



**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!

Para athletics offers an exciting range of competitions and events. Some athletes compete in wheelchairs and some with prostheses, while those who are vision impaired can receive support from a sighted guide. This challenge from Inclusion 2024 is inspired by guided running and will test your balance, coordination and communication skills!

### What you’ll need:

- 2 markers to move round (you can use anything like books, bottles or cones)
- Something to cover your eyes (an eyeshade, blindfold, or a scarf)
- Stopwatch or timer (you could use a mobile phone or a watch)
- Someone to act as your guide and a tether – (could use a towel, tie or dressing gown cord)



## How to play:

- Place two markers about 5-10 metres apart in a clear area. This can be indoors or outdoors depending on the space you have available.
- Join with your guide using a tether, or holding hands.
- Set your timer for 60 seconds
- Wearing your eye covering, cover as many laps as possible between the markers in 60 seconds.
- Make a note of how many laps are completed in the time; have a rest and then go again to try and beat your score!
- You can then swap roles and be the guide

**Space** – Increase or decrease the distance between the markers. Use the available space; for example up and down a hallway, or across the garden

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

**Equipment** – You could 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.

## Keys to success

Communication is two-way. Listen carefully to verbal instructions from your guide and try and match their pace. Tell them if you want to go faster or slower.

Try and keep your stride even and at the same speed.

Keep your shoulders, arms and hands relaxed – this will help you maintain your balance.

## Energy boost

After you've completed your challenge you can use your markers to move between them in 5 different ways - you could hop, roll, dance or move like your favourite animal. Be creative!

## Feeling inspired?

You can practice some other activities you will see at the para-athletics; for example throwing, jumping or longer distance running on the Active Recovery Hub.



## INCLUSION 2024

activity  
alliance  
disability  
inclusion  
sport



Funded by  
  
Department  
for Education

nasen  
Helping Everyone Achieve

