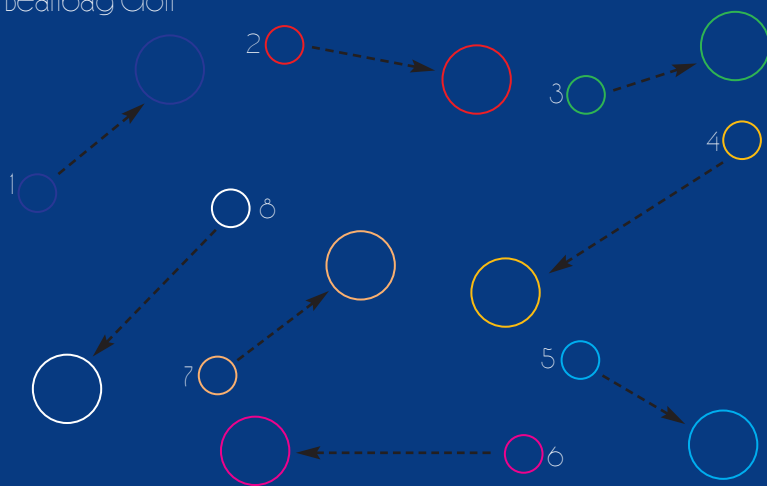
Module 3: Lesson 8

Playground Games

Differentiation

- Throw using the non-writing hand;
- Throw standing on one leg;
- Include bunkers ... make them using a number of skipping ropes on the ground ... if you land in a bunker add one to your score;
- Shorten tee-target distance for children who find the activity difficult;
- Larger targets.

Bearbag Golf



Module 3: Lesson 9

More Playground Games

Prerequisite Skills

These are the **skills** that need to be taught during the PE lesson in order to enable all children to access the playground games at the end of each section. It is a good idea to teach the games in the PE class to ensure that children know how to play the games fairly and safely. It is important to model differentiation in our classes as this is where children learn how to organise their own games.

New Game — Saucers & Domes

Prerequisite Skills

- Play in pairs first to facilitate success in a group (paired with an adult first, then with a buddy) practicing placing markers on the ground, turning them and returning back to start.

How to Play

- Divide the play area in half;
- Each player has a space marker (when space marker is upside down it is a **saucer**, other way it is a **dome**);
- Two equal teams — one team of **saucers**, the other **domes** — either side of the playing area;
- All children place their markers in their half of playing area;

Module 3: Lesson 10/11

More Playground Games

Saucers & Domes How to Play (cont)

- On signal, everyone runs to turn-over one marker from their playing area and then returns to start;
- First team back wins.

Differentiation

- Encourage team work, allowing children who have difficulty with mobility to turn space markers that are close to the start;
- Some space markers could be placed on cones for those who are unable to reach the ground.

New Game — Over & Under

Prerequisite Skills

- Practise passing the ball over the head and under the legs;
- Allow the child to practise being at the end of the line.

How to Play

- Teams of four to six in lines, one behind the other;
- Ball is passed over first person's head, under next person's legs, etc;
- When last person receives the ball he/she runs to front to begin again;
- First team with original leader back in front is winner.

Module 3: Lesson 11/12

More Playground Games

Differentiation

- Some children could pass the ball to one side.

Variation

- Teams of four to six in lines, one behind the other;
- The first person passes the ball behind and to the right, next to the left, etc. (two hands on the ball while passing);
- Last person runs to front to begin again;
- First team with original leader back in front is winner.

*Note: This activity develops the skill of crossing the midline of the body. It is a useful activity for improving co-ordination.

New Game — Tunnel Ball

Prerequisite Skills

- Practise with an adult standing one behind the other:
 - (a) receiving the ball from over the other person's head and
 - (b) passing the ball over the head;
- Practise rolling the ball between two rows of markers;
- Practise with a small supervised group allowing the child to practise being at the end of the line.

Module 3: Lesson 12/13

More Playground Games

Rules

- Teams of four to six lined up one behind the other making a tunnel with legs;
- Ball is passed overhead from one to another;
- Person at back rolls ball up through tunnel and runs to become new leader;
- First team with original leader back in front is winner.

Differentiation

- Some children could pass the ball to one side;
- If some children cannot make a tunnel, create a tunnel with two rows of space markers to one side of the line.

New Game — Stuck in the Mud

Prerequisite Skills

- Practise with an adult first, to ensure the child understands the concept of chasing and catching;
- Play in a group of three/four to facilitate success in a larger group;
- Teach one role at a time (a) **being on/tagger** (attempting to tag other players) (b) **avoiding being caught** (how to stand as a scarecrow, being released).

Module 3: Lesson 13

More Playground Games

Variation 1: Scarecrows

- Two or more **taggers**;
- When caught, children must stand with outstretched arms until released by another player running under their arms;
- **Tagger/s** catch but also guard those already caught;
- Change the **tagger** after 20 seconds.

Variation 2: Suns and Snowballs

- Three **suns** with yellow bibs, three **snowballs** with blue bibs;
- Children run freely around the area;
- When tagged by a **snowball**, freeze on the spot until released by a **sun**;
- Change children who are **suns** and **snowballs** after 20-30 seconds.

Differentiation

- Choose pairs carefully to ensure success for all;
- Provide a den e.g. a vinyl disc/ chalk circle for short rests 5-10 seconds;
- Designate a safe spot of the chair/person to be tagged — **NEVER tag a wheel**;
- Taggers should be clearly identifiable with bright bibs.

Module 3: Lesson 14

More Playground Games

New Game — Donkey

Prerequisite Skills

- Practise spelling the word **donkey**. Practise passing and receiving a ball — hands cupped around the shape of the ball, tracking the ball with the eyes, reaching for the ball and catching;
- Practise the following with an adult first and then a buddy, and finally a small supervised group to facilitate success in the playground.

How to Play

- Four to six children stand in a circle with a child in the centre holding a ball/bearbag;
- The ball/bearbag is passed to each child in turn and if the ball is dropped, that child becomes ‘D’, next time the ball is dropped ‘O’ and so on;
- Whoever gets ‘Y’ first goes into the centre and starts again;
- If the centre child is the first to spell **donkey**, he/she changes places with the last thrower;
- No child can be in the centre more than twice in a row.

Module 3: Lesson 14

More Playground Games

Differentiation

- Play the game kneeling or sitting, with children rolling and trapping the ball until their skill level improves (use carpet squares if outdoors);
- Begin with a larger or lighter ball and then use a smaller ball as the skill level of the group improves;
- Experiment with different shaped and textured balls;
- Use a jingle ball if a child has a visual impairment or concentration difficulties;
- Allow certain children to wear a velcro mitt and use a suitable ball/bearbag with velcro strips on both sides;
- A child in a wheelchair might trap the ball in their lap initially, if necessary and progress to using a velcro mitt.

Variation

Call the person's name before throwing them the ball.

*Note: This is a good game to practise and/or learn spellings.