



1 million kids CHALLENGE



YOUR HOW TO PLAY GUIDE



Gear up for the challenge

Look inside for handy hints and tips on how to use your new Paralympic sports kit!

This resource was produced in conjunction with the Youth Sport Trust and supported by British Blind Sport, Volleyball England and the Football Association. For more information visit youthsporttrust.org

We are **Active Kids**



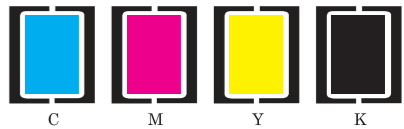
Sainsbury's
official partner of the Paralympic Games



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The London 2012 Paralympic Games – be inspired and get involved!



We're extremely proud to be the first-ever stand alone partner of the London 2012 Paralympic Games and are determined to help make them the best yet. That's why we launched the 1 million kids challenge, to get as many kids as possible to try Paralympic sport.

So congratulations on joining the challenge – we hope you're as excited as we are!

London 2012 is just around the corner and together we can put Paralympic sport on the map, so please make sure everyone at your school has a go. And don't forget, if you win the challenge your school will have the once in a lifetime chance to get involved in the London 2012 Paralympic Torch Relay!

So good luck, and we'll be in touch soon.

Justin King
Chief Executive, Sainsbury's



Win the chance to be involved in the London 2012 Paralympic Torch Relay!

Introducing the challenge

The kit

With your free kit, your school can try out Paralympic sports such as Goalball, Blind Football and Sitting Volleyball. Using the kit is a great way for everyone to experience something new, and playing Paralympic sport supports an inclusive environment where we can celebrate each other's similarities and differences. The kit includes:

- ▶ 'Kixz' football with bells x 2
- ▶ Blindfold 6 packs x 4
- ▶ Non-sting volleyball x 2
- ▶ Volleyball net x 2
- ▶ Your How To Play Guide
- ▶ Challenge Progress Poster



What's the challenge?

It's simple. You have between now and February 2012 to get as many kids as possible playing Paralympic sport in your school! This guide will give you information on how to use your kit to play Goalball, Sitting Volleyball and Blind Football, as well as handy hints and tips on how to adapt the games and adjust the difficulty level. You'll also find more ideas at sainsburys.co.uk/1millionkids

The London 2012 Paralympic Torch Relay

Make sure you use the Challenge Progress Poster included in this kit to record your school's progress. You will need this information in February 2012 to help log your final details on our online form at sainsburys.co.uk/1millionkids

You'll then be in with a once in a lifetime chance to be involved in the London 2012 Paralympic Torch Relay!

Some expert advice



Ellie Simmonds MBE is a Paralympic double gold medalist and Active Kids Ambassador. She's determined that the London 2012 Paralympic Games create a lasting legacy by raising awareness of Paralympic sport in the UK:

"Congratulations on joining the 1 million kids challenge. I've always been a big fan of having a go at new sports, so if your school hasn't tried Paralympic sport before I'm sure you'll love it. And if you have, now's the time for everyone to sharpen their skills!

I can't wait for 2012, and hope the kit will help get everyone excited for the Games.

