

EDSTART KNOW

- I can explain how attacking and defending strategies are used in Boccia and Goalball.
- I can describe why communication and timing are vital when competing in inclusive sports.
- I can explain how fairness and empathy make competition enjoyable for everyone.

EDSTART GO

- I can use attacking and defensive techniques such as accurate throwing or blocking.
- I can pass, aim, and score while following the rules of inclusive games.
- I can adapt my strategy depending on my role and the situation in the game.

EDSTART SHOW

- I can demonstrate sportsmanship and respect in competitive situations.
- I can stay positive and resilient when things don't go as planned.
- I can encourage others to enjoy competition while keeping it fair and fun.

Key Vocabulary

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

Role Models



**Hannah Cockroft -
Paralympic Wheelchair
Racer**



**James Brown –
Visually impaired cyclist**

What do we know about Inclusive Sports?

As confidence grows, children start to think tactically. They learn how to attack, defend, and make decisions in games to outsmart opponents. In Boccia, this might mean knocking another ball out of the way or placing their ball closer to the jack. In Goalball, it means passing quickly, communicating clearly, and reacting fast to block the ball. Pupils also explore different roles such as referee, coach, or team leader, showing respect for the rules and each other. This stage helps children understand that inclusive sport is about thinking, planning, and working together for shared success.

As pupils develop these tactical skills, they also begin to reflect on which strategies work best and why. They experiment with different throwing techniques, adjust their positioning based on the situation, and start to anticipate what opponents might do next. Working in small groups encourages negotiation and shared decision-making, helping children explain their ideas and listen to others. Taking on leadership roles builds confidence and responsibility, showing pupils that everyone contributes to the game — whether they are playing, guiding, or supporting their teammates. This deeper understanding strengthens not only their physical skills but also their communication, empathy, and awareness of others. Ultimately, children learn that inclusive sport thrives on teamwork, thoughtful choices, and celebrating each person's unique abilities.