

KEY RULES

Game Basics: Inclusive Sports sessions focus on teamwork, respect, and opportunity for all. The main adapted sports used are Boccia and Goalball, which promote precision, cooperation, and communication. Every player, regardless of ability, contributes to the game and learns to adapt, problem-solve, and include others.

Boccia: a target sport similar to bowls, played by rolling or throwing balls towards a smaller target ball called the jack. Players or teams take turns aiming to get as close as possible. It can be played sitting or standing, using ramps or adapted equipment if needed. Accuracy, patience, and strategy are key.

Goalball

Goalball is played with a ball containing bells so players can track it by sound. Teams of three defend goals at either end of the court, rolling the ball underarm to score. All players wear eyeshades to ensure fairness. Communication, quick reactions, and teamwork are essential for success.

Fair Play and Respect: Inclusive Sports promote empathy, patience, and equality. Players support teammates, celebrate effort, and respect everyone's abilities. Silence during Goalball allows focus and listening, while Boccia encourages calm concentration. The emphasis is on enjoyment, respect, and shared achievement rather than competition.

Safety and Support: All activities are delivered with a focus on safety and inclusion. Equipment is adapted where needed, and clear signals are used for starting or stopping play. Adults and peers offer support where required to ensure everyone participates fully and confidently.

USEFUL LINKS

Boccia England: boccia.uk.com

Scottish Disability Sport: scottishdisabilitysport.com

Disability Sport Wales: disabilitysportwales.com

Disability Sport NI: dsni.co.uk

Goalball UK: goalballuk.com

Your School Games Boccia: yourschoolgames.com/taking-part/our-sports/boccia/

Your School Games Goalball: yourschoolgames.com/taking-part/our-sports/goalball/