Good luck!"
Ellie

Goalball

About the game

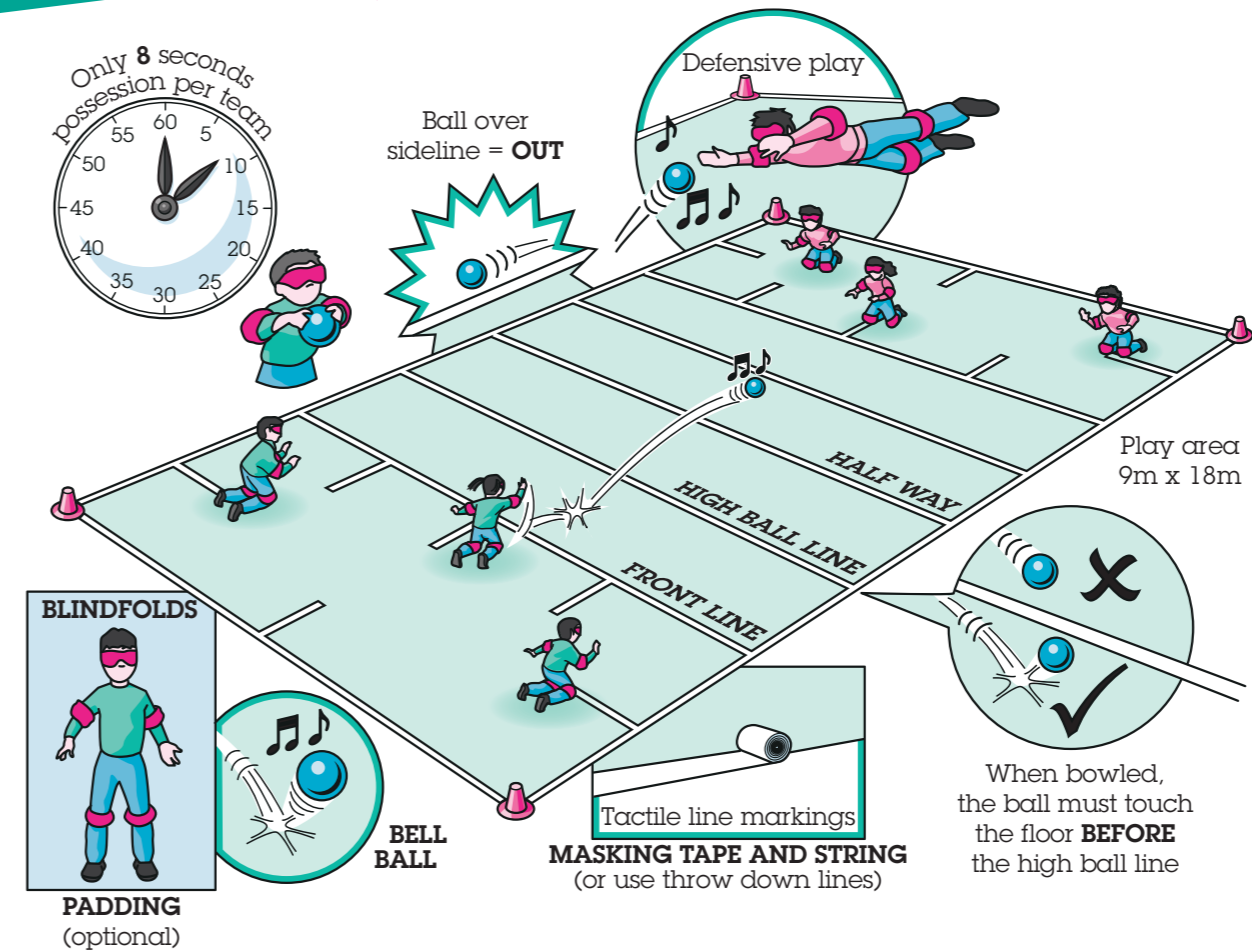
Goalball is a fast-paced team sport designed originally for blind athletes; however, it can be played at school by kids of any age, to help them develop listening, communication and teamwork skills. It's easy to learn with simple rules, and can be played by children of all visual abilities by using blindfolds to make it fair. Two teams of 3-a-side play at either end of a gymnasium court or school hall and the objective of the game is to score as many goals as possible. A goal is scored by rolling the ball on the floor in a bowling motion so that it completely crosses the opposing team's goal line.

Having a go at this sport is a great way to develop object orientation skills, and learning to use senses that you don't normally rely on gives fully sighted children a real appreciation and respect for athletes who are visually impaired or blind.

- ▶ Goalball can be played 3-a-side and team members must wear blindfolds at all times during the game
- ▶ To ensure maximum safety, it's best to play this game from a kneeling or seated position
- ▶ A ball containing bells is used so that players can listen to the sound to judge the position and movement of the ball
- ▶ The game is played on a court or play area (typically the size of the court is 9m x 18m but you can play on any large space)
- ▶ The lines defining the team areas need to be tactile so that players can feel them with their hands and feet. This can be done really easily by taping down some string on the court or using rubber mats or spots
- ▶ Youngsters get the chance to perform different roles such as refereeing, which is key to facilitating the game and letting the other players know what is happening
- ▶ Goals are scored by players rolling the ball along the floor so that it crosses the goal line of the opposing team

SAFETY: Some children occasionally complain that the material of the blindfolds irritates their eyes after a period of wearing them. This is largely caused by them trying to open their eyes whilst wearing the blindfolds so our advice would be to keep their eyes shut at all times whilst playing.

