

<b>Topic</b>	Team sport, very suitable for people with mental or physical disabilities, 2 teams of 7 players.
<b>Country, city</b>	Belgium
<b>Name</b>	Sports Games – Wheelchair Handball
<b>Aim</b>	Winner is the team that scores the most goals by throwing the ball in the other team's goal.
<b>Duration of the lessons</b>	2 times 20 minutes.  The half-time break will be 10 minutes.
<b>Expertise, experience of trainer</b>	Teacher of physical education and sports or coach
<b>Age group</b>	Any age group
<b>Rules</b>	Holding a ball for maximum of 3 seconds, pushing the wheelchair maximum 3 times and dribbling the ball. The ball should be placed on the lap, not on between the knees, while pushing the wheelchairs
<b>Set of movements</b>	Throw, catch, stop, push or hit the ball by using hands, arms, head and torso
<b>Equipment</b>	<b>Hardware:</b> Comfortable sportswear <b>Special clothing:</b> / <b>Any other material:</b> Hand gloves (soft, without any support, etc.), Protective equipment if padded / soft (not including metal), Glasses, Face masks if needed for medical reasons, Taping hand for fingers, arms, etc.
<b>Required space</b>	<b>Handball court</b> : 40m at 20m <b>Goals</b> = half circle 3 x 1.60m
<b>Inclusive experience</b>	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	
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.

<b>Learning impairment</b> <b>• Mild</b>	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
<b>• Moderate</b>	Reducelength 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
<b>• Severe</b>	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, regarding his reactions.	x	Balls with bright colours, sound or luminous balls, watching videos beforehand to boost their interest.