

Topic	Explanation
Country, city	Republic of Bulgaria, Plovdiv
Name	Athletics - throwing
Aim	To learn the basic skills of throwing: catching; throwing a ball from a place; accelerating; pushing a thick ball with the help of the back and throwing with two hands from different starting positions.
Duration of the lessons	30 - 40 minutes
Expertise, experience of trainer	A Physical Education and Sport teacher with experience or a Gymnastics trainer
Age group	7-16 year olds
Rules	According to the curriculum
Set of movements	Throwing a small ball with one hand over the shoulder; throwing a thick ball with both hands over the head and from the chest; throwing a small thick ball into a target; throwing a small ball from a place and accelerating; pushing a thick ball with two hands from different starting positions.
Equipment	Hardware: Sportswear Special clothing: Not necessary Other materials: Sports ground; balls; video recordings; cinemagraphs of individual phases of throwing.
Required space	Sports playground
Inclusive experience	To have some inclusive experience

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	The rules are changed slightly: the beginning is given with a light signal or a flag.	The teacher gives instructions to all 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 in the lips; the teacher gives explanations using some visual means. Then the teacher continues with a demonstration of the exercise, which also could be done by a well-prepared student. The demonstration goes with an explanation. The disabled student should never be the first one who should do the exercise.	Catching the ball; accelerating; crossed step; final effort. Pushing - starting position; grouping; jump; final effort.	Visual means; video recordings.
Reduced hearing	x	When being instructed, the student with reduced hearing should be close to the teacher.	x	x
Visual impairments Low vision	The rules are slightly changed: the starting line should be drawn in a bright color; a sound signal should be given and the number of the steps of the acceleration should be defined.	The teacher gives instructions to all students. The pupil with low vision, when throwing a ball into a goal, must repeat the performance more times.	The student performs all the movements necessary for throwing and pushing; if necessary, he repeats some of them in order to learn them automatically.	A colorful starting line; a whistle; balls in bright colors.
Reduced vision	The rules are followed.	Instructions are given to all students. The goal is specified and the distance to the goal is good to be walked in advance by the student with reduced vision.	All types of throws are performed.	The starting line is drawn in bright color; the balls should be colorful.
No vision	The rules are slightly simplified: no precision is required in the performance of the throwing; more time is given for repetition of the way of throwing; the phases of throwing should be followed.	The student with a complete loss of vision listens to the teacher's instructions together with all the other students. During the teacher's demonstration, the student with disabilities should be the teacher's assistant, while the teacher in his explanation shows the ways of throwing with the student's hands.	All the necessary throwing and pushing movements should be done with an assistant.	Sound signals – a whistle, clapping hands or other sound device, balls.
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	The rules are slightly simplified: the student with reduced mobility can only throw away from a place or with a little acceleration; the ways of throwing should be according to the students's motor abilities.	The student listens to the instructions and performs the exercises according to their motor abilities.	The student performs all kinds of throws depending on their motor abilities.	No adapted equipment is needed.
Reduced mobility (use of lower limbs and no use of upper limbs)	-	-	-	-
Reduced mobility (no use of lower limbs and no use of upper limbs)	It is not possible to perform physical exercises.	-	-	-
Wheelchair users (use of upper limbs)	The rules are more specific: reinforcement is done with the wheelchair in a particular corridor.	The instructions are for everyone.	The disabled student performs all kinds of throwing; the accelerating is done with a wheelchair.	Wheelchair; balls.
Wheelchair users (no use of upper limbs)	Physical exercises can not be performed.	-	-	-
Communication impairment Speech impairments	x	x	x	x
Learning impairment Mild	x	Instructions are given to all the students by the teacher/coach. The student with mild learning impairment is asked to be third or fourth while performing the exercises, so that the interest and the motivation for performance shouldn't be lost.	x	x

Moderate	The rules are slightly simplified: the repetitions of the performance in the individual phases are reduced; no precision and accuracy are required.	The instructions are valid for all the students. When performing the exercises the teacher/trainer monitors the expression of the face and the gestures of the student. A more frequent change in the performance of different types of throws is needed, aiming to keep the attention and the concentration of the disabled student longer.	The student with disabilities performs all types of throws. It is a good idea if there is a resource teacher.	No adapted equipment is needed.
Severe	The rules are considerably simplified: no accuracy and precision is required; the time and the rhythm of the exercises should be considerably reduced.	The teacher gives instructions to all the students. A resource teacher should explain and show additionally to the disabled student. If there isn't a resource teacher, the student should be close to the teacher when explaining and demonstrating.	All kinds of throws.	It would be good for the disabled student to wear a T-shirt in bright color.