Theme 5
Adapting the format to increase motivation

Walking basketball and walking football: Adapting the format of the game

Walking basketball is a walking paced version of the original basketball game, suitable for all ages and abilities. It was developed in the UK but has received global interest over recent years.

Walking football is a walking paced version of the original football game. It has specific rules regarding walking and level of contact. Teams can have a maximum of six players on the pitch at a time, with rolling substitutions with the referees consent.

What are the benefits?

An evaluation conducted by the University of Hertfordshire of walking basketball in Melbourne found participants were positive about the game, feeling it was a good opportunity to have fun, socialise, improve health outcomes and provide mental stimulation.

A recent evaluation of twelve weekly sessions found that walking football was engaging, sustainable and moderately intensive for older adults.

How was this used in the School Games Pilot?

Walking Sports Cornwall LOC Case Study

Click on the below link to view what Cornwall LOC implemented for their County Event.

https://youtu.be/Z5pPdc2OuQY