

Topic	Team sport, very suitable for people with mental or physical disabilities, 2 teams of 7 players.
Country, city	Belgium
Name	Sports Games - Handball
Aim	Winner is the team that scores the most goals by throwing the ball in the other team's goal.
Duration of the lessons	2 times 15, 20, 25 or 30 minutes, depending on the age and the disability of the players
Expertise, experience of trainer	Teacher of physical education and sports or coach
Age group	Any age group
Rules	Same as regular handball-rules, referee is not as strict as normally with the 3 second-rule, wheelchair handball: 3x pushed within 3 seconds
Set of movements	Moves, stands, starting positions, passing the ball, making a goal
Equipment	Hardware: Comfortable sportswear Special clothing: / Any other material: Balls (sound ball, light ball, ...), whistle of the referee, goals, hand flags, light signal,
Required space	Handball court : 40m at 20m Goals = half circle 3 x 1.60m
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	x	Use instruction cards, graphics	Throwing the ball, catching the ball, catching the ball	Hand flags
Reduced hearing	x	x	x	Hand flags
Visual impairments • Low vision	x	When the coach gives the instructions, he, with tact, reminds the non-disabled participants that they have a disabled participant and that they should follow the given instructions, and each time the ball is received, they should say "I" or pronounce his name. It would be good if there are two participants chosen in advance whose task is to say the name of the disabled student.	x	bell ball, floor tape, blackout goggles / masks, A light signal
• Reduced vision	x	To remind the participants that they have a classmate with reduced vision, and every time the ball is received, they should say the usual "I".	x	bell ball, floor tape, blackout goggles / masks, A ball with bright colours, sound or luminous
No vision	-	-	-	-
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	x	x	x	x
Reduced mobility (use of lower limbs and no use of upper limbs)	Since the game is played with hands, there is no way for it to be practised by people with upper limb impairment.	-	-	-
Reduced mobility (no use of lower limbs and no use of upper limbs)	Since the game is played with hands, there is no way for it to be practised by people with upper limb impairment.	-	-	-
Wheelchair users (use of upper limbs)	x	All participants listen to the instructions of the coach, which are general for all of them. The coach then gives additional instructions to the person with a disability, and everyone else also listens to them.	x	Wheelchairs
Wheelchair users (no use of upper limbs)	-	-	-	-
Communication impairment Speech impairments	x	x	x	Adaptation is not necessary. If the student has speech difficulty, a sound signal could be used.
Learning impairment • Mild	Reduce timing of the game, length of the game	Everyone listens to the instructions of the teacher/coach, and he/she monitors more often the reactions of the disabled student: whether he/she listens or he/she gives a sign with his head that he/she understands everything and if the student doesn't understand - the teacher gives him/her additional explanations.	x	x
• Moderate	Reduce length of the game	Instructions are given to all the students, as the teacher has prepared in advance posters with different stances, ways of receiving the ball and performing the initial strike. The posters are very colourful, because the colours provoke the interest and curiosity of the children and thus they try as much as they can to follow the rules of the game.	x	x
• Severe	The rules of the game are very simplified: it is important for the student with disability to participate in the game, being constantly under the supervision of the coach. In this case it's a good idea to have a resource teacher who also plays; Reduce timing of the game, length of the game	The teacher/coach/ instructs all children. After that the resource teacher gives individual instructions to the student with disabilities. They stand aside and watch the game and at a certain time when the student decides, they both enter the game. They participate as long as the student desires, regarding his reactions.	x	Balls with bright colours, sound or luminous balls, watching videos beforehand to boost their interest.