

INCLUSION LEVEL 1/2 CARDS

PART OF THE
**Sainsbury's
SCHOOL
GAMES**

INCLUSIVE SPORTSHALL CANOE SLALOM

QUICK INTRODUCTION

Inclusive sportshall canoe slalom is designed to give SEND and non-SEND athletes the chance to experience the skills of canoeing in a sportshall environment.

CHECK OUT
OUR FILMS



GETTING STARTED

Who the competition is aimed at?

- Inclusive sportshall canoe slalom is aimed at SEND and non-SEND pupils who cannot easily access mainstream canoeing competition.
- Pupils compete in teams of four that should include a mixture of SEND and non-SEND athletes.
- Teams of similar ability should compete against each other. To establish this, athletes can be timed running through the course individually and then grouped into teams with similar times.

SETTING UP THE COMPETITION

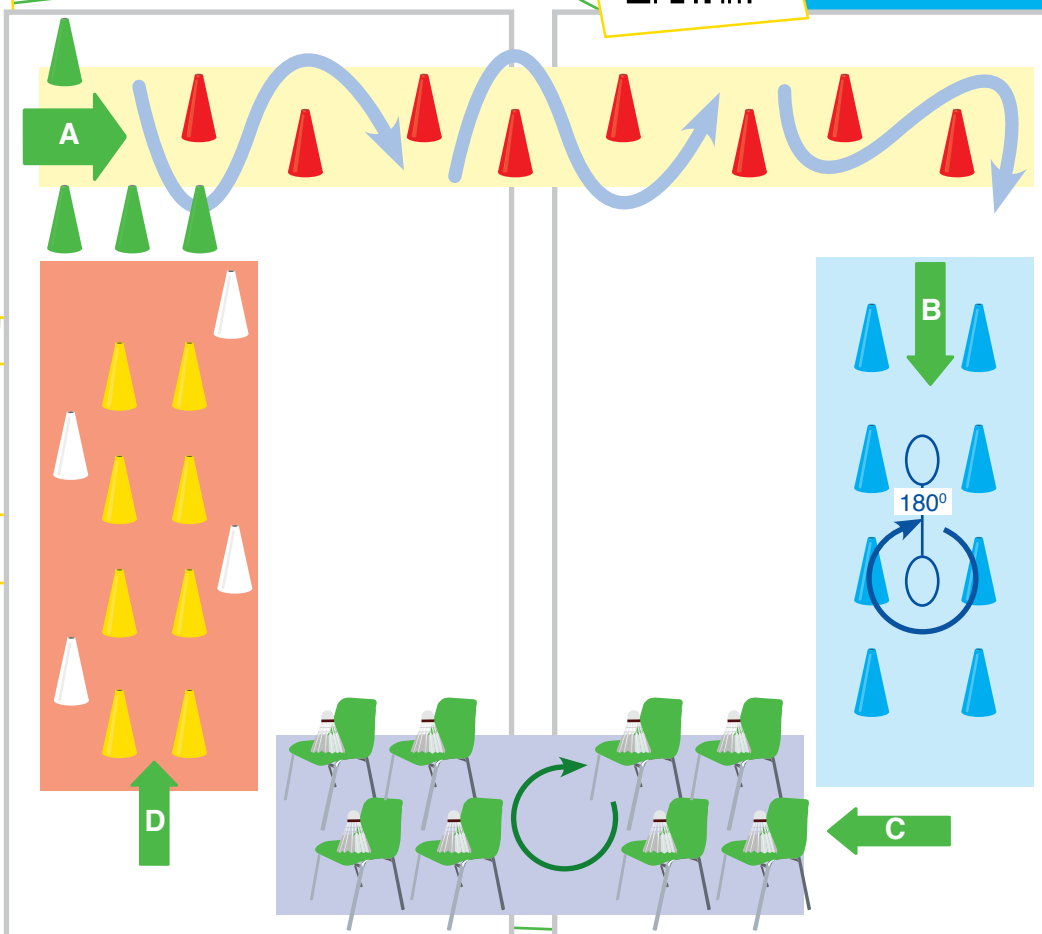
- Select two teams of similar ability to compete against each other.
- Set up the course on a space the size of two badminton courts.
- The course consists of four zones each requiring different canoeing skills.

