

#### What should I already know?

- The importance of safe practice when taking part in sport/physical activity.
- The benefits of physical activity and a healthy life style.
- Communication and teamwork skills.

#### Gems of Knowledge

##### Procedural Knowledge:

- Apply previously learnt skills to adapted versions of games.
- Develop precision and balance when partaking in kurling.
- Develop my aiming and throwing when partaking in boccia.

##### Declarative Knowledge:

- I will know that communicating with others can contribute to the success of my team.
- I know how to include everyone in sport.
- Respect differences and apply skills to adapted games.



#### Powerful Paralympians!



**Ellie Simmonds**  
Swimmer



**Hollie Arnold**  
Javelin thrower



**David Weir**  
Wheelchair racer

#### FOCUS -

#### Inclusive sports - communications

#### Vocabulary

<p><b>Inclusion -</b> Ensuring everyone is involved with equal opportunities.</p>		<p><b>Kurling -</b> A sport that involves delivering stones across a surface.</p>	
<p><b>Diversity -</b> Everyone has differences.</p>		<p><b>Heart rate -</b> How fast your heart is beating.</p>	
<p><b>Boccia -</b> A Paralympic sport involving throwing balls to a jack.</p>		<p><b>Communication -</b> Talking to each other through your voices and bodies.</p>	