

Topic	Explanation
Country, city	Republic of Bulgaria, Plovdiv
Name	Sports Games - Volleyball
Aim	Learning and using different technical and tactical skills in group and team interactions. Knowing the requirements for interrupting the game and making shifts.
Duration of the lessons	30 - 45 minutes
Expertise, experience of trainer	Teacher of physical education and sports or volleyball coach
Age group	12 to 16 year olds
Rules	Adaptation is not necessary
Set of movements	Moves, stands, starting positions, passing the ball, serving, punching
Equipment	Hardware: Comfortable sportswear Special clothing: Any other material: Net, balls, whistle of the referee
Required space	Volleyball court
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	When the teacher (coach), gives the instructions, the participant must be right in front of him/her. The teacher must have prepared the basic stands on a poster beforehand, and when he explains them, he has to show them to the participants. It would be a good idea to make all the instructions for the disabled participants in advance - to show them pictures, posters, train stances and how to pass and receive a ball. It is also necessary to give the rules of the game to be read in advance and only then to proceed to training.	x	A light signal of the referee or a flag
Reduced hearing	x	To give the instructions to the participants in a written form, so that they could get acquainted with them in advance. When the coach assembles them to be instructed, the students with disabilities must be in front of him/her. He has to talk more slowly and look at them more often to see their reaction.	x	A light signal of the referee or a flag
Visual impairments • Low vision	The rules are detailed - a lower net; the player has to have certain positions in the game - to perform the initial strikes and to be able to exchange strikes.	When the coach gives the instructions, he/she, 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.	Moves, stands, passing with two hands, service, tactical actions.	Balls with bright colours, sound or luminous. All the players from the team should wear outfit in bright colours.
• 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	A ball with bright colours, sound or luminous.
No vision	The rules are detailed - a low net, a sound ball, playing for fewer points, and the player takes a service position or a receiving position and some appointed players call his name.	The participant with a disability is instructed by the coach for his/her duties. The other participants listen to these instructions and then the general instructions should be given.	Stands, starting positions, performing a service and back-end protection.	A sound ball, a smaller playground.
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	The rules are detailed – a smaller playground and a lower net.	x	x	x
Reduced mobility (use of lower limbs and no use of upper limbs)	A student with reduced mobility (use of lower limbs and no use of upper limbs) can be a referee	-	-	-
Reduced mobility (no use of lower limbs and no use of upper limbs)	A student with reduced mobility (no use of lower limbs and no use of upper limbs) can be a referee	-	-	-
Wheelchair users (use of upper limbs)	The rules are detailed - a lower net, occupying only certain positions - performing a service, receiving, protecting and partially distributing.	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.	Performing all movements related to the game, excluding jumping.	Comfortable wheelchair or sporting wheelchair
Wheelchair users (no use of upper limbs)	A student wheelchair user (no use of upper limbs) can be a referee	-	-	Comfortable wheelchair or sporting wheelchair

<p>Communication impairment Speech impairments</p>	x	The coach instructs the participants by watching the disabled student's reactions, his mimics, gestures that have been specified with the coach and the players in advance - for example, when he/she receives the ball, they raise their hands in advance in the fastest way and the rest of the students understand that he takes the ball.	x	x
<p>Learning impairment • Mild</p>	x	Everyone listens to the instructions of the teacher/coach, and he monitors more often the reactions of the disabled student: whether he listens or he gives a sign with his head that he understands everything and if the student doesn't understand - the teacher gives him additional explanations.	x	x
<p>• Moderate</p>	The rules are simplified, there is no need to be so precise in passing, receiving the ball or performing an initial strike.	Instructions are given to all the students, as the teacher has prepared in advance posters with different stances, ways of meeting the ball and performing the initial strike. The posters are very colorful, because the colors 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
<p>• Severe</p>	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.	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, observing his reactions.	x	Balls with bright colors, sound or luminous balls, watching videos beforehand to boost their interest.

X means - without change
- means without activities
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