



mencap

INCLUSION GAMES
<<< 2024 >>>



1. Opening Ceremony

The Opening Ceremony officially opens the Olympic and Paralympic Games. There is a parade of all the countries and athletes taking part.

Can you have your own Opening ceremony where people taking part in the activities over the next few weeks can parade into your venue/area?

Next, one Athlete is chosen to read the Olympic Oath that everyone taking part agrees to keep to.

Can you come up with your own oath, which is a list of ways you want people to act when taking part in the activities? If you want some ideas, the official one is below.

Can you choose one or a few people to read this out for your groups opening ceremony?

Athletes Oath:



In the name of all the competitors, I promise that we shall take part in these Paralympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.”

One person is then chosen to read out the coach's oath for all the coaches taking part. Can you come up with your own coach's oath for how you want the coaches to work with you? Can you choose a member of your coaching/support team to read the coaches oath?

If you want ideas, the official oath is on the next page.

1. Opening Ceremony

Coaches Oath:

“ In the name of all coaches and other members of the athletes entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld in accordance with the fundamental principles of the Paralympic movement.”

The Olympic Flag is then raised, and they light the Olympic Flame.

Can you design your own groups flag and find a way to hang it up or raise for the Olympics?

The final thing to do is to find someone special to open the games.

They must say:

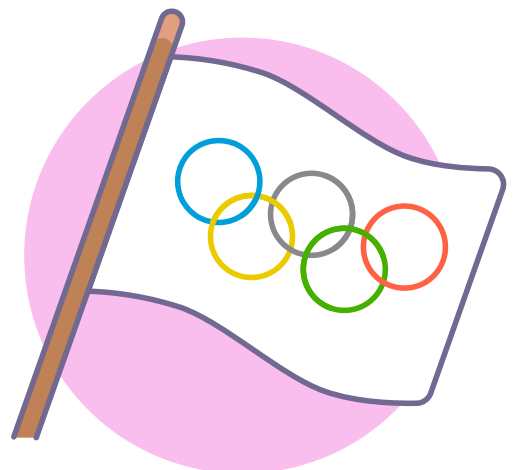
“ I declare open the Games of [insert the name of your group or org].”

You have now held your own opening ceremony!

Then let the games begin.

Olympics Opening Ceremony
26 July 2024

Paralympics Opening Ceremony
28th August 2024



3.

Sitting/lifting Paralympics exercises

PARA POWERLIFTING

Paralympic Powerlifting is one of the Paralympic Movement's fastest growing sports. The sport represents the ultimate test of upper body strength with athletes lifting up to three times their own bodyweight.

Para Powerlifting is open to female and male athletes who have one or more of eight eligible physical impairments.

Try lifting different things at home, to see if you can be the next Para Powerlifter. You can lift something above your head whilst sat on a chair or laid on the floor/sofa/bed.

Lift something light such as...

- Socks
- Pillow
- Empty water bottles

Lift something heavier such as...

- Tins of beans
- A sweeping brush
- Filled water bottles

Remember to start by lifting something light before moving onto something heavier, and make sure to be safe when lifting.



2.

Sitting/lifting Paralympics exercises

WHEELCHAIR BASKETBALL

Have a go at wheelchair basketball in your own home or with some friends. You will need a target – try and use a laundry basket, empty bin or a deep saucepan. And for your object, you can use a ball, some rolled-up socks or even some scrunched-up paper!

Instructions

1. Make some space.
2. Find an object big enough to throw something into. This will be your target.
3. Find a safe object to throw. Make sure it is smaller than your target and will not break when you throw it!
4. Place the target about five steps away from you. Take a seat in a chair or sofa.
5. Try it 10 times. Your score is how many times you get the object into the target.

Score:

How many times did you do it?



4.

Sitting/lifting Paralympics exercises

TABLE TENNIS OR BADMINTON: Players 1-2

Instructions

1. Find a space where you will not hurt yourself or knock anything over.
2. Find a flat object you can use to hit another object up in the air. You can use the palm of your hand if you want to.
3. Find a different object that you will be able to hit up in the air. This will be your ball object.
4. Use your flat object to hit the second object up in the air – see how many times you can hit it before it falls to the floor.

What can I use?