Top Tip:
The size of the playing area can be easily adjusted and made bigger or smaller using the tactile court markings.



How to set the game up

Ball with bells:

Use the ball containing bells provided in your free kit – it makes a continuous sound when moving so players can hear it coming.

Court:

A standard gymnasium volleyball court can be used with two teams playing at either end. Alternatively the game can be adapted to fit any school hall or even a classroom space, provided all other objects are safely moved to the sides of the room.

Blindfolds:

These should block out all vision and enable kids of all visual abilities to join in.

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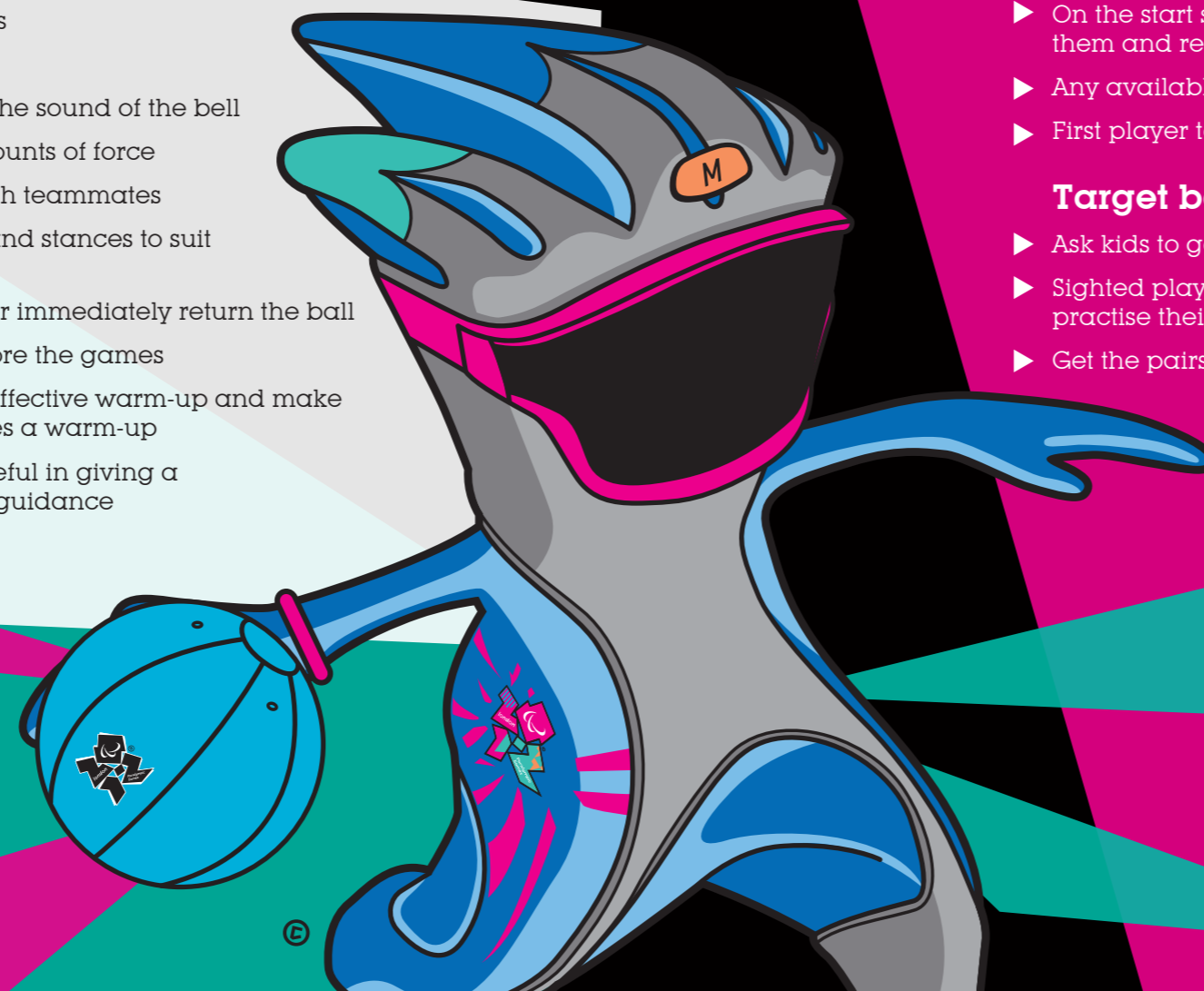
Rules and how to play

