

NSW Sport and Recreation

# Sports CONNECT

Including people with a disability in sport  
and physical activity



Australian Government  
Australian Sports Commission



[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)



## Case Study

NSW Sport and Recreation coordinated a community forum in Taree in 2007 to identify the needs and demands of people with a disability in the Manning and Great Lakes areas. The forum brought together local sport and physical activity providers, people with a disability, disability service providers and local councils to determine community objectives and identify ways in which these could be met.

As a result, 'Ability All Sports' was formed to help deliver these objectives. The group started with a disability sport expo showcasing sports such as basketball, tennis, croquet, ten pin bowling and horse riding. Over 200 people with a disability attended the expo, which also provided links to ongoing opportunities and the chance to register with a local club.

Ability All Sports recognises that building an inclusive community is something that takes time and persistence. "It's an ongoing process and there's a lot to do, but every time we meet we are taking the next step on the journey," said Garry Stephen from Ability All Sports. Over the past two years the group has launched [www.abilityallsports.org.au](http://www.abilityallsports.org.au), providing accessible online information about local sporting opportunities for people with a disability.

The group continues to work with sports groups in the Manning and Great Lakes areas that are keen to develop opportunities for people with a disability, and Ability All Sports is planning an annual sports expo showcasing even more sports.

# Sports CONNECT

Sports CONNECT is a national initiative to increase opportunities for people with a disability to participate in sport and physical activity.

The key elements of Sports CONNECT are:

- Working with Sport
- Education
- Sports Ability.

## Working with Sport

Involves sports organisations at all levels working towards the common goal of creating more inclusive opportunities for people with a disability.

The *Building Inclusive Communities* initiative provides networking opportunities and links within local communities to support the development of local sustainable sport and physical activity for people with a disability.



# Resources

NSW Sport and Recreation's website, [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au) has the following resources available:

- Your'e in the game framework (PDF)
- No limits (PDF)
- Disability Education Program (DEP) activity cards (PDF)
- Opening doors (free)
- Teachers talk about (free)
- Give it a go (purchase \$35)
- What is disability sport? (CD, Free)
- Sports Ability (PDF)

## For more information

for more information on Sports CONNECT and ways in which NSW Sport and Recreation can help with including people with disabilities in sport and physical activity.

**Call 13 13 02**

**email [connect@dasr.nsw.gov.au](mailto:connect@dasr.nsw.gov.au) or**

**visit [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)**





# Education

Provides practical workshops around sport and physical activity to increase the inclusion of people with a disability.

Modules include:

- **Count me in** – raising awareness about barriers to participation in sport and physical activity for people with a disability
- **Getting ready for school** – helping teachers and other education staff include students with a disability in physical education and sport

- **Opening doors** – a disability awareness workshop specifically for club administrators and volunteers
- **Inclusive coaching** – a coach-oriented module that enhances existing knowledge and promotes an inclusive approach
- **Sports Ability** – interactive workshop introducing the Sports Ability kit containing polybat, table cricket and three Paralympic sports, Goalball, sitting volleyball and boccia.

Workshops can be adapted for your group or organisation.



# Sports Ability

Sports Ability provides ways of including people with a disability in a structured, safe and fun sporting environment and provides opportunities for people with and without disabilities to participate together.

Sports Ability games consist of table cricket, polybat, Traditional Indigenous Games and the three Paralympic sports of boccia, goalball and sitting volleyball.



## Boccia

a game similar to bowls that is suitable for all abilities



## Polybat

a modified version of table tennis



## Goalball

an exciting invasion game that introduces new challenges to both vision impaired and sighted players



## Table cricket

a table version of cricket for players of all abilities, following the main elements and rules of cricket



## Sitting volleyball

a variation of volleyball where all players remain seated during play



## Traditional Indigenous Games

originating from the Indigenous communities of the Torres Strait Islands, Central Australia, Northern NSW and Southeast Queensland.

**NSW Sport and Recreation**

Locked Bag 1422, Silverwater NSW 2127

Phone: 13 13 02 or TTY (02) 9006 3701

Fax: (02) 9006 3800

Email: [connect@dasr.nsw.gov.au](mailto:connect@dasr.nsw.gov.au)



**Australian Government**  
**Australian Sports Commission**



[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)