



**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 — Games

Strand Unit — Sending, receiving and travelling.

Objective

The child should be enabled to:—

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

Strand — Games

Strand Unit — Creating and playing games.

Objective

The child should be enabled to:—

- Play playground games.

Class Level — 5th & 6th Class : Key Stage 2

Module 3: Lesson 7

Playground Games

New Game — Bocce

Resources — A range of balls, Bocce or boules kits and space markers.

Prerequisite Individual Skills

Prior to playing this game it would be important that children would have played Beanbag Bocce (1st & 2nd Class : Key Stage 1) and Roller Ball & Target Roller (3rd & 4th Class : Key Stage 1/2).

Basic Playing Rules

- Players must be seated when taking their shot;
- If the jack is knocked out of the playing area during the game it will be replaced on the cross;
- If a coloured ball lands out of the court it is no longer part of the game;
- If a coloured ball lands in an out-of-bound area it is still part of the game;

Module 3: Lesson 7

Playground Games

- Each player gets only one chance to throw their ball but if a ball is considered to be dropped rather than thrown, the player gets another chance;
- An end is completed when all teams have thrown all their balls;
- The game continues for six ends.

Differentiation

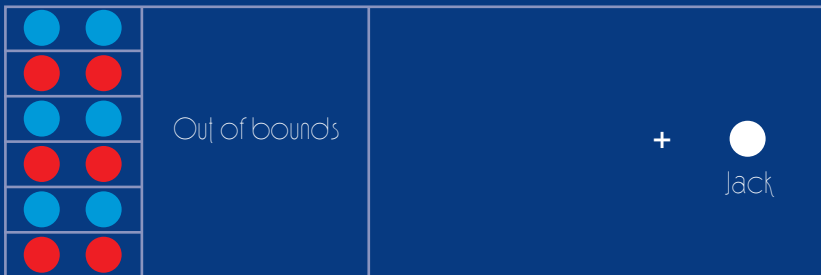
- Some pupils may find it difficult to weight their throw correctly so it comes to rest in the playing area. They will need extra practise in bowling the ball outside of the game context;
- These children could use a heavier ball;
- They could play the game in a much larger space;
- A multi-sensory approach could be used here, eg give verbal instruction while manually assisting the pupil to throw the ball.

Simplify Scoring Rules

- Scoring rules can be simplified initially by just giving one point to the team whose ball is closer to the jack;
- A small chalkboard, like one used in darts, could be used to record the score — with one player nominated per game to record the score.

Module 3: Lesson 7/8

Playground Games



New Game — Bocce Court

How to Play

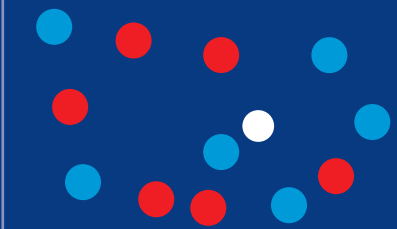
- Bocce Court is slightly bigger than a badminton court — 6.1m wide x 13.4m long;
- Two teams of three. Each team member remains in his/her box throughout the game and each player has two bocce balls;
- To start the game the first player on the red team throws the white ball (jack) on to the court;
- If the jack lands in the out-of-bounds area or outside the playing court, the ball is given to the next (blue) player to throw;
- After the jack has been successfully placed on the court the next player gets one throw;

Module 3: Lesson 8

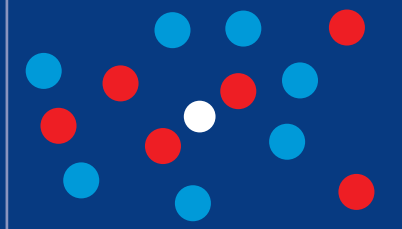
Playground Games

- If the red team get the jack on the court, the blue team will then choose a player to throw the first blue ball. After this the team who are not the closest to the jack will keep throwing until one of their balls is closer to the jack or until they have no more balls;
- The objective for any team is to get their coloured balls closest to the jack.

Scoring ... one blue ball closest to the jack so one point is scored



Scoring ... two red balls closest to the jack so the red team score two points here