- ▶ It's recommended that players kneel or sit at all times during this game to ensure maximum safety
- ▶ The game must be played in silence so that players can hear the ball moving
- ▶ A coin can be flipped to decide which team throws the ball first
- ▶ The ball must be rolled or bowled along the floor rather than thrown to ensure the defensive team are given an opportunity to hear it coming
- ▶ The ball must touch the floor before the high ball line
- ▶ To score a goal, teams are encouraged to work as a team and pass the ball to each other
- ▶ A goal is scored when the ball completely crosses the opposition's goal line
- ▶ No player can take more than two throws consecutively
- ▶ When a team receives control of the ball, they only have eight seconds to throw the ball back to the opposing team
- ▶ When the ball rolls outside of the court lines, the ball is given over to the other team
- ▶ When the ball stops moving and the players are unaware of its location, the ball is returned to the closest player
- ▶ Play to a certain number of goals or use time to control the length of matches

Teaching tips

Encourage the children to:

- ▶ **Use** verbal communication skills
- ▶ **Be** accurate in sending the ball
- ▶ **React** as quickly as possible to the sound of the bell
- ▶ **Send** the ball with different amounts of force
- ▶ **Discuss** effective positioning with teammates
- ▶ **Apply** different body positions and stances to suit attacking and defending
- ▶ **Decide** whether they will pass or immediately return the ball
- ▶ **Devise** a suitable warm-up before the games
- ▶ **Discuss** the components of an effective warm-up and make sure every participant completes a warm-up
- ▶ **Think** about what words are useful in giving a visually-impaired pupil spatial guidance



Adaptations

Easier:

- ▶ Increase the playing area (easier for attackers)
- ▶ Remove or increase the pressure of time
- ▶ Play from only sitting or kneeling
- ▶ Introduce the game without blindfolds
- ▶ Play 1 vs 1 or introduce one sighted player per team to assist

Harder:

- ▶ Reduce the playing area
- ▶ Condition the game, e.g. players must pass to teammate X
- ▶ Decrease the time a player is allowed to handle the ball
- ▶ Players referee and explain everything verbally to the other players
- ▶ Players attempt to throw while standing

Other Goalball Games

Steal the treasure

- ▶ Four players wearing blindfolds kneel on home base
- ▶ On the start signal, players move to retrieve one 'piece of treasure' by feeling around them and return to their base
- ▶ Any available equipment can be used as 'treasure' – bean bags, cones, hoops etc.
- ▶ First player to get all 'treasure' back to their base wins

Target ball

- ▶ Ask kids to get into pairs, one player to be fully sighted and the other to wear a blindfold
- ▶ Sighted players give verbal guidance and feedback to their blindfolded partner, who practise their direction and throwing/rolling techniques as they try to hit a set target
- ▶ Get the pairs to swap roles

Sitting Volleyball

About the game

Sitting Volleyball is just as fast-paced and energetic as the standing game, but the difference in this version is that players are seated. It can be played by children of all ages and abilities. Two even teams of 2-6 players are required and the aim of the game is to send (pass) the ball over the net in such a way that it lands on the ground of the opposing team's side before they can return it. A game requiring teamwork, skill and strategy, sitting volleyball is a great way to teach children ball control skills such as throwing/striking, catching, passing and serving. It can be enjoyed on both an indoor and outdoor court.

- ▶ Players are seated at all times for this game
- ▶ The teams are opposite each other in the same layout as standing volleyball
- ▶ Teams are allowed up to three hits before they send the ball back over the net
- ▶ A player cannot have a double hit, e.g. hit the ball up in the air to themselves

How to set the game up

Ball:

You can use the colourful, child-friendly, non-sting volleyball provided in your free kit.