Flat objects: sports racquet, book, ruler, frying pan, your hand

Ball object: ball, socks, scrunched-up paper, balloon

Make it easier!

- Try finding a bigger flat object.
- Use a balloon if you can find one.
- Make sure you hit the object softly and not too hard.

Make it harder!

- Find a partner to play with.
- Stand at opposite sides of a table that has nothing on it.
- Hit a table tennis ball to one another using a table tennis bat or your hand.
- How many times can you hit it to one another without it falling off the table?

SCORE: How many times did you hit it?



5. Throwing/hitting exercises – Paralympic games

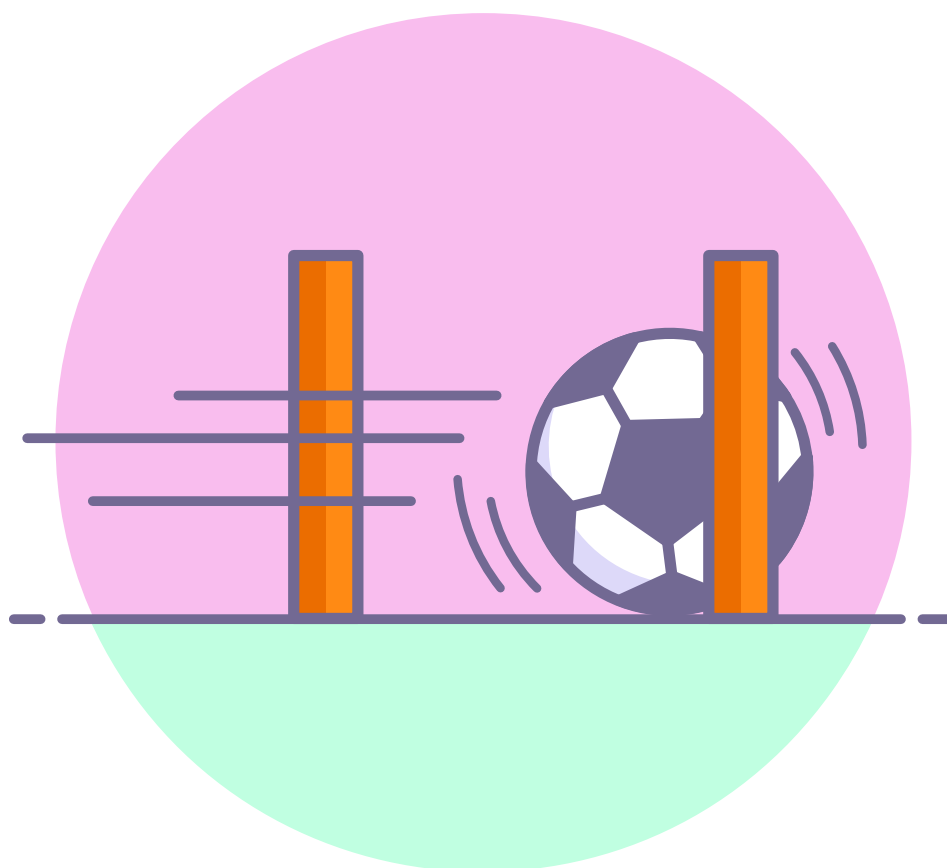
GOALBALL

Goalball is a unique team sport that's played by athletes with vision impairments. It's a little bit like football except the players use their hands to roll the ball into the goal. The ball has bells inside it so that the players can hear where it's coming from!

Even if you don't have vision impairment you can try playing goalball with members of your household. Grab a ball that you have at home, like a football, softball or basketball, and ask someone to help you mark out goals in your garden, using something as goalposts. Then, split up into two teams

with a goalie at each end. Take turns rolling the ball into your opponent's goal as fast as you can. You can use any part of your body to stop the ball going into your goal. Whoever gets the most goals in 20 minutes is the winner.

Playing Goalball on you own, simply put 3 targets instead of an opposition goal, and try knocking down the targets with the ball. Targets could be a big ball, a bottle, a chair. Have bigger targets to make it easier and have smaller targets to make it harder.



