

EDSTART KNOW

- I can explain how inclusive sports support teamwork, empathy, and confidence.
- I can describe how analysing performance helps improve skill and understanding.
- I can understand the importance of promoting inclusion beyond PE.

EDSTART GO

- I can perform advanced Boccia or Goalball techniques in small games.
- I can give constructive feedback to help others improve.
- I can lead or officiate an inclusive activity, showing awareness of everyone's needs.

EDSTART SHOW

- I can demonstrate confidence, leadership, and respect for all participants.
- I can reflect on my performance and identify ways to improve.
- I can promote inclusion and fairness in PE and everyday life.

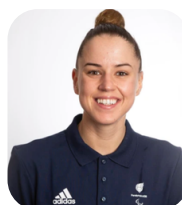
Key Vocabulary

**inclusion, adapt,
equality, teamwork,
respect, challenge,
participation,
awareness**

Role Models



**Tanni Grey-Thompson –
Paralympian Wheelchair
Racer**



**Beth Munro –
Paralympic Taekwondo**

What do we know about Inclusive Sports?

By the final stage, pupils can play Boccia and Goalball confidently, using advanced skills and smart strategies. They lead small tournaments, officiate matches, and help others improve by giving constructive feedback. Games become more tactical, with pupils combining attack and defence to create space, protect their goal, or land the perfect throw. More importantly, they reflect on how inclusion makes sport better for everyone — learning that teamwork, respect, and leadership make them not just better players, but better people. Inclusive Sports celebrate everyone's ability to take part, achieve, and belong.

As pupils reach this level, they begin to take real ownership of their learning. They can plan warm-ups, set challenges, and organise team roles with increasing independence. Their communication becomes more purposeful, using clear instructions and supportive language to ensure everyone feels confident and involved. Pupils also show a deeper understanding of fairness and sportsmanship, recognising when to adapt rules or equipment so that all players can participate meaningfully. Through these experiences, children learn the value of patience, empathy, and problem-solving — life skills that go far beyond PE. By celebrating effort, progress, and inclusion, pupils leave this stage feeling empowered, capable, and proud of what they can achieve both individually and as part of a team.