POLYBAT

SCHOOL GAMES

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POLYBAT

Spirit of the Games: Excellence through competition — how does your sport exemplify these values?

PASSION

As individual ability is given a format to flourish, young people are able to understand and get passionate about performance.

RESPECT

As a game of strategy and skill, Polybat rewards careful attention and respect being shown to opponents.

HONESTY

Simple and easy to understand rules allow players to respond to them and understand when they are broken. This leads to fundamental honesty in games.

SELF BELIEF

The game is complex, but the task is simple: make the opponent lift the ball or get it past them. Simple objectives enable players to believe they can achieve them.

TEAMWORK

Like any net game singles and doubles can be used in combination, giving players the opportunity to perform and work for each other.

DETERMINATION

The target group for Polybat have to show determination to play, understand the rules and build strategy for effective performance.

What is Polybat?

Polybat is a bat/ball net game which is played on a table tennis table with the net removed. It was developed at Nottingham Trent University as part of the Adapted Sports programme. The aim of the game is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface.

What are the benefits of playing your sport?

Polybat is a suitable game for all ages and abilities. It is particularly aimed at players who have coordination or balance issues and provides an exciting net game for youngsters with more severe impairments. It is therefore fully inclusive, easy to set up and exciting to play.

Competition basics

Polybat can be played as a singles or doubles game and therefore any league or box-league used for Tennis or Table Tennis will be a suitable format for a competition. Intra-school competition could be run using any of the formats on the Polybat level one resources and the skills awards also offer appropriate personal challenges to disabled young people.

Simple rules

- Each player has two serves; the serve then goes to the other player (or rotates alternately for doubles).
- The first to 11 points wins.
- Play begins with the server who must serve the ball off any side; strokes can then be played directly or off the sides.
- The ball must always stay on the table surface; a lifted ball scores a point for the opponent.
- Players can intercept the ball, have multiple touches to control it but must not stop it 'dead' or 'trap it', before hitting it back towards their opponent.

Example of an inter-school competition

The competition involved 4 special education needs schools and inclusion units across the borough with overall 35 participants playing on the day. It was run as a fun rotation station event in the morning where all participants had the chance to try table tennis and polybat. In the afternoon participants were placed into either the Polybat or Table Tennis competition depending on individual ability. The event was run in a round robin format, the winner from each group was selected to play in semi-final and final to find a winner.

Which young people does Polybat target?

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Roles for young people

- Equipment managers that set up and assist with the equipment needed before and during games
- Coaches and team managers
- Scorers
- Referees

Suggestions for inclusion and progression from local (L2) to county (L3) competitions

There are no signposted competitions as such, but Polybat is included within some of the regional competitions currently organised by Disability Sport England. It has been included in:

- the National Junior Wheelchair Games
- local authority disability open days
- The ETTA's Premier Club 'Ability' programme
- ETTA's Polybat Skills Award Scheme

Schools/SGOs/LOCs could set up their own local competitions that could lead to a county event, using the format of the inter-school competition above. SGOs may like to contact Doug Williamson at this address (**doug.williamson@ntu.ac.uk**) for advice on running level 2 and 3 competitions.

Relevant web links

For the background to Polybat, and to see more adapted games, visit the adapted sports website of Nottingham Trent University where the game was originally developed: **www.ntu.ac.uk/adapted_sports/games_development/games/polybat/**