

Para Athletics: Guided Running

Activity age group: 8 - 11



FOR EVERY BODY

BBC



Activity: Team timing

How to play:

- ▶ Participants line up in pairs.
- ▶ Using floor markers set out rows based on the number of pairs taking part.
- ▶ Participants line up and practise marching on the spot in time together.

Leading to

Activity: Trust me

How to play:

- ▶ In pairs, participants decide who will be the guide and who will be the runner. Runners will need to wear a blindfold/eye shade or close their eyes.
- ▶ Runners will place their hand on the guide's arm or shoulder (if comfortable to do so).
- ▶ The guide then helps the runner get from the starting point to the end marker safely and moves with their partner. Allow each participant to have a turn being the guide and the runner.

Equipment:

- ▶ Cones or markers
- ▶ Blindfolds/eye shades
- ▶ Large playing area



Using STEP:

	Easier	Harder
Space	Reduce the length of the course.	Increase the length of the course.
Task	Only go in one direction.	Change the direction of the course.
Equipment	Remove any obstacles.	Place cones and markers on the course as obstacles.
People	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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