Knowledge Organiser- PE – Disability Sports

Key Sports Played at Chesswood

New Age Curling (NAK)



NAK is a form of original curling, but adapted so that it can be played indoors on a smooth, flat surface.

Participants to deliver 'stones' from one end of the court to a target at the other end of the court. The target has red, white and blue concentric circles and scoring is determined by the number of stones closest to the centre of this target.

Boccia



This is a seated target game aiming to get your teams ball closest to the Jack. The first two regular balls are played (first, the player who threw the jack then the opposing side), after which the side furthest away from the jack goes next in an attempt to either get closer to the jack or knock the opposition's ball out of the way. The balls can be moved with hands, feet, or with an assistive device such as a ramp or a sensory map for blind players. One point for each ball that is closer to the jack than the opponent's closest ball.

Other Sports: Seated Volleyball, Goalball, Table Cricket, Blind Football, Wheelchair: Basketball, Tennis, Rugby, Fencing

Vocabulary

End	An 'end' is when all of the balls have been thrown and a score can be recorded. A full game is typically 6 or 8 ends.
Stone	Used to play the game. A stone will be pushed and slide across the surface towards the target.
Target	The target has concentric circles in red, white and blue - the scoring zone. The outer white sections of the target are not included in the scoring zone.
Ball	The playing equipment. Each team gets a set, which are usually coloured Red or Blue. They are usually made of leather.
Court	This is the playing area and is usually a smooth, flat surface. Each ball must be inside the court to count towards the game, if not or any rules are violated then that ball is placed in the 'dead ball container'
End	An 'end' is when all of the balls have been thrown and a score can be recorded. A full game is typically 4 or 6 ends.
Jack	The target ball that the players are trying to throw their ball closest to.

Blindfold Games

Loads of sports can be played by visually impaired. By placing a blindfold, it provides the children with the opportunity to experience this. Goal Ball uses a bell inside the ball, communicating with a partner to complete the giant puzzle of make their way through the obstacle course in OAA.

Key Skills

Push (NAK)	Sliding the stone away from you smoothly towards the target so that it glides across the floor
Underarm Throw/Roll (Boccia)	Propelling an object over a short distance accurately and probably as close to the floor as possible
Scoring (all)	Knowing the scoring system for the sports is a great skill to have. It allows games to be played competitively with minimal supervision and mini tournaments with loads of games at once can take place.
Aim (direction)	With target games, being able to aim the object is a key starting point. Making sure the object is on target (along with the correct weight) is a recipe for success
Weight	Relates to how far or how much power is put into a throw, roll or push. Too much and it will go to far, not enough and it won't get to the target
Tactics	Play a huge part in any game. In NAK and Boccia, being able to block the other team from the target or knocking theirs out of the way can be even more important that the perfect shot



Paralympic Games

The Olympics for athletes with a range of disabilities. Boccia is a current Paralympic Sport as is Football, Goalball and swimming.

In 2013, 5-time Gold medal Paralympian, Ellie Simmonds opened Splashpoint Leisure Centre in Worthing!