

# Somerset Youth & Community Service

## Curriculum Development Grants 2017-18



### **Nova Sports & Coaching, Frome**

**£300**

*Working with students on being inclusive and understanding through sport.*

In April 2018, Nova Sports & Coaching were welcomed into Frome College to visit their sports students. Nova delivered an Inclusive Sports Training workshop to the 23-strong cohort with the aim to empower and give confidence to young people in their coaching to individuals with disabilities.

Across the session, a mix of theory and practical games were incorporated. Learning about the different models of disability (how disability is seen by society) as well as the different types of disability (physical, learning, sensory) complimented learning how to be inclusive of these differences. A variety of new, disability-specific sports were covered during the training. For the majority of the students, this was the first time they had played and been exposed to boccia. Realising how simple the game was to play and deliver was extremely eye-opening for them. Inclusive Zone Basketball (IZB), a unique mix of running and wheelchair basketball, also, unsurprisingly, proved hugely popular.



In addition to this, whole new sets of specially adaptive equipment was utilised and played with. Once taught how to use them, the students were challenged to come up with ideas in how they might use the equipment and eventually lead a short, inclusive sports session on their own to their peers.

These scenario-based exercises proved the most valuable part of the training. Being able to put theory into practice with the specialist equipment was extremely new to many, but they all did exceptionally well considering the unique nature of delivering sport to their peers. Games like tennis, football, rugby and boccia were all explored and adapted to cater for wheelchair users, individuals with visual impairments and those with learning disabilities. Particular praise went to the groups who coached games for someone wearing blacked-out sunglasses to replicate a visual impairment - not an easy task by any means!

Overall, it was clear that the training was incisive in teaching values of acceptance, inclusivity and social responsibility. We were able to deliver a key lesson in understanding disability through the lens of a sports coach to achieve these aims.

The students were illuminated with the different volunteering opportunities that exist in Frome and within Nova's work, such as the recently formed Frome Powerchair Football club. Whilst numerous requests were made for apprenticeships at Nova (we are currently unable to accommodate this and therefore signposted these eager students elsewhere), ultimately it is hoped that the students will transition from this training into their community and help make a difference to many individuals with disabilities' lives.

