



## Mr Higgins Indoor Inclusive PE Games YouTube Videos.

Mr Higgins is Head of PE at Special School Victoria Education. He has created 5 inclusive games which include instructions and videos. He will be updating these each week with new challenges and ideas, so for these updates visit his channel.

Mr Higgins Multisport Videos Channel on Youtube is available here - <https://www.youtube.com/channel/UCYQBpbwHdfoKPrZu9qu0Ujg>

### GAME 1 - Balloon Games

Please find attached my latest video to give some ideas for play <https://youtu.be/eKxr0alydFE>

*BALLOON GAMES – are fantastic for improving hand eye coordination. I have loved using balloons in PE lessons since I have joined Victoria. Pupils can track the flight of the balloon with their eyes and as it moves slowly through the air it can allow time for the participants to move their body to the line of the balloon and react accordingly. Most of these games can be played either in wheelchairs, walking, or laying down.*

- **BALLOON TENNIS** - Using paper plates or hands. Clear a large space, free of trip hazards or breakables. Blow up a balloon and play a game of indoor tennis, hitting the balloon back and forth with the plate or hand racquets. This is a great game, non-competitive and just a whole lot of fun!
- **PASS THE BALLOON** - Split into even groups and have them placed in parallel lines, each child approximately half a metre apart. Give the end person an inflated balloon. Once you call start, the teams are to pass the balloon along the line or to the next person if in a pair. The winning team is the first to hold their balloon up at the front of the line.
- **KEEP IT MOVING** - A classic balloon game perfect for indoors for one or more students, with the aim to simply keep the balloon in the air and not let it touch the ground. Be sure to have adequate space, free from fragile items and tripping hazards. This can be played individually or in pairs or more.
- **BALLOON FOOTBALL** - A great game for improving football skills where students can throw or kick the balloon to themselves or to another participant. It will be best to keep this as passing, shooting for a goal or keepy ups. Students can also head the balloon or use other body parts such as chest, thigh or knee.
- **CREATE YOUR OWN BALLOON CHALLENGE** - What games can you make up whilst using a balloon?



## **GAME 2 - Table Top Games** – Table Cricket bowling down a slide/aiming for targets

Please see video the to give you some ideas for play. <https://youtu.be/zsB7sChcn88>

Table Cricket is a modified version of Cricket where students bat, bowl and field on a table tennis or similar. Here students and their families can practice bowling and aiming for a target. Here I have used a chopping board as ramp to support and grip the ball. For a ball students can use a sock, screwed up piece of paper, small safe ball, etc across a table.

Extensions:

1. How far can you bowl down the ramp?
2. Aim for targets (eg plastic cutlery)
3. Aim for a goal.
4. Penalty shoot out
5. Can students think of their own challenge?

## **GAME 3 - Table Top Games** – Polybat.

Please see the video to give you some ideas of how to play <https://youtu.be/zQkhhMpKTDw>

Polybat is a modified version of Table Tennis where students strike a moving ball against a side panel instead of striking a ball over the net.

Here students and their families can practice either striking an object (sock, screwed up piece of paper, a balloon, small safe ball, etc) across a table.

Extensions:

1. Students can individually strike the ball through initiating movement.
2. A family member can be at the opposite end of the table and generate rallies through striking it back and forth.
3. Challenge – how many rallies can you do?
4. Can students think of their own challenge?

#### **GAME 4 - Sock Boccia** – Aiming For Targets.

The aim is to throw/roll a sock at safe targets. In the video we use plastic cups. This will help with Boccia where you aim for a target.

Please see the video to give you some ideas of how to play. <https://youtu.be/UggkQQOvKME>

#### Basic Boccia Rules

- Boccia is target game where you can either throw, roll or use a ramp to release a ball at a target 'Jack' ball that is usually white.
- Usually a red and blue team that have 6 balls each.
- You have two teams playing (a red team and a blue team).
- One team throws the white 'Jack' ball to start. They then have the first throw at the 'Jack' ball.
- The next team throws
- The team that is *furthest* away have the next shot at the 'Jack'.
- They continue to have the shot until they are either closest or run out of balls.
- Whoever is closest wins (if red has two balls closest to the 'Jack' ball they win 2-0).
- You can keep the score rolling over.

#### Sock Boccia

- In a safe place students can use socks to play the game.
- You can be creative with colours (eg patterned socks v plain socks)
- If a student needs help throwing, especially if they would use a ramp in school, you can use an eating tray or a plastic lid to help your child facilitate movement.
- You can play through taking it turns if easier to play.
- You can play in teams or individuals.
- You can choose how many socks per team.
- You can decide how to place the 'Jack' ball/sock. Either each team throws it or it can be kept in a safe central place. You can either hide it. Be creative.

#### Aiming For a Target Extensions:

1. How far can you throw/roll down the ramp?
2. Increase/decrease the objects.
3. Spread the objects out to increase the challenge.
4. Keep the objects closer together for an easier challenge.
5. Stack the cups (if using plastic cups).
6. Can students think of their own challenge?

#### **GAME 5 - Sock Boccia** – VS Game

Please see the video to give you some ideas of how to play <https://youtu.be/WbwDIJdQas4>

#### Extensions:

1. How far can you throw/roll down the ramp?
2. Can students think of their own challenge?

**@MrHmultisports**