

## **EUCAPA 2018**

**3-5 July**

**University of Worcester**

### **Afternoon workshops – more detail**

Tuesday 3<sup>rd</sup> July

#### ***Worcester Way – Coaching vision impaired footballers in the Worcester tradition***

*Dave Mycock*

The session will be a 'soft introduction' into the key component elements of coaching blind and visually impaired football. The 60 minute session will utilise a range of interventions which form part of the English FA Coaching Blind Footballers Award.

#### ***Worcester Way – Inclusive Zone Basketball***

*Glyn Harding*

Inclusive Zone Basketball (IZB) is a unique integrated form of basketball that enables wheelchair users and standing/running players to play together in the same team. It was developed by British Wheelchair Basketball and each year the University of Worcester Arena hosts the IZB national schools' finals with teams from all over the UK.

The workshop will enable delegates to both understand and play the game.

#### ***Worcester Way - the Busy Lecturer's Guide to Inclusive Practice***

*Becs Foster*

This presentation outlines the inspiration behind the guide and an opportunity to look at the resource. The session will also include a review of current inclusive practice at the University of Worcester and open discussion and questions regarding sharing good inclusive practice.

## ***Project Adapted***

*Doug Williamson*

This practical workshop (No dynamic participant activity) will demonstrate the practical innovations of an adapted PE/Sports lecturer over a period of 40 years – some games – for the more impaired - have been commercially produced and used worldwide.

- A brief introduction and guided tour around the equipment with a commentary giving the background to the innovations.
- Small groups will rotate around the table games stations and be asked to devise ideas based on set challenges.
- Then a problem-solving task inviting delegates to 'propose and create an adapted game'.
- The last part is for discussion, questions and experiencing the activities and games.

Wednesday 4<sup>th</sup> July

## ***Inclusive physical education***

*Lauren Lieberman and Michelle Grenier*

This presentation will introduce the Lieberman/Brian Inclusion Rating Scale (LIRSPE) as a tool to promote inclusive practices within general physical education (GPE). The LIRSPE is a systematic observation instrument that rates inclusive aspects of the GPE settings. The items are clustered into categories that include management (start of class, organization of students, equipment use, and the overall environment), instruction, (differentiation, modelling and assessment), and interactions between the student and teacher(s) including feedback and support from the para-educators. In this session we hope to determine which variables of inclusive practice are most challenging to implement as indicated by the scale.

## ***Race Running & Frame Football***

*Lisa Morton-Smith – CP Sport*

Race Running and Frame Football introduction session

These two activities enable young people and adults who have control and coordination impairments to enjoy track athletics and indoor football.

Each session will demonstrate what the adapted sport is, how it was established and what current practices are in place.

## ***Step Change Studios***

*Freya Spencer*

*2-3pm: General Session*

*3.30-4.30pm: Seated Dance*

Committed to inclusive dance, **Step Change Studios** provide fun, engaging opportunities for disabled and non-disabled people to dance, from grassroots to professional level. They cater to different ages and abilities, providing dance programmes in education, social care, healthcare, sport, cultural and community settings. They also create imaginative, unique dance projects and performances. Join Step Change Studios' inclusive dance practitioner Freya Spencer in an interactive workshop, where you will learn the principles of inclusive dance, adapting dance to different needs, and the benefits and opportunities inclusive dance can offer participants. The workshop will include a Q&A discussion. No dance experience is required.

Thursday 5<sup>th</sup> July

## ***Okkaido integrated martial arts***

*Ray Sweeney & club members*

Inclusive and adapted fun sessions of martial arts

EVERYONE can participate, EVERYONE can achieve and EVERYONE can enjoy the feelings that achievement brings.

The session also includes unique teaching/coaching techniques designed to make martial arts activity accessible and achievable.

## ***Running line***

*Mike Fray & Mark Beeby*

This activity-based workshop will allow participants to experience the 'Running Line' device, an inclusive design project that supports young people with visual impairment to run independently. The device, developed at the Design School, Loughborough University, provides physical, tactile and audible guidance to enhance and support VI runners. It has been through several development phases and has been used with many groups, schools and inclusive charity events. VI users report ease of use, rapid improvement in performance and confidence with high levels of enjoyment.