

Let's All Play! Making Sports More Inclusive in After School

Creating an Inclusive Sports & Recreation Activity Worksheet

1. Activity Name: _____

2. Age Group: _____

3. Number of participants needed: Min _____ Max _____

4. Type of activity:

____ Sport Competitive	____ Sport Instructional	____ Sport Friendly Competition	____ Recreational Structured	____ Recreational Unstructured
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5. Length and time of Activity:

6. What is the adult to participant ratio for this activity?

7. Do you involve the parents of the participants in running/helping with the activity? How?

8. What is the goal of this activity?

9. What skills will participants gain from this activity?

10. What skills do they need to already have to participate in this activity?

11. What strengths and/or skills does your program bring to running this activity? (e.g. personnel, experience, etc.)

12. When thinking about making this activity inclusive, rank the level of comfort that you think those involved with this activity have towards people with different abilities:

	Not Comfortable		Somewhat Comfortable		Very Comfortable
	1	2	3	4	5
Yourself					
Your Staff/Colleagues					
Coaches/Trainers					
Youth/Participants					
Parents/Guardians					
Volunteers					

13. Can you make this activity inclusive for youth with cognitive disabilities? Yes No
Why?

14. What form of inclusion for youth with cognitive disabilities would work best for this activity?
 Different abilities on one team Separate time for youth w/disabilities
Why?

15. Can you make this activity inclusive for youth with physical disabilities? Yes No
Why?

16. What form of inclusion for youth with physical disabilities would work best for this activity?
 Different abilities on one team Separate time for youth w/disabilities
Why?

17. What skills and support would you need to make this activity inclusive to youth with disabilities?

18. Would a partnership with another program be helpful in making your activity inclusive?
 Yes No

19. If yes, what qualities/skills would you look for in a partner organization to help you become more inclusive?

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In the gym...

Try to organize games rather than just having free gym time every day.

Demonstrate or model activities and/or games.

Games in the gym can be led by older youth in the program or volunteers who have experience in the sport. The goal is to try to include everyone.

Talk to the kids about how they would adapt games for everyone (they love an opportunity to share their advice and opinions).

Provide semi-structured group activities as an alternative to basketball.

Many experienced after school professionals will gather children in the center of the gym before free time to go over rules of the game, draw on themes, and give specific instructions.

Talk to adapted physical education teachers or school day physical education teachers about how to adapt games.

Do not automatically assume a child using a wheelchair cannot participate in a sport, game, or activity.

Borrow wheelchairs from the VA Hospital for wheelchair basketball or volleyball.

Lower the basket (or net). Use replacements like a trash barrel or storage bin.

Set up tumbling mats and music - this works for all ability types.

If free time is in a large space, set up stations so that children can go from station to station.

Assign partners for games and free time in the gym.

Organize, but don't over-structure...in addition to structure, kids also benefit from free gym time where they are able to move around and expend energy - so provide a balance of both!

Focus on cooperation - not just competition.

Always have creative versions of the game in mind.

Always rotate team members. Children can pick teams, but not all the time.

In basketball, rotate shooting so that each player can take a shot.

Establish a rule where each player must touch the ball before it can be shot.

In kickball, use a larger ball, such as an earth ball and/or establish a rule that all players must pass the ball three times before tagging a runner out.

If playing dodgeball, try to adapt the game and set rules so that the same children will not always be targeted. Use soft Nerf balls for dodgeball.