Court:

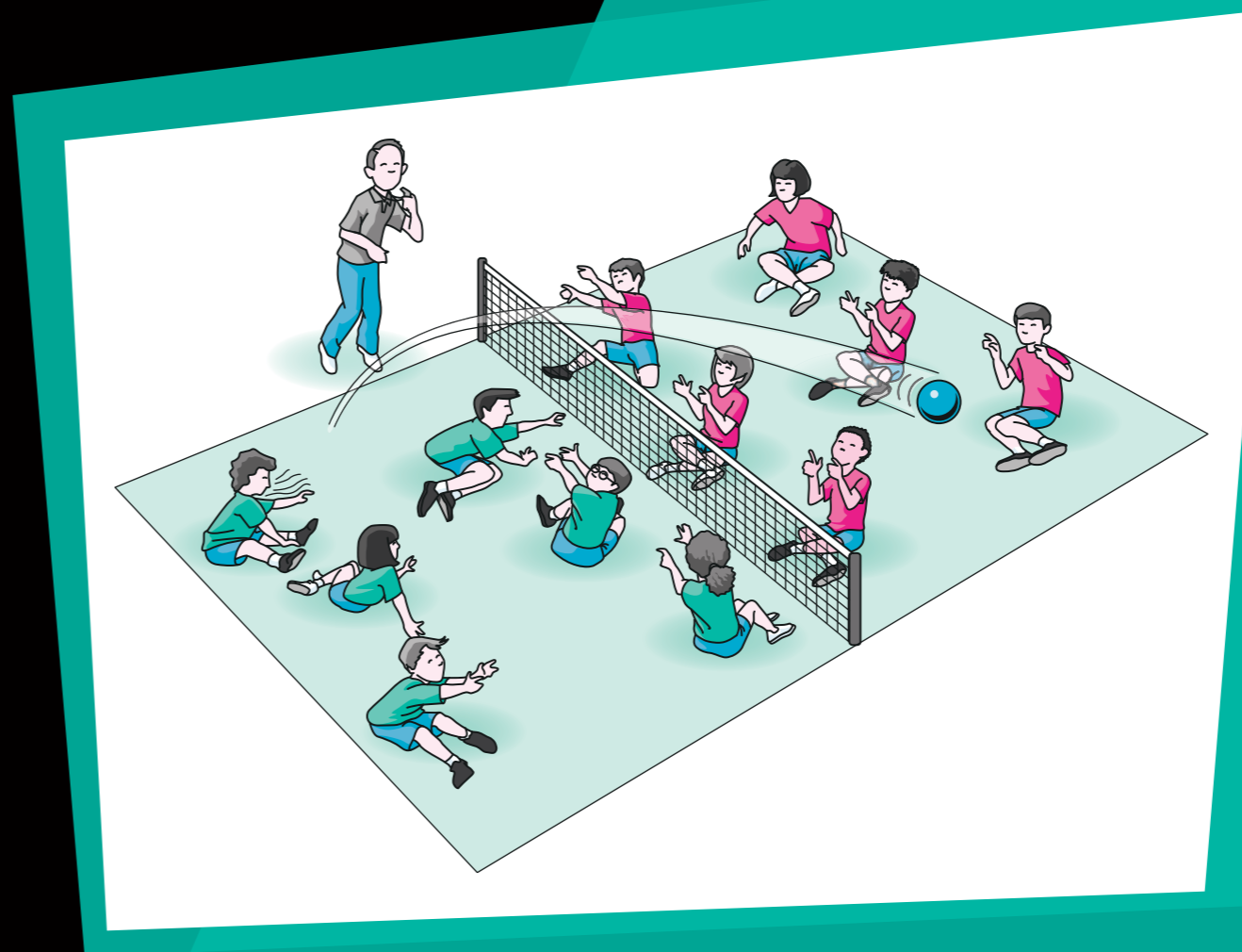
The court needs to be separated into two equal parts, ideally divided by a centre line with each side measuring 5m x 6m. However you can adjust the size of the court to fit any space and you can also play within the inside lines of a badminton court if you have one.

Net:

The net provided should be approximately 1m in height if players are sat on the floor, or at normal badminton height if players are sat on chairs or wheelchairs.

Rules and how to play

- ▶ The contact position: players must always have one part of their body (between their buttocks and their shoulders) in contact with the floor when hitting the ball
- ▶ Have even teams of 2-6 players on each
- ▶ Serve from behind the service line using an overhead two-handed throw
- ▶ You can serve with feet on court as long as buttocks are behind the line
- ▶ Serves can be blocked at the net
- ▶ Each team has up to three catches/throws (and must use a minimum of two) in the 'contact position' before the ball goes over the net
- ▶ The ball is allowed to bounce once during the team's three catches at any point
- ▶ The team that wins the rally scores a point and serves to start the next rally
- ▶ Play to a certain number of points/sets or use time to control the length of matches
- ▶ Players rotate around clockwise taking it in turns to serve. The maximum a player can serve in a row before rotating is three



