

BENCHBALL

GAME ORGANISATION

EQUIPMENT: 1 or 2 soft large ball(s), 2 benches, half-way line of small cones

SET UP: Place 2 benches a suitable distance apart to establish a court and create a halfway line

Note for safety there should be ample room behind each bench for players to step off

SUGGESTED RULES

- 2 teams of 4-8 players
- Players start in own half except one player who stands on bench on opponent's half
- Aim is to throw the ball to team-mate on bench from your own half. If team-mate makes a clean catch you join them on the bench. They throw it back to team-mate in other half
- Winning team is first team all standing on the bench
- You must stay in your own half unless travelling to bench after successful throw and catch
- You can pass the ball to other team-mates but you can't move with the ball
- If you fall off the bench you return ball to the other team and go back to your half. If no-one is left on bench, team can designate one player to stand on bench
- Defenders can stand in front of receivers on the bench and try and deflect throws by stretching and jumping but must make no contact with the receiver

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Use a basketball zone instead of bench
- Person catching could just touch or catch and/or use basket or bucket
- Create zones behind like lacrosse to open up more opportunities for different ability players

EXTEND:

- Increase court size for greater requirement of accuracy and power
- Use smaller balls, rackets or different 'catching equipment' to increase coordination challenge

Note ensure that people on bench have a protection area for safety when using additional equipment

SUPPORT OR EXTEND:

- Have 2 different throwing lines so that more able have to throw from further whilst ensuring that the other line can allow less able to reach
- Play the game seated for different challenges and for appropriate inclusion

DODGEBALL

GAME ORGANISATION

EQUIPMENT: cones or grids or courts, 1 to 6 soft large balls (standard dodgeballs are roughly the size of a volleyball and made of foam with a thin plastic shell but other suitable balls can be used)

SET UP

Establish a suitably sized rectangular playing area divided into two by a centreline.

Teams of 4 to 8 players start on their own side of the court.

The balls (2,3 or 4) are evenly divided between both sides and placed in the middle of each half.

The players on each side must have one foot in contact with the end-line when the whistle is blown

SUGGESTED RULES

- The main objective is to eliminate all members of the opposing team
- Hitting a player below the head (or below shoulders or waist or knees) with thrown balls results in their elimination
- If a player catches a ball thrown by the opposing team, then the player who threw the ball is eliminated and the team that caught the ball can reinstate one of its eliminated players
- Players who move completely out of bounds when a ball is thrown at them and do not catch that ball are also eliminated
- A ball becomes dead once it has hit the ground. Players can pick up dead balls and throw them back at the other team
- Players are allowed to leave the confines of the court to gather balls, but cannot catch the ball until they are back inside the court
- Once all the players on one team are eliminated, the game is over

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Roll the balls rather than throw. Balls must strike below the knees, and players can use their hands to stop or deflect the ball
- 'Deluxe-Dodgeball' is played with an area beyond each team's half. Players who are eliminated move around behind the opposition and can still join in by collecting balls thrown off the end and throwing them at the opposition from behind

EXTEND:

- Make the court smaller to further challenge agility
- Make the court larger to challenge power and accuracy of throwers
- Sub-divide the halves and challenge the more powerful throwers by insisting they throw from further away

KABADI

GAME ORGANISATION

Kabadi is an exciting and dynamic team game which, in addition to developing good fundamentals, encourages good communication, teamwork, decision making, problem solving and creativity in order to outwit opponents.

EQUIPMENT: hall markings or cones to delineate a court with a half-way line, 2 tag rugby belts (or equivalent) per person, hoop for each team to place stolen tags into.

SET UP: Mark out a court with a half-way line. Divide the group into 2 teams with a team in each half of the court. Each player attaches 2 tags to themselves. Place a hoop at either end of the court for the teams to place stolen tags in.

SUGGESTED RULES

- 2 teams of between 4 and 7 players
- Area size dependant on the numbers and session aims
- The objective of the game is for each team to try to steal tags from the opposing team and get them back into their own half without having one of their own tags stolen
- Players start in their own half with each team taking it in turns to send one of their players into the opposition's territory

- Every player on both teams must have a go at invading in each round
- Each player has a maximum of 30 seconds in the oppositions half to try to steal a tag, although they can opt to retreat into their own half before then if desired
- If an invading player has their tag stolen first, they have to immediately retreat into their own half
- If an invading player manages to steal an opponent's tag first, the opposing team allow the player to return to their own half unchallenged
- Players must not hold onto their tags at any stage during the game. Any player doing this automatically loses a tag to the opposing team
- A player cannot invade without a tag - if they have lost both their tags, they have to take one of their team-mates tags
- The game is either played for a set period or for a set number of rounds, after which the team who has stolen the most belts wins

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Include a safe area in each half for attacking players to rest and think through their options
- Allow players to invade for as long as they like

EXTEND:

- Split each half into 2 zones eg. front and rear, with players restricted to certain zones
- Play so both teams send a player to invade at the same time for set time limit

SUPPORT OR EXTEND:

- Change the number of players in a team
- Change the size of the area to change the focus of the activity eg. smaller area will require quicker, more dynamic movements
- Mark out an uneven court ie. one half larger than the other
- Allow more players to 'invade' at a time