Module 3: Lesson 9

Playground Games

New Game — Dodge Ball

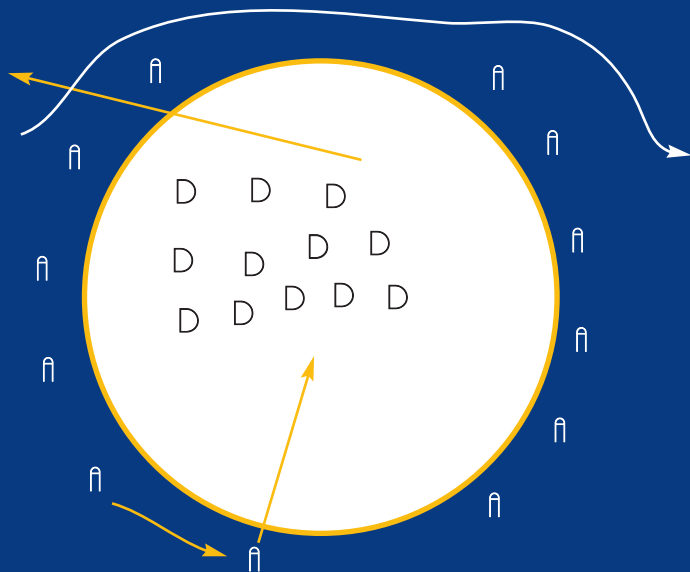
How to Play

- Mark off a space in the playground — square, rectangular or circular;
- Two teams **dodgers** and **attackers**;
- **Dodgers** stand inside the space. **Attackers** stand on the perimeter equal distances apart;
- **Attackers** start in possession of two/three sponge balls and they try to score as many points as possible in a set time, eg one minute by hitting the **dodgers** with the ball;
- The **attackers** stand still but the **dodgers** can move any where within the space. The game begins when an **attacker** passes the ball to another **attacker** who tries to hit a **dodger** with a ball below the waist;
- A point is scored for every hit and only one hit can be registered with each throw. Rebounds do not count;
- The ball usually rebounds out of the space but if it does not an **attacker** may go in and collect it. This is the only time an **attacker** can enter the space;

Module 3: Lesson 9

Playground Games

- Play continues when the **attacker** passes the ball to another **attacker**. The **dodgers** cannot leave the space to dodge the ball;
- For every infringement of the rules, a point is given to the other team. Teams change roles after 1 min.



Module 3: Lesson 9/10

Playground Games

Differentiation for Dodge Ball

- Dodgers may need a larger area at first;
- Attackers may need a bigger sponge ball at first;
- Some groups might initially need to play with one ball only;
- A bell ball can be used for an extra sensory approach. Alternatively, use a ball tied within a plastic shopping bag;
- Players with mobility problems could benefit from having their own lane to move in;
- Introduce a rest zone outside the playing area if needed.

New Game — Prison Ball

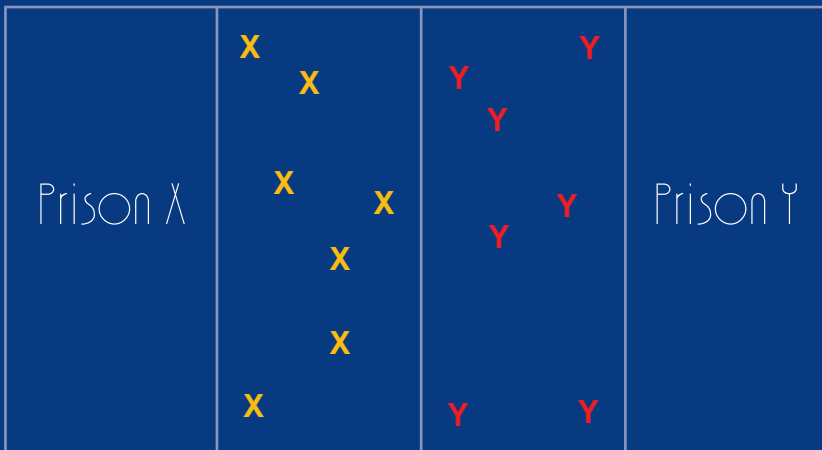
How to Play

- Two teams X and Y face each other and each team has four sponge balls;
- On a signal from the teacher, all balls are thrown at the same time;
- Aim is to strike a member of opposite team below the knees;

Module 3: Lesson 10

Playground Games

- If a player struck by opposition ball must go into prison behind opposition. **Safety point:** When moving from one side to the other a pupil must go outside the playing area – as illustrated;
- If “prisoner” can only be released when they take possession of the ball in the prison;
- Additional balls will speed up play.



Differentiation for Prison Ball

- Introduce a referee per team to watch for foul throws, direct players in and out of prison;
- Introduce a rest zone outside the playing area if needed.

Module 3: Lesson 11

More Playground Games

New Game — Pop Groups, Pop Stars, Sports Stars, Teams

Prerequisite Skills

- Practise with an adult first to make sure the child understands the game;
- Teach one role at a time (a) **being a player** (not shouting out the answers but giving clues), (b) **being on** (practise calling initials only);
- Allow the child to practise both roles with a small supervised group before playing in the playground.