Teaching Tips

Encourage the children to:

- ▶ **Consider** how to move around the court without lifting their bottom off the floor
- ▶ **Consider** how to organise their team to defend the floor on their side of the court
- ▶ **Think** about how to work as a team and use the three touches to get the ball close to the net
- ▶ **Remember** movement is essential to effective play

Adaptations

Easier:

- ▶ Place stronger players at the back of the court to avoid them dominating
- ▶ Allow the service from anywhere and give two chances, as in tennis
- ▶ Use a large balloon with lots of air in
- ▶ Increase the number of players in a small place
- ▶ Allow players to have two touches, rebounding the ball first and then hitting it

Harder:

- ▶ Increase the size of the court
- ▶ Players must serve from behind the back line
- ▶ Use a heavier ball or allow a bounce
- ▶ Increase the number of players in a small place

Other Sitting Volleyball Games

Throw and catch over the net

How to play:

- ▶ Two students opposite each other throw and catch a ball over the net and indicate the maximum distance that the ball can be hit using a placeholder like a cone or beanbag
- ▶ The exercise is repeated from a seated position - compare the distances between standing and sitting

Keep the kettle boiling

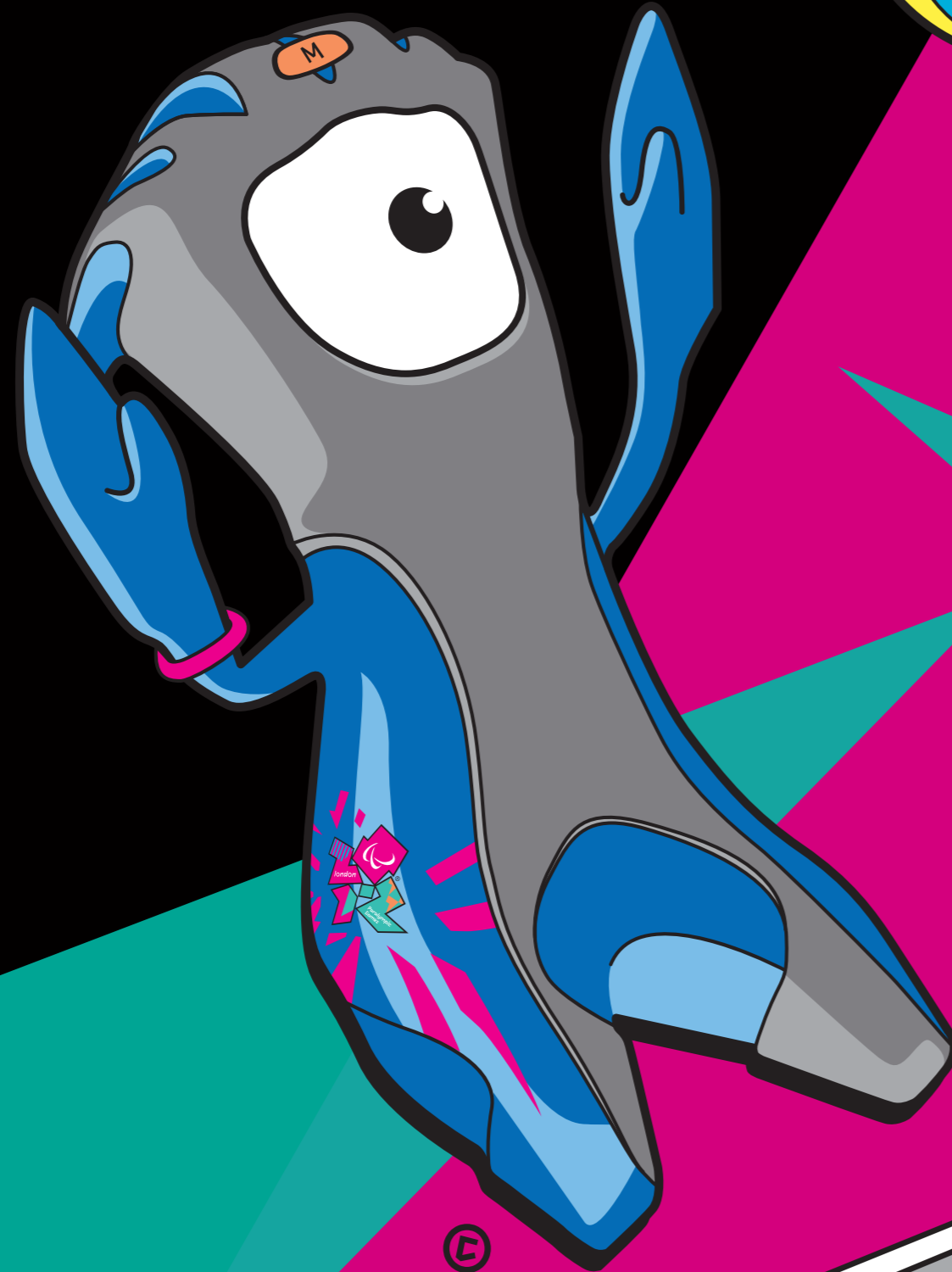
How to Play:

