

### DISABILITY

**AIM: To Explore the issue of inaccessability and how this leads to exclusion.**

Objective: Use 'random' characteristics to understand that failure to consider people's different needs and adapt leads to exclusion by creating barriers to participation.

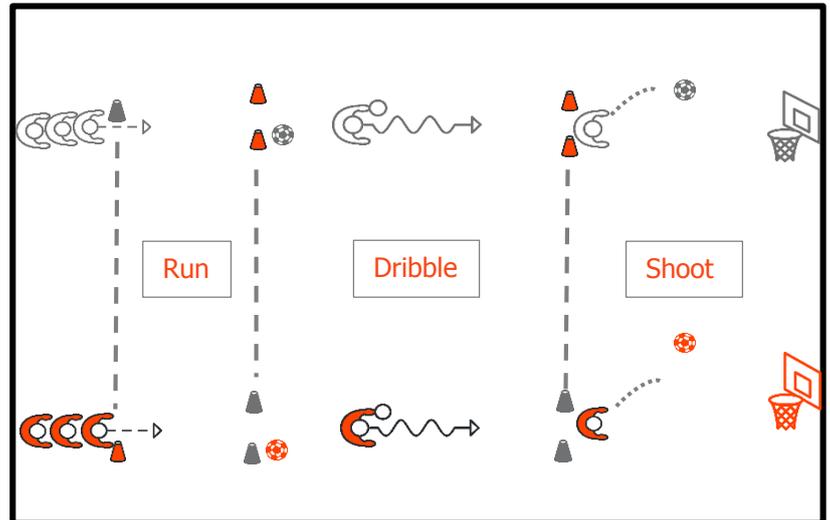
Age: 7-12

Duration: 60 mins

Suggested Stage: 3

### GET ORGANIZED

- Playground: 7-10m X 7- 10m
- Teams of 5 or 6
- 7 Cones to set the course (per team)
- 1 Ball per team
- Hoops or an area to shoot into.



\* Remember to do a warm-up activity \*

 10'

### INTRODUCTORY GAME

### INSTRUCTIONS

 15'

The game is a relay race but set out like a triathlon where players must move differently at different stages of the course.

- Lay out a race course with two gates in the middle of the course
- Put one gate 2m from the finish line
- Put a ball by the first hoop
- The children race to the first hoop, dribble with the ball to the second and finish by throwing/shooting the ball in the hoop/goal (like a triathlon)
- After shooting, run back, but replace the ball at the first gate for the next person in the team
- Teams get 10 points for finishing first and 5 points for each shot which scores

**Goal:** Score more points than the opposing team or win the race

### TIPS

- Adjust the distance of the goal to score and distance between gates to change difficulty
- Change the objects that you throw into the goal (e.g. throwing cones not balls)
- Move in different ways between the gates on the course e.g. Skip between the 1<sup>st</sup> and 2<sup>nd</sup> hoops, do rolly-pollys, bunny hops, etc.

## THEMED GAME

**Narrative:** The race has become too big and popular (like the London Marathon), so the organisers have decided to make it less accessible for people taking part. But the barriers don't apply to everyone.  **15'**

## INSTRUCTIONS

- The race is the same, but this time some players have to pass a 'barrier' when they reach the gates
- Assign the players who face the 'barrier' according to random characteristics (e.g. blue eyes, are wearing black shorts, if you watched a certain TV-Show on the weekend...)
- These players must do an extra activity when they reach the gates (the barrier)
- Extra activity could be star jumps, squats, heads shoulders knees and toes... (suggest 5 times)
- All other players can pass freely
- Alternate who faces the barrier so that all players experience it

### TIPS

- Make a whole team have to face the 'barrier' (while the others don't)
- Change the type of movement that players do to pass the barrier
- Change the way players interact with equipment e.g. go on all fours and dribble ball with your head
- Change the number of times players repeat the additional task if they are finding it too easy

## DEBATE

### QUESTIONS

- 1 What made it easier or more difficult for you in the race?
- 2 In the game, it was random who had free access and who had to pass through an extra barrier, is it the same in real life?
- 3 What kind of barriers can you think of in the real world that make things inaccessible?
- 4 Can people's attitudes also be barriers (stop things being accessible)?
- 5 What can we do to increase accessibility?

### KEY POINTS

 **20'**

- 1 Some participants faced extra barriers, others didn't. Disabled people are often denied access to specific spaces and opportunities, or face barriers to participation.
- 2 Yes, everyone's different and as a society we need to make sure spaces and opportunities are open and accessible to everyone.
- 3 Lots of barriers, for instance steps, swinging doors, bad pavements, kerbs, narrow corridors, bad signage, bad lighting...
- 4 Yes absolutely, prejudice and discrimination can stop people from accessing spaces and services. Also, being 'exclusive' means people are excluded from taking part.
- 5 We could take the barriers away. We can also pay attention to where there might be a problem for different people. We can also challenge negative attitudes or behaviors that might prevent people from participating.

### CONCLUSION

We need to be aware of the barriers different people can face which can prevent them participating in society equally with everyone else.