How to Play

- Place a marker on the ground;
- Leader stands 1 metre behind the marker;
- Others stand 10-15 metres away on other side;
- Leader calls initials of a star;
- Children who think they know the answer run towards marker;
- First to reach marker can whisper guess into leaders ear;

Module 3: Lesson 11

More Playground Games

- If correct, they become new leader;
- If incorrect, child returns and next person tries;
- If no one guesses correctly leader must give one clue at a time.

**Note: For safety it is important that children run to the marker, not the leader.*

Differentiation

- Have a supply of pop stars, groups, teams and clues on cards and allow some children to select some of these;
- Have two people on as back-up for a child who lacks confidence or ability but try to encourage both children to be actively involved;
- If necessary, allow all children to work in pairs but encourage them to take turns guessing;
- Allow children who have difficulty to start closer to leader.

Module 3: Lesson 12

More Playground Games

New Game — Four Goal Game

Prerequisite Skills

- Practise side footing and trapping balls in pairs or with an adult
- Practise intercepting in pairs and then in threes;
- Practise shooting in pairs between two markers.

How to Play

- Mark out pitch as in diagram. Goals 1 metre wide at four corners of pitch;
- Use bibs to identify teams.

To Start the Game

- Ball is kicked/thrown in from centre of pitch;
- Players (four on each team) may remain in own half or take up attacking/defending positions to begin;
- Encourage short, accurate passing;
- Encourage all to give and go, ie after passing ball move to open space.

Rules

- The teams play with no goalkeeper but with two goals to defend and two goals to attack;

Module 3: Lesson 12

More Playground Games

- No player may stand within 3 metres of any goal;
 - No tackling. Emphasis is on interception;
 - Each time a goal is scored, a kick out is taken;
 - Teams must pass 3-5 times before scoring;
 - Players cannot pass the ball back to the person from whom they received it.
- *Note: Allow the children to decide what the penalty will be if a player attempts to act as a goalie.*

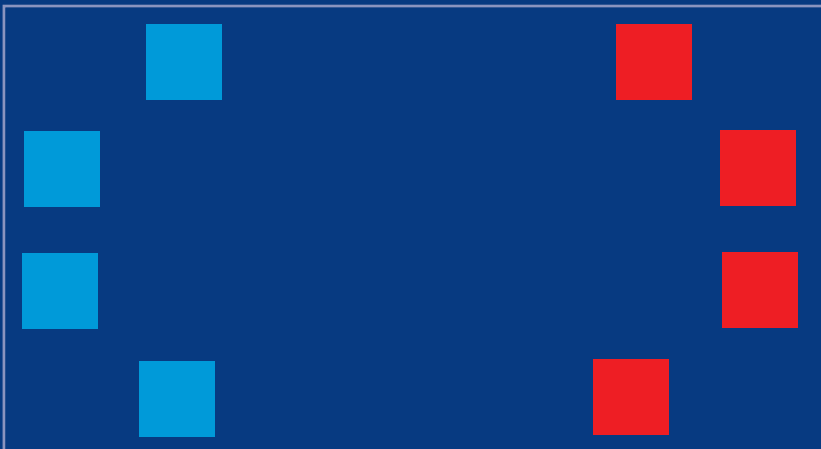
Differentiation

- Use different balls depending on ability, eg deflated balls to slow down the pass, jingle ball or ball with a plastic bag tied around it for pupils who have visual difficulties;
- Allow children to stop/steady ball with hands before kicking;
- Some children may be allowed to work within a given zone;
- The ball must be passed to the child in this zone before attempting to score;
- Passes in or out of the zone may not be intercepted by opposing team members;
- Children who are in wheelchairs may travel with the ball on their laps/hands before sending it to a team mate;

Module 3: Lesson 12/13

More Playground Games

- Increase size of playing area to make it easier. Decrease to make the game more difficult.



New Game — Non-Stop Rounders

Prerequisite Skills

- Bowling through a hoop held waist high;
- In 3s batting a drop fed ball to a fielder (see diagram 1);
- In 3s batting a thrown ball to a fielder (see diagram 2);
- In 3s, one holds hoop, two bowls through hoop and three retrieves ball;

Module 3: Lesson 13

More Playground Games

- In 4s, one holds hoop, two bowls, three bats, four retrieves ball.

