

# Para Athletics: Guided Running

Activity age group: 5 - 7



FOR EVERY BODY

BBC



## Activity: Clap in time

Leading to

### How to play:

- ▶ Using floor markers, set out one row per pair based on the number of pairs taking part.
- ▶ Participants line up in pairs.
- ▶ Participants clap on the spot for four counts, then step for four counts one, two, three, four.
- ▶ Participants repeat this in their pairs to the end marker and back in time.

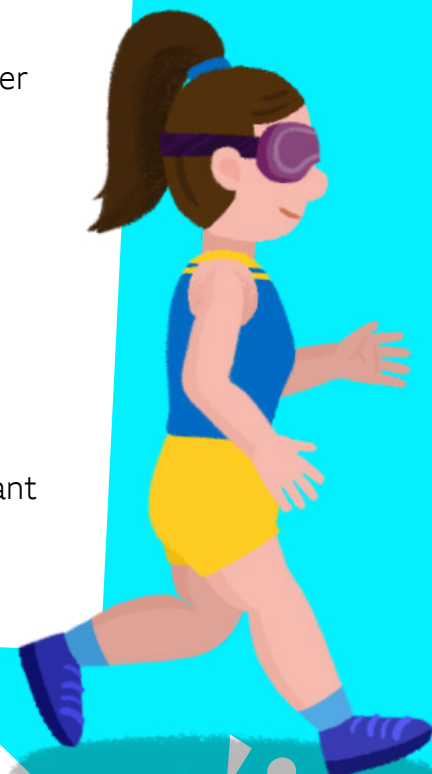
## Activity: Dream team

### How to play:

- ▶ Participants line up in pairs.
- ▶ Assign number one and number two to participants.
- ▶ Number one is going to lead/guide their partner safely down the pathway.
- ▶ Number two puts their hand on number one's shoulder (if comfortable to do so), closes their eyes and moves with their partner.
- ▶ Participants repeat this in pairs to the end marker and back in time.
- ▶ Allow each participant to have a turn being the guide.

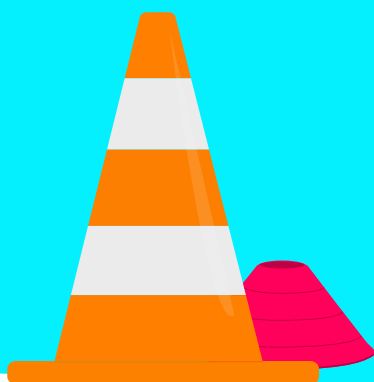
### Equipment:

- ▶ Cones or markers
- ▶ Large playing area



# Using STEP:

	Easier	Harder
<b>Space</b>	Reduce the length of the course.	Increase the length of the course.
<b>Task</b>	Only go in one direction.	Change the direction of the course.
<b>Equipment</b>	Remove any obstacles.	Place cones and markers on the course as obstacles.
<b>People</b>	Allow the guide to speak to the runner and explain the direction and course.	Give each pair a time limit to complete the course. Increase the time limit/decrease the time limit.



The above guidance does not have all the solutions, and some specific requirements of individuals may not be addressed. We recommend and encourage you to engage with all participants, observe their needs, and communicate effectively and take a child-centred approach to provide tailored support where necessary.

## Specific considerations:

### Blind and partially sighted participants:

- ◀ Use high-visibility cones or markers.
- ▶ Provide a buddy or guide.

### Learning disabled participants:

- ▶ Introduce and demonstrate sections one at a time.
- ▼ Give prompts and reminders during the activity.
- ◀ Pair participants up with someone they feel comfortable with and can help the individual access and focus on the task.

### Deaf and hard of hearing participants:

- ▶ Give a practical demonstration before the activity begins and when instructions change.
- ▶ Use visual signals or cues like waving a flag or bib to start and finish the activity.

### Physically disabled participants:

- ▼ Ensure there is enough space between teams and on the course.
- ◀ Empower participants to control the pace of the activity by going first and leading.

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