

EDSTART KNOW

- I can explain how Boccia and Goalball are adapted for inclusion.
- I can describe how teamwork and fairness support inclusive play.
- I can understand how to use simple throwing or rolling techniques to join in safely.

EDSTART GO

- I can roll, throw, and catch using different types of equipment.
- I can move or position myself to include everyone in activities.
- I can help a partner by giving encouragement or sharing turns.

EDSTART SHOW

- I can show respect and patience when working with others.
- I can celebrate everyone's effort, not just who wins.
- I can show confidence when taking part in inclusive games.

Key Vocabulary

inclusion, teamwork,

respect, adapt,

fairness, support,

equality,

participation

Role Models



**Azeem Amir -
EDSTART Ambassador
and GB Paralympian**



**Ellie Robinson -
Paralympic Swimmer**

What do we know about Inclusive Sports?

Inclusive Sports help every child take part, regardless of ability or confidence. At this stage, children begin to explore simple but important skills such as rolling, stopping, tracking, and aiming a ball in activities inspired by Boccia and Goalball. These early experiences encourage them to use both visual cues and sound cues to guide their movement, helping them develop awareness, coordination, and control in a safe space.

Activities are designed so all pupils can succeed. Children learn to work together, take turns, and celebrate each other's efforts. They begin to understand that in Boccia the aim is to roll the ball as close as possible to a target, while in Goalball they must listen carefully to track, block, and stop a moving ball. More importantly, they discover that sport is for everyone. Inclusive Sports teaches children that trying their best, supporting others, and having fun together matters more than winning.