How to Play

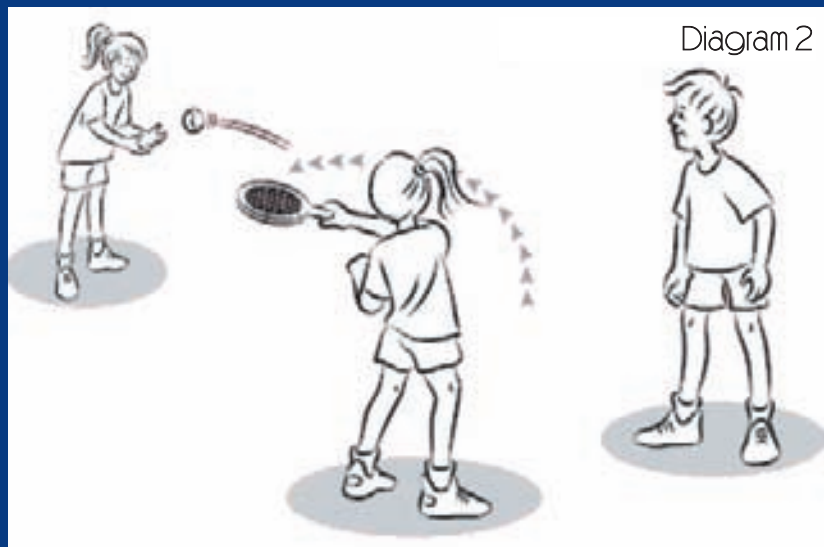
- Groups of five (see diagram 3);
- The batter receives five underarm bowls;
- To score a rounder the batter must run to the cone and back before the fielders throw the ball back to the bowler;
- If the ball reaches the bowler while the batter is en route he/she scores a half run or discounts that run;
- The batter cannot be called out;
- After five bowls each player moves around one place.

Differentiation

- Ball may be rolled by bowler;
- Ball may be kicked or thrown instead of batting;
- Ball can be placed on a cone instead of being bowled;
- Initially some pupils may need to run with a buddy (initially an adult) between the cones.

Module 3: Lesson 13

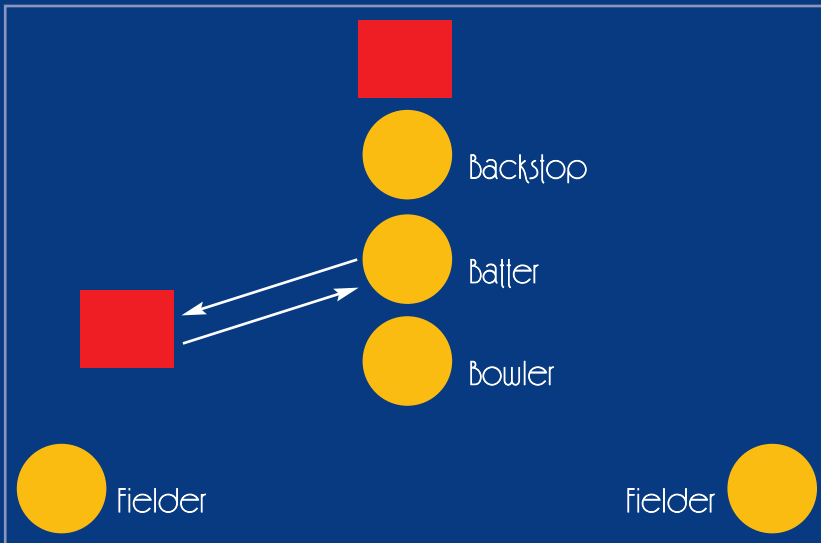
More Playground Games



Module 3: Lesson 13

More Playground Games

Diagram 3



Module 3: Lesson 14

More Playground Games

New Game — Diamond Rounders

Prerequisite Skills

- Refer to prerequisite skills for Non-Stop Rounders;
- Practise overarm throw paired with a classmate or initially with an adult;
- Practise catching with hands cradled. Paired as above;
- Practise running as a whole class activity and freezing on the command stop;
- To prevent one fielder running with the ball practise the following:— (a) In threes passing a ball in a straight line back and forth until they reach a marker, (b) In threes passing a ball in a random pattern back and forth until they reach a marker.

How to Play

- Groups of five/six with children placed as in the diagram;
- Bowler bowls to the batter;
- Batter strikes ball and attempts to reach base 3;
- Fielders try to return ball to bowler before batter reaches base 3;
- Batter receives 3 bowls before changing around;
- Game is over when all children have been in all 3 roles;
- No one can be caught out;
- Batter must hit the ball to return;

Module 3: Lesson 14

More Playground Games

- If batter has not reached base 3 before ball is returned then no score.

Differentiation

- Refer to Non-Stop Rounders;
- Batters who have difficulty with hand-eye co-ordination may use a bigger bat/ball;
- Batters who have impaired vision may use brightly coloured/jingle ball;
- Batters who have difficulty with spatial awareness may need a buddy to run from base to base with them;
- Clearly numbered bases may also help;
- To ensure success for the batter initially, all fielders have to receive the ball before it is returned to the bowler.

