

Topic	Explanation
Country, city	Belgium
Name	Sports Games - Dodgeball
Aim	Learning and using different technical and tactical skills in group and team interactions.
Duration of the lessons	30 - 45 minutes
Expertise, experience of trainer	Teacher of physical education and sports or coach
Age group	Any age group
Rules	<p>Although dodgeball is a very inclusive sport in itself, there are a few alterations that can be made to make this sport even more inclusive. With the popularity growing all the time, particularly with young people, dodgeball offers a unique opportunity.</p> <p>Allow more leniency on stepping over the lines</p> <ul style="list-style-type: none"> <li>• 2 feet placed over the centre zone is out. If over the side-lines 2 seconds to return to the game</li> <li>• Enable some players to save themselves from being out if they drop an attempted catch by catching the ball after 1 bounce</li> <li>• Use extra linesmen who utilise a flag system for deaf players</li> <li>• In wheelchair Dodgeball any part of the body or wheelchair hit above the knee height is out.</li> </ul> <p>- The weight of the ball depends on the strength of the person and the development of the muscles. - If a person has a deformation of the fingers, the ball should be smaller.</p>
Set of movements	Moves, stands, starting positions, passing the ball, hitting
Equipment	<p><b>Hardware:</b> Comfortable sportswear</p> <p><b>Special clothing:</b> /</p> <p><b>Any other material:</b> Balls, whistle of the referee</p> <p>TIP: Vary the ball size. There are 3 types of dodgeball that we recommend. Adult dodgeballs, Junior (U16) or Women's dodgeballs, and the soft 150mm diameter dodgeballs, these are also available in 200mm and can be used for any age group</p>
Required space	<p><b>Dodgeball court:</b></p> <ul style="list-style-type: none"> <li>• Make the playing area larger or smaller to challenge or support</li> <li>• Reduce centre zone width to 1ft so that wheelchair users can reach the ball without going over the line</li> </ul>
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	2 minutes game, 3 dodgeballs, team of 6, winner is best out of 3-7 games	Use instruction cards, graphics	x	Hand flags
Reduced hearing	2 minutes game, 3 dodgeballs, team of 6, winner is best out of 3-7 games	x	x	Hand flags
Visual impairments • Low vision	3 minutes game, 3 dodgeballs, team of 3, winner is best out of 3-7 games	x	x	bell ball, fluorescent tape to mark a field
• Reduced vision	3 minutes game, 3 dodgeballs, team of 3, winner is best out of 3-7 games	x	x	bell ball, fluorescent tape to mark a field
No vision	3 minutes game, 3 dodgeballs, team of 3, winner is best out of 3-7 games	x	x	bell ball, floor tape, blackout goggles / masks
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	3 minutes game, 3 dodgeballs, team of 3, winner is best out of 3-7 games	x	x	x
Reduced mobility (use of lower limbs and no use of upper limbs)	-	A person with reduced mobility (use of lower limbs and no use of upper limbs) can be referee	-	-
Reduced mobility (no use of lower limbs and no use of upper limbs)	-	A person with reduced mobility (no use of lower limbs and no use of upper limbs) can be referee	-	-
Wheelchair users (use of upper limbs)	3 minutes game, 3 dodgeballs, team of 3, winner is best out of 3-7 games	x	x	Wheelchairs or sports Wheelchairs
Wheelchair users (no use of upper limbs)	-	A student - wheelchair user (no use of upper limbs) can be referee	-	-
Communication impairment Speech impairments	x	x	x	x
Learning impairment • Mild	2 minutes game, 3 dodgeballs, team of 6, winner is best out of 3-7 games	x	x	x
• Moderate	2 minutes game, 3 dodgeballs, team of 6, winner is best out of 3-7 games	x	x	x
• Severe	2 minutes game, 3 dodgeballs, team of 6, winner is best out of 3-7 games	x	x	x