SCORPION HANDBALL

GAME ORGANISATION

EQUIPMENT: 4 cones or posts, one large soft ball

SET UP: make 2 goals a suitable distance apart to establish a court

SUGGESTED RULES

- 2 teams of 4-8 players
- Basic stance is front support, weight on hands and feet. Players can only move when in 'Scorpion Stance'
- Players can rest and continue to play the ball on fronts or bottoms or backs, but knees must not touch the ground
- Decide whether the players can throw and/or roll/or strike the ball to pass to team-mates
- Players must not move when holding the ball but might travel in 'Scorpion Stance' tapping or striking the ball
- Goals are scored in a similar way to handball, throwing or striking the ball into the goal

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Players can move by sliding on fronts or on bottoms
- Include 'safe zones' along the side for wingers to encourage different levels of involvement
- Alter the rules on stance to ensure all players can access the game
- Create zones behind like lacrosse to open up more opportunities for all or different ability players

EXTEND:

- More able players may only be allowed one foot down
- Use smaller balls
- Use sticks, bats or different 'catching' equipment to increase coordination challenge

SUPPORT OR EXTEND:

- Increase court size for greater requirement of accuracy and power or to increase time

- Have 2 different throwing lines so that more able have to throw from further whilst ensuring that the other line can allow less able to reach
- Plat the game seated for different challenges and for appropriate inclusion

SEATED VOLLEYBALL

GAME ORGANISATION

Seated Volleyball is an exciting net and wall game which allows players to be active and involved throughout. In addition to developing good fundamentals, the game encourages good communication, teamwork, decision making and creativity in order to outwit opponents. It also provides an opportunity for non-disabled players to participate in a Paralympic sport (reverse integration)

EQUIPMENT: a large soft ball, cones or lines to mark out court, a net (can use bench or cones as an alternative)

SET UP: mark out a court using cones or line markings, with a net in the middle of the court (a bench or cones can be used if a net isn't available)

SUGGESTED RULES

- Can be played as singles, doubles or small teams (up to 5 v 5) with the size of the playing area and type of ball used appropriate to the ability level and numbers involved
- The object of the game is to win points by sending the ball over the net in order to ground it on the opponent's side of the court and to prevent the same effort by the opposing team
- The points system is flexible
- Players stay in their own half of the court with the ball served from the back of the court on each point
- The rally continues until the ball is grounded on the playing court, goes 'out' or a team fails to return it
- The team has a maximum of three hits to return the ball over the net
- The team winning the rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Allow players to catch the ball before sending/passing it
- Allow players to use different/any part of the body to keep the ball in play
- Designate weakest player as team server
- Play with a wall on one side to extend rally time

EXTEND:

- Compulsory 2 touch per team before returning

SUPPORT OR EXTEND:

- Change type of ball used eg. beachball or balloon makes the game easier
- Change the size of the court; one half a different size to the other
- Allow more/less/any number of hits before returning the ball
- Play with more/less people in a team
- Front players seated, back players kneeling, with the ball always returned by front players

THROW TENNIS

GAME ORGANISATION

Throw tennis is an exciting net and wall game which allows players to be active and involved throughout. In addition to developing good fundamentals, the game encourages good communication, teamwork, decision making and creativity in order to outwit opponents.

EQUIPMENT: a large ball that will bounce, cones or lines to mark out court, a net (can use bench or cones as an alternative)

SET UP: mark out a court using cones or line markings, with a net in the middle of the court (a bench or cones can be used if a net isn't available)

SUGGESTED RULES

- Play singles, doubles or small teams (up to 4 v 4) with the size of playing area and type of ball used appropriate to ability level and numbers involved
- The object of the game is to win points by sending the ball over the net in such a way that it either bounces more than once or the opponent catches the ball on the full (without a bounce)

- Players stay in their own half of the court with the ball served from the back of the court on each point
- The points system is flexible. Tennis scoring can be used or a more simple system used eg. first to 10 points with 5 serves per team
- When receiving a shot, the ball has to bounce once before being caught. Catching on the full or after more than one bounce = point for other team
- A shot going into the net or landing out of the court = point for other team
- Having caught the ball, the person can pivot but cannot move with the ball
- In doubles/teams, the ball can be passed, without bouncing, to a teammate for them to send over the net
- The ball must be sent with an upward motion. Downward throwing actions are not allowed

ADAPTATIONS to further extend or support the physical

SUPPORT:

- Allow more bounces before catching
- Allow a bounce when passing to a teammate
- Roll rather than throw, with the aim of rolling the ball off the opposition's side of the court - will require cones rather than net/bench
- Play on a table top / kneeling or against a wall
- Weaker players play at the front of the court

EXTEND:

- Use other body parts to send the ball eg. feet
- Allow the players to strike the ball rather than catch it
- Play with multiple balls eg. with the aim of keeping them all 'live'
- Play joined up to another person eg. holding hands

SUPPORT OR EXTEND:

- Change the size of the court; one half different size to another
- Change the number of players in a team
- Change the type of ball used (size/shape)
- Change the height/width of the net
- Different players use either both hands, dominant or non-dominant hands to catch