

Inclusive games | Lower KS2 | A-2021/22 | B- 2022/23

Vocabulary	
Warm up Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raising & Mobility of joints	Cool down Low-impact or slower exercise to help your body return to normal after strenuous exercise
Control	Accuracy
Support	Inclusive
Dig	Volley
New Age Kurling	Boccia

Key Physical focus
Gain an understanding of 'inclusive games.
Learn how to adapt games to ensure it is inclusive for all
Volley, Dig, Roll and slide with control and accuracy
Explore returning a ball using focus shots such as volley, dog and spike
Develop technique in serving underarm with increased consistency
Develop rallying using both volley, dig and spike with increased technique
STEP Space Task Equipment People

Basic Skills
Learn rules to various games
Gain full understanding why and how the game has been adapted
Understand barriers in sport and empathise with those affected
Rolling/sliding, an item with accuracy



SAFETY: *Remove all jewellery including earrings. *Long hair must be tied back. *Wear suitable footwear. *Use correct techniques. *Complete a warm-up and cool-down in each lesson.

FUNS assessment Framework

Social (A)	Physical (A&B)	Cognitive (B)
IMPROVE OTHERS I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately	COMBINE WITH FLUENCY I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.	MAKE GOOD DECISIONS I have a clear idea of how to develop my own and others' work.
ORGANISE AND GUIDE OTHERS I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task	LINK WITH QUALITY I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities	DESCRIBE HOW TO IMPROVE Understand ways (criteria) to judge performance and identify specific parts to continue to work upon. Use awareness of space and others to make good decisions
WORK WELL WITH OTHERS I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas	PERFORM WITH CONTROL I can select and apply a range of skills with good control and consistency	EXPLAIN WHY I can explain what I am doing well and I have begun to identify areas for improvement

Inclusive games | PE | Lower KS2

Lesson Progression

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| 1 | <ul style="list-style-type: none">• Discuss Paralympics• Introduce Inclusive games - Seated volleyball, Boccia, New Age Kurling, Goalball, Wheelchair: basketball, rugby, tennis and fencing.• Discuss and practice various moves associated with the above games |
| 2 | <ul style="list-style-type: none">• Introduce inclusive Seated Volleyball (show Powerpoint) Explain basic rules of the game• Explore and practice (seated) volley and dig. |
| 3 | <ul style="list-style-type: none">• Develop control when using volley and dig. Introduce ralleys.• Introduce net. Practice sending ball over net using volley or dig to a partner. Focus on accuracy and control |
| 4 | <ul style="list-style-type: none">• Class inter competition: Seated Volleyball |
| 5 | <ul style="list-style-type: none">• Learn the rules and play New Age Kurling based games: Through the gates, Tin can alley and Target push• Focus on rolling/sliding equipment with control and accuracy |
| 6 | <ul style="list-style-type: none">• Learn rules and play Boccia based games: Targets, Round the Clock, Narrowing gates and Under the bridge• Focus on rolling/sliding equipment with control and accuracy |