



Week 3.

Commonwealth Games Para Athletics Challenge

“It’s brilliant that the Commonwealth Games is for athletes of all abilities – everyone having a chance to take part is really important. Running has helped me to stay calm, concentrate and be successful.. Athletics is for everyone so try this challenge out, it will help you get fit and have lots of fun along the way!”



Billy Ellerington
Young Para Athlete

Your challenge: Guided Laps of Glory!

The Para Athletics is an exciting range of competitions and events for athletes with a disability.

Some athletes in the Para Athletics compete in wheelchairs, some with prostheses (an artificial body part), while those who are visually impaired can receive support from a sighted guide.

Inclusion 2024 have created a challenge inspired by guided running which will test your balance, coordination, and communication skills!

Ready, set, guided!

What you’ll need:

- 2 markers to move round - such as books, bottles or cones
- Something to cover your eyes - such as a blindfold or scarf
- A stopwatch or timer, you could use a mobile phone or a watch for this
- Someone to act as your guide, with a tether – you could use a towel, tie or dressing down cord for this



Let's play!

1. Place 2 markers about 5-10 metres apart in a clear area. This can be indoors or outdoors.
2. Use the tether to join yourself to your guide.
3. Set your timer for 60 seconds.
4. Put on your eye covering and try and do as many laps as you can between the markers in the 60 seconds.

Make a note of how many laps you managed to complete. Have a rest and then have another go – try and beat your previous score! You can then swap roles and be the guide!

Tips for success

Communication works both ways! Make sure you listen carefully to instructions from your guide, as well as speaking clearly to them (such as telling them if you want to go faster or slower). Try and keep your pace even and at the same speed. Keep your shoulders, arms and hands relaxed – this will help you maintain your balance

Change to suit you

Space – You could increase or decrease the distance between the markers

Task – Try covering one eye, rather than both. You can increase or decrease the time you're completing the activity for.

Equipment – Try rolling a ball between the markers using your guide to help you aim.

People – You could make this more difficult by removing the tether and following the voice commands of your guide!



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