EQUIPMENT

For the start and finish, use four green cones. Each team has one paddle.

Zone A: 8 red cones, Zone B: 8 blue cones, Zone C: 8 chairs and 8 shuttles, Zone D: 8 yellow and 4 white cones.

- Differentiate teams using bibs to represent buoyancy aids.
- Consider showing a Canoeing DVD to set the scene. The basic course can be transferred straight to a pool and outside on to the water. This would link to the Paddle Power Skills progression.
- Brief the participants and demonstrate the route before starting – if necessary place arrows to mark the route.



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RULES OF THE COMPETITION

- Each team member completes the course one at a time against the clock with penalties added to the finish time.
- Once one team has completed one run through the next team completes the course.
- The first team then has a second run through.
- Each competitor makes two runs with the best run counting. The team competition is decided by adding the four best runs together and seeing which team has the quickest time.
- Team members move with a paddle in a horizontal position unless otherwise stated.
- The opposing team officiates each zone awarding penalty points.
- Five second penalties are added to a competitors time if they do not make a mistake.
- Set up the zones as follows – (see diagram for more details).
- Zone A – Slalom course – position eight cones to create a slalom course. Athletes must slalom through the course keeping the paddle horizontal. A five second penalty is incurred each time a competitor misses or touches a cone.
- Zone B – Gate Squeeze – set up four gates, approximately 1m apart, using cones. Athletes must move through the first gate with the paddle in a vertical position and then twist the paddle through 180° through each subsequent gate. A five second penalty is incurred each time the paddle is not twisted into a vertical position through a gate.
- Zone C – Quick stroke – position eight chairs to create four gates approximately 1.5m apart. Place a shuttle on each chair. Athletes must move forwards through the first two gates flicking the shuttles backwards with a paddle. Athletes then move backwards through the next two gates flicking the shuttles forwards. A five second penalty is incurred each time a shuttle is flicked in the wrong direction.
- Zone D – Draw stroke – set up four yellow gates, approximate 50 cm apart, with another white cone placed equidistant between each gate. Athletes must move between the yellow gates reaching out with the paddle to touch the white cone without moving the paddle in their hands. A five second penalty is incurred each time the paddle moves in the hands or a white cone is not touched.

SAFETY

- Ensure there is run off space around the course.
- Ensure that the course is reset quickly to avoid trip hazards.

THINK TACTICS

- Think about accuracy and use of speed through the different gates.
- Try to carry momentum through each gate.

OFFICIATING

- Officials can be used to time, score and reset the course.
- Give officials scoring cards to mark penalties to avoid scoring disputes.
- Make sure the course is set up equally after each run through.

THINK INCLUSIVELY

Space

- Change the size of the course or reduce the number of zones in the course.
- Change the number of gates in each zone.

Task

- Allow canoeists to move without a paddle e.g. wheelchair users can complete the slalom, left their hands in the air through each gate in Zone B, flick the shuttles off the chairs with their hands in Zone C, lean down a touch the floor or the side of the chair through each gate in Zone D.
- Create a shortened version of the course inside the regular course i.e. halve the number of gates per zone.

Equipment

- Use colour contrasting cones to enable visually impaired athletes to complete the course.
- Increase or decrease the width of each gate.
- Replace shuttles with large/ light objects e.g. foam balls.
- Instead of a paddle, allow athletes to move with a rounders poll, swimming noodle or a relay batons in each hand.

People

- Allow visually impaired athletes to complete the course with a team member.
- Allow teams to substitute athletes.
- Change the number of athletes in each team.

SPIRIT OF THE GAMES STATEMENT WITH A FOCUS ON INCLUSION

Atmosphere crew can make the hall sound more watery.