

Topic	Explanation
Country, city	Republic of Bulgaria, Plovdiv
Name	Athletics - jumping
Aim	Learning the basic movements of jumping; improving the coordination of movements and development of speed-force qualities; acquiring knowledge about the technique of performing the individual phases.
Duration of the lessons	30 - 40 minutes
Expertise, experience of trainer	A Physical Education and Sports teacher with experience or a Gymnastics coach
Age group	7-15 year olds
Rules	According to the curriculum
Set of movements	A standing long and high jump, vertical jump; long jump - squatted type; high jump - 'scissors' type; long jump - 'bow' type.
Equipment	Clothing: sportswear Special clothing: not necessary Other materials: a jumping sector; video recordings; cinemagraphs of the different phases of jumping.
Required space	A playground or a gym
Inclusive experience	To have some experience in inclusion

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	The rules are slightly changed: the beginning is given with a light signal or a flag.	The teacher gives instructions to all the students, and they are properly placed for listening and observation. The student with complete loss of hearing stands directly in front of the teacher so that he can look at him/her in the lips; the teacher explains and uses some visual means. Then, there is a demonstration /it can also be done by a well- prepared student/. The demonstration goes with an explanation. Once the performance begins, the disabled student is never the first one to have a go.	Different jumping exercises; jumping with two legs and landing on various terrains; connected jumps with two legs; jumping with one foot over thick balls; consecutive vertical jumps; performing the phases of long jump movements - acceleration, jumping, flying, and landing.	Visual means; video recordings.
Reduced hearing	x	When instructed, the student with reduced hearing should be next to the teacher.	x	x
Visual impairments Low vision	The rules are slightly changed: the start line should be drawn in a bright color; when a jump is performed, a sound signal should be given; only a long jump should be performed.	The teacher gives instructions to all the students. The visually impaired student should not perform a "scissor" jump, but only a long jump.	Different jumping exercises; consecutive and vertical jumps; the number of the steps and the length of the acceleration should be determined.	A colorful start line; a whistle
Reduced vision	The rules are followed.	Instructions are given to all the students.	All kinds of jumps are performed.	The start line should be drawn in bright color; the high jump bar should also be painted in bright colors.
No vision	The rules are slightly simplified: no precision is required in jumping; the jump phases should be followed; high jumping should not be performed.	The student with a complete loss of vision listens to the teacher's instructions along with all the other students. If the students are older than 12, the student with disabilities should not perform high jump.	Different jumping exercises; jumping with two legs; the number of steps and the length of the acceleration are determined.	Sound signals - a whistle, clapping hands or another sound device.
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	The rules are slightly simplified: the student with reduced mobility can perform a long jump without acceleration or with a little acceleration (depending on the impairment); in high jumping, the height of the bar should be aligned, according to the impairment of the lower limbs.	The student with disabilities listens to the instructions and performs the exercises according to their motor abilities.	The student with disabilities listens to the instructions and performs the exercises according to their motor abilities.	x
Reduced mobility (use of lower limbs and no use of upper limbs)	The rules are slightly modified: coordination of movements between lower and upper limbs is not required.	The teacher gives instructions to all the students. He/she draws the attention to landing.	Different jumping exercises; the student with disabilities can perform long and high jumps, standing jumps and running jumps; he/she can also perform a successful landing.	x
Reduced mobility (no use of lower limbs and no use of upper limbs)	It is not possible to perform physical exercises. A student can be a referee	x	x	x
Wheelchair users (use of upper limbs)	It is not possible to perform this kind of exercises. A student can be a referee.	x	x	x
Wheelchair users (no use of upper limbs)	It is not possible to perform physical exercises. A student can be a referee.	x	x	x
Communication impairment Speech impairments	x	x	x	x
Learning impairment Mild	x	Instructions are given by the teacher/coach to all students. The student with mild learning disabilities is asked to be third or fourth in the line in order not to lose the interest and the motivation to perform the exercises.	x	x
Moderate	The rules are slightly simplified: the repetitions of the performance of the individual phases are reduced; no precision and accuracy are required.	The instructions are the same for all the students. When the student with disabilities performs the exercises, the teacher/trainer monitors their expression and gestures. A more frequent change of different types of jumps is required, aiming to keep the attention and the concentration of the disabled student longer.	The student with disabilities performs all kinds of jumps. It is a good idea if there is a resource teacher.	x
Severe	The rules are considerably simplified and not so difficult: no accuracy and precision are required; the timing and the rhythm of the performances are significantly reduced.	The teacher gives instructions to all the students. A resource teacher should explain and give additional instructions to the disabled student. If there is no a resource teacher, the student with disabilities should be close to the teacher while he/she is explaining and demonstrating.	All sorts of jumps, standing jumps, but at a slow pace.	The disabled student's T-shirt should be in bright colors.