- ▶ **Moving skills:** Students are lined up in two lines one standing, one seated either side of the net
- ▶ While moving horizontally across the court, the students pass the ball back and forth over the net
- ▶ Compare the difficulty level between sitting and standing

Monsterball

How to Play:

- ▶ **An adapted version of Sitting Volleyball:** Students are divided into teams of six players and play Volleyball from a seated position (on the knees or buttocks) with a bigger ball such as a beach ball or balloon



Blind Football

About the game

Playing Blind Football is an excellent way of giving students an insight into the basic principles of disability adapted sport. It's fast moving and can be played by children of all visual abilities by using blindfolds to make it fair. The ball used contains a bell and players can develop their listening skills by using sound to judge the direction the ball is travelling in. As well as being a lot of fun, it's a great way for kids to develop their spatial awareness and ball control skills such as dribbling, passing and shooting.

Important Safety Guidance

If students have not previously participated in Blind Football or related games, then only the basic skills should be completed until confidence levels and trust in the coach has increased significantly. If the individual has participated in 'blindfolded' football activity previously then basic skills should be completed as part of the warm-up before progressing to the full Blind Football match.

SAFETY: Some children occasionally complain that the material of the blindfolds irritates their eyes after a period of wearing them. This is largely caused by them trying to open their eyes whilst wearing the blindfolds, so our advice would be to always keep their eyes shut at all times whilst playing.

- ▶ Blind Football is played as a 5-a-side game, but can be adapted for smaller equal-sized teams
- ▶ Rules are similar to able-bodied football with some additions
- ▶ A ball containing bells is used so that players can listen to the sound to judge the position and movement of the ball
- ▶ The game is played on a hard surface
- ▶ Players must wear blindfolds, but the goalkeeper can be sighted or partially sighted and is allowed to give verbal guidance to his team. Again this offers youngsters the chance to experience different roles and develop their communication/leadership skills

What you need to play the game

Ball with bells:

Use the ball containing bells provided in your free kit, which makes a continuous sound when moving.

Pitch:

The game is played on a solid surface. As a guide the measurements of the playing area are:

Length: 42m (maximum)/38m (minimum).

Width: 22m (maximum)/18m (minimum). This can be adapted depending on the space available.

