2.17 Sports Ability

Sports Ability is an exciting new initiative from the Australian Sports Commission. Sports Ability is an inclusive activities program with two main aims:

- To provide teachers, support staff, community leaders, coaches and sports leaders working in a physical activity and sport settings with more ways of including people with disabilities in physical activity and sport, particularly those who have higher support needs.
- To create a medium for the integration of people with and without disabilities in inclusive activities.

The Sports Ability program is based around five activities:

- **Boccia** is a bowls-type target game played at the Paralympics. Boccia is suitable for all abilities, and provides an ideal vehicle for inclusion.

- **Goalball** is another Paralympics sport developed for players who have a visual impairment, it is an exciting invasion game introducing new challenges to both sighted and visually impaired players. Although goalball is restricted to players who have vision impairments at competitive level, in a school or recreational setting all students can play.

- **Sitting Volleyball** is a third Paralympics sport for players for whom standing volleyball may not be an option. As all players are seated to play, sitting volleyball is an excellent inclusive activity.

- **Polybat** is an accessible version of table tennis, particularly useful for young people who have coordination and control impairments. However, as well as providing a option for young people with disabilities, polybat can also be used to introduce table tennis to younger children.

- **Table Cricket** is a dynamic table version of cricket for players of all abilities, but specifically those with complex or higher support needs. It retains the three main elements of cricket: batting, bowling and fielding, as well as most of the key rules.

To support Sports Ability a training program has been developed to complement the activity cards and instructional video. Training is provided through the Australian Sports Commission’s Disability Education Program. The training consists of a 3 hour module that explores all the activities included in the Sports Ability program and some of the suggested introductory games and variations. The philosophy of inclusion and ways to adapt and modify an activity using the TREE principle is central to this training. Training is available in every State and Territory.

Sports Ability equipment bags may be purchased for $1,300.00 (GST exclusive) or $1,430 (GST inclusive) this includes sports equipment for five inclusive activities, activity cards, instruction video and a board maker CD. For full list of contents please see attached list. Equipment bags may be ordered via the email address below.

For further information please contact Richard on 02 6214 1521 or SAF@ausport.gov.au
Sports Ability Equipment bag: Contents

Boccia
1 x set of official boccia balls
(6x red, 6x blue, 1x target ball)
1 x Play boccia ramp (yellow)

Goalball
1 x official goalball
1 x light bell ball (Kixz soccer trainer)
6 x eyeshades (blue)
6 x marking lines (rubber, 3x yellow, 3x blue)

Sitting volleyball
1 x standard volleyball (Molten) – official (red/green/white)
1 x mini-volleyball – official
2 x soft foam (Gator skin) balls
2 x plastic beach ball
1 x pack of round balloons
2 x referee whistles (with lanyards)
1 x dual action hand ball pump
1 x Spikezone volleyball net (with adapted ropes)
1 x mesh carry bag

Polybat
4 x polybats (red)
2 x airflow balls (white)
1 x side table sections (set of 8 - green)
1 x end table sections (set of 4 - green)
Table clips (1 pack – red)
12 x G-clamps (black/blue)
2 x Davies glovebat (red)

Table cricket
1 x mini cricket bat
1 x mini cricket ball (weighted - red)
1 x mini cricket ball (non weighted - red)
1 x mini rolling ramp (launcher – white)
1 x davies field sections (sliding fielders – set of 9)
1 x table cricket ‘scoring run’ boards (set)

Resources
1 x set of Sports Ability Activity Cards (25)
1 x Sports Ability instructional video
1 x Sports Ability thumbnail image CD