

Multi-Sports Day for all young wheelchair users – Upside Down Sports Club in partnership with Academy Sports Development



Saturday, 31<sup>st</sup> August 2013

10am – 4pm

One Leisure, St Neots  
Barford Road  
Eynesbury  
St Neots  
Cambridgeshire  
PE19 2SA

A Multi-Sports Activity Day specifically for children and young people in wheelchairs – activities suitable both manual and powered wheelchair users of all abilities.

**PLEASE NOTE THAT CHILDREN PARTICIPATING IN THE MULTI-SPORTS ACTIVITY DAY MUST BE ACCOMPANIED BY A PARENT/CARER AT ALL TIMES.**

Including the following activities:

- wheelchair football
- wheelchair basketball
- new age kurling
- boccia
- polybat and other table top games
- trampolining
- parachute game and wheelchair skills

**FREE FOR ALL – but please register!!**

Any queries contact Fiona Moore [fiona.down@btinternet.com](mailto:fiona.down@btinternet.com)

**Wheelchair Football** - is a competitive team sports played in powered wheelchairs and as such is particularly suitable for children and young people with upper limb weakness who use powered wheelchairs. Manual and power wheelchair users are all be welcome to join in sessions.

Wheelchair football is a growing sport with a number of National and International Competitions.



**Wheelchair Basketball** - is basketball played in manual wheelchairs and is considered one of the major disabled sports and is included in the Paralympics. To play competitively, players need to throw and catch the ball but during sessions we are happy for players to receive assistance to help them pass the ball and/or move their chairs if required.



**New Age Kurling** - New Age Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. Importantly, the game can be played by both able-bodied and disabled people of all ages alike.

Players can stand, sit, or remain seated in their chairs to play and can either push the stones with their hands, using pushing sticks or using a ramp (with assistance if necessary) and so the game can be played by all.



**Boccia** - is an individual or team sport similar to bowls, but designed to be played by people with disabilities - like Kurling, players can stand, sit or remain seated in their chairs to play and can throw the boccia balls or use a ramp (with assistance if required) and as such can be played by all. Boccia is a very popular sport for people with severe disabilities and is a Paralympic sport.

### **Table Top Games**

**Polybat** - Polybat is a bat/ball net game which is played on a table

tennis table with the net removed. Polybat is a suitable game for all ages and abilities. It is particularly aimed at players who have coordination or balance issues and provides an exciting net game for youngsters with more severe impairments and is therefore fully inclusive.



**Table Cricket** - Played on a table tennis table (or similar surface) with side panels and sliding fielders, a ball launcher, weighted plastic ball and wooden bat, Table Cricket enables young people with severe physical or learning disabilities to enjoy cricket and represent their school on a competitive basis.



**Mini-Boccia** - Can be used for teaching and planning of strategies and for a game of boccia on the table.

**Trampolining (Rebound Therapy)** - The trampoline can be used to provide opportunities for movement, therapeutic exercise and recreation. Exercises on a trampoline can improve muscle tone, flexibility and provide a host of stimulating sensory experiences. It can also provide improved balance and spatial awareness.



**Parchute Games and Wheelchair Skillis** - for children in manual and powered wheelchair to encourage movement and mobility.