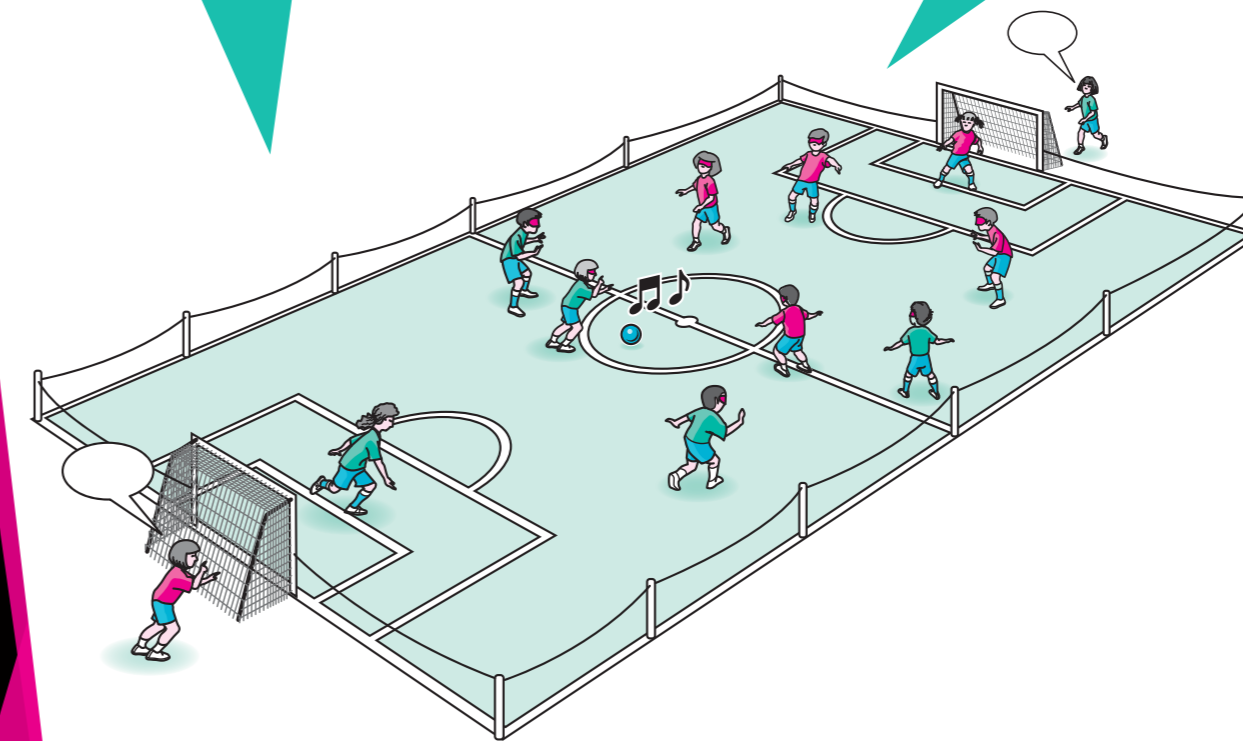
The touchlines need to be tactile lines; using string and tape works well.

Blindfolds:

These should block out all vision and enable kids of all visual abilities to join in.

Rules

- ▶ There are five players in each team. The aim is to score more goals than your opponent
- ▶ Players should wear blindfolds - the goalkeeper is sighted, but cannot leave the area
- ▶ There are no off-side rules



Teaching Tips

Encourage the children to practise these basic skills:

- ▶ **Get used** to the sound of the ball by rolling it to each other along the floor and catching it
- ▶ **Develop** this by rolling to the side to encourage movement in the path of the ball
- ▶ **Develop** skills slowly and precisely
- ▶ **Communicate** with clarity
- ▶ **Control** pace of the game
- ▶ **Work** well as a team

Adaptations

Easier:

- ▶ Reduce the size of the area you are playing in
- ▶ Start by using walking pace only
- ▶ Only use size four footballs
- ▶ Work with a partner who can verbally guide a visually impaired player

Harder:

- ▶ Use a number of different-sized balls
- ▶ Faster pace to skill drills
- ▶ Limit the communication
- ▶ Make pitch bigger

Other Blind Football Games

Treasure Chest

How to play:

- ▶ Number of players: eight split into four teams of two. All teams play against each other
- ▶ In 60 seconds, one player from each team tries to dribble or collect as many balls as possible and place in own area
- ▶ Their teammate can use noises such as hand clapping to direct them back to their base
- ▶ When the area in the middle is empty, they can then take balls from the other teams' areas and move clockwise back to their own area
- ▶ Only collect one ball at a time
- ▶ Collect from different areas not the same one each time
- ▶ Do not tackle other players

Find a Goal

How to Play:

- ▶ Ten players in pairs
- ▶ Each pair sets out two markers of the same colour 1m apart anywhere in the area
- ▶ Each pair has a set communication technique, e.g. clapping, bells, clicking
- ▶ Practise passing the ball between the two markers to each other
- ▶ Continue by scoring a goal through one pair of markers and then moving to another pair to score through them
- ▶ The course is completed when a goal has been scored through each pair of markers
- ▶ When this has been tried, pick two players who block goals and shout 'Find-a-Goal' to players approaching who then have to find another goal

4 V 1

How to Play:

- ▶ Start with five players
- ▶ Use an area approximately 9m x 9m
- ▶ Four attackers stay outside the area, one defender inside the area
- ▶ Attackers score a point when they make a successful pass across the area
- ▶ Change defender every 30 seconds
- ▶ Should introduce pace and communication skills without distraction by defence

