

spear

centre for sport, physical education
& activity research



Active Kids Paralympic Challenge: School Journeys



June 2016

About SPEAR

The Centre for Sport, Physical Education and Activity Research (SPEAR) is located within Canterbury Christ Church University. SPEAR undertakes a range of theoretically-informed analyses, from critical commentaries and reflections on current policy and practice, to commissioned research, evaluation and consultancy.

SPEAR's research guides and informs public policy to increase physical activity and sport participation. It contributes to the wider evidence-base used by policy-makers, provides a rationale for government and commercial investment, and steers programme improvements to enhance the experience of practitioners and participants.

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Active Kids Paralympic Challenge Journey

Coteford Junior School

School Context

Coteford Junior School is a primary academy, located in the London Borough of Hillingdon. The number of pupils from minority ethnic groups is above the national average; the proportion of pupils with disabilities or a statement of SEN is also well above average. The school has an additional resource base for up to 13 pupils, including 'Corner house class' which provides extra support for children with physical disabilities and multi-sensory impairments.

The school building is one level and is fully accessible. Facilities include a hydrotherapy pool, a physiotherapist suite, an outdoor playground and a large grass field. There are a range of sports clubs on offer, including a number of disability sports such as polybat, boccia, and new-age kurling.

Reasons for Engagement

Kate Pendred, PE subject lead at Coteford, hoped that Active Kids Paralympic Challenge would offer children the opportunity to try something new: *"We do a lot of disability sport but we wanted to see what else there was"* (Kate Pendred, PE subject lead). Coteford have been delivering disability sport for a number of years, however Kate believed that Active Kids Paralympic Challenge would expand their disability sport provision: *"I really liked the look of the goalball and the guided running, it will just kind of add on to what we already doing...Kind of refresh the interest"* (Kate Pendred, PE subject lead).

Kate has also been very keen to build on the Paralympic theme they have been developing since the 2012 games: *"We live and breathe it; we do a Paralympics sports day and we have Paralympic athletes come in, so we are always interested in the Paralympics"* (Kate Pendred, PE subject lead).

Snapshot of Activities

Coteford have been delivering Active Kids Paralympic Challenge during Year 5 PE lessons. Kate has been gradually introducing goalball, sitting volleyball and guided running, while continuing to develop boccia within the sessions.

On the day of the visit, Kate delivered a circuit of Active Kids Paralympic Challenge activities to her Year 5 class. The children were split into groups of four and took turns at sitting volleyball, boccia, guided running and goalball bowling. Kate asked the children to set up each station, before explaining the rules and asking the children to discuss how the session could be made accessible for everyone: *"You can guide people... And you need to give clear instructions for the people who are blindfolded"* (Year 5 participant).



Rio 2016 notice board



Paralympics notice board



How to guide
(click picture to play video)



Boccia
(click picture to play video)

Coteford have been offering boccia club for a number of years, so the children were already familiar with this activity and embraced the competitive aspect of the game.

The guided running required children to work with a partner to complete a slalom course while blindfolded. A number of children struggled to guide their partner through the cones initially, finding it difficult to direct without pointing. As the session progressed the majority of children demonstrated an ability to communicate effectively with their partners, guiding them clearly through the obstacles.

The children remained in their pairs as they took on the goalball bowling activity. The 'guide' helped position their partner to roll the 'bell ball' towards the pins, while they stood beyond the target and clapped. The children relied on their partner to guide them throughout the entire activity as they were blindfolded from start to finish.

The final activity was sitting volleyball and children played games in teams of three, struggling early on to keep the ball in the air: *"Is it really hard to actually get to the ball when you can't use your legs"* (Year 5 participant). Later in the session, the teams started to communicate and repositioned themselves to cover the floor more effectively.

The lesson ended with a short recap of each activity, as Kate asked the children what they found difficult about the session and what they did to adjust:

It is quite difficult guiding when you are facing a different way, because left is right and right is left... You have to imagine you are them and what would make sense if you were them.

(Year 5 participant)

Perceptions of Resources

Kate feels the Active Kids Paralympic Challenge equipment has provided Coteford with the necessary resources to introduce new disability sport to the school: *"What they have given us has been a really good starter kit... A lot of things we didn't have before"* (Kate Pendred, PE subject lead). In particular, the activity videos are reported to be integral to delivery of sessions: *"We show them the videos, so then they can see the activity in action... It helps them understand what they need to do"* (Kate Pendred, PE subject lead).

The equipment is also available to other members of staff at the school, and is used regularly due to the adaptability of the resources: *"It is available for all PE lessons... It is good because you can change things a bit, and adjust it to what you need"* (Kate Pendred, PE subject lead).

The children are grateful for the Active Kids Paralympic Challenge resources and the opportunity to try new disability sports: *"We are actually really lucky to have the new equipment... Some schools don't even have lessons where you can learn different sports"* (Year 5 participants).



Boccia celebration
(click picture to play video)



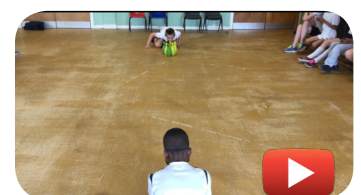
Guided running
(click picture to play video)



Goalball guide
(click picture to play video)



Sitting volleyball
(click picture to play video)



Goalball bowling
(click picture to play video)

Impact of Active Kids Paralympic Challenge at Coteford

Coteford are committed to providing their pupils with opportunities to engage in new activities, and Active Kids Paralympic Challenge provides an accessible platform for this offer: *“It has just given them the chance to try something new... Everyone can have a go at goalball or boccia, because they are all on a level playing field”* (Kate Pendred, PE subject lead).

Active Kids Paralympic Challenge allows children to experience sport from the lens of a disabled athlete, and has contributed to an increasing level of empathy: *“The eye-masks have really made them think... They have started to realise how difficult it can be when you can’t see”* (Kate Pendred, PE subject lead). This improved understanding of disabled sport encourages the development of greater communication and teamwork: *“When they are blindfolded, they rely on you... You have to help each other and you have to be really clear to make sure your partner understands”* (Year 5 participant).

The school continues to embrace the Paralympic theme within PE, and Active Kids Paralympic Challenge has helped foster excitement for the upcoming Paralympic games: *“I can’t wait to watch it on TV, especially the goalball”* (Year 5 participant).

Sustaining and Embedding

Coteford are still looking to develop their disability sport offer, and hope that Active Kids Paralympic Challenge will continue to feature in PE lessons going forward: *“It won’t be something we have just done because of the Paralympics, now it is here and all set up, we will look to do even more with it”* (Kate Pendred, PE subject lead).

Kate is also training her class to deliver Active Kids Paralympic Challenge to other children in the school: *“My class have used all the equipment now, so I have set them up to introduce some of the younger children to all the different activities”* (Kate Pendred, PE subject lead).



What have you learnt?
(click picture to play video)



Understanding disabled sport
(click picture to play video)



What do you think about AKPC?
(click picture to play video)