6. Throwing/hitting exercises – Paralympic games

SEATED VOLLEYBALL

Volleyball is a fun game that can be played in different ways, with different balls. At the Paralympics, the athletes compete sitting down, but you can also play volleyball standing up. To play volleyball you need a court to play on. You can play this outside on grass, or in your living room.

Start by marking out a net with cushions (about 5 steps wide), then from the net, on both sides of the net you take 5 steps back and mark a line. You need to do this on both sides of the net, so the net is in the middle of the court. Split into 2 teams, and each

team sits on one side of the court. You need to hit the ball over the net, and without it bouncing, you need to hit the ball back. You can hit the ball more than once on your team, just don't let it bounce! Teams try to send the ball over the net so that it touches the ground on the other teams' side.

The game continues until the ball touches the ground, the ball goes 'out', or their opponents fail to return it. A point is scored if the ball lands in the opponents' court or they cannot return the ball. The winner is the first team that gets to 10 points.



6. Throwing/hitting exercises – Paralympic games

SEATED VOLLEYBALL

You can make it easier by...

- Using a balloon
- Having as many touches as you like
- Making the court smaller

You can make it harder by...

- Returning the ball within 3 touches on your side
- Make the area bigger
- Making the net taller (use something bigger)

You can play seated volleyball on your own.

To do this you can use a balloon or a ball. Try these 3 activities and see how many you can do...

- Hit the ball/balloon against a wall
- Keep the ball/balloon off the floor by hitting it
- Hit the ball/balloon into different targets across the room/garden



7. Walking, running or wheelchair racing

ATHLETICS (GROUP ACTIVITY)

Instructions

1. Find a big space like a park or a hall.
2. All players line up on a starting line. One person stands away from the starting line and is the referee.
3. When the referee calls out 'green light', everyone starts moving as fast as they would like to go towards a finishing line. The players can walk, run or wheel.
4. If the referee calls out 'red light', everyone must stop exactly where they are. Players can only move again when the referee says, 'green light'.

Score:

If you are caught moving after the referee says, 'red light', they will send you back to the starting line. Try to make it to the finishing line as fast as you can without being sent back!

Top Tips:

- Listen carefully to the referee.
- Be ready to stop moving when you need to.
- Swing your arms to help you walk or run faster.

Make it harder:

- The referee can use a red object and a green object to hold up instead of calling out.
- The objects could be sports cones or other things lying around like a red hat or a green apple.
- This will mean that the players have to watch the referee carefully. Be careful of others around you!
- The referee could add an orange object which means something totally different. It could mean 'do 5 star jumps' or 'run to the nearest tree'.



8. Running

Both track and road running events feature in the Olympics and Paralympics. Whether you fancy yourself as a track superstar or a long-distance marathon runner, there is plenty of action for you to watch throughout the games.

How about getting involved at home?

In a space in your house put on your favourite music if you like

1. Nice and gently jog on the spot and count to 10
2. Now at the same pace count to 20
3. Repeat this but go a little bit faster
4. Once more, slightly faster
5. This time, as fast as you can go – remember make sure you have enough room!

Out in the garden

- Place two markers opposite one another you can use anything for this such as cans, jumpers or garden items.
- Jog gently between the two points (remember this is about how active you would like to be, so take this at your own pace)
- You can work your way up to running more times or going faster

Want to make it more challenging?

- Set markers out in a zig zag so you have to change direction
- Add a bucket at one end that you have to throw a ball into before you can run again.
- Add in other Olympic sports to your run such as long jump, jog to a marker make your longest jump and then jog back



9. Eat like an athlete

Olympians and Paralympians need to eat healthy food so that they can be good at their sport. The food and drink an athlete puts into their body helps to give them energy for their training and competitions. Food and drink also helps athletes to recover. Recovering is when your body is making itself better after working hard. Lots of athletes like to eat a healthy lunch. This kind of lunch will give them energy for their training in the afternoon and not make them feel too sleepy.

1. Chicken – protein

This helps your muscles and the rest of your body to stay strong and healthy.

2. Salad leaves – vitamins, minerals & fibre

Vitamins and minerals keep your bones and body healthy. Fibre helps to keep your tummy healthy.

3. Rice – carbohydrates (carbs)

This gives you energy to get moving! If you do a lot of moving, you need carbs to keep you going.

4. Strawberries, melon & bananas – fruit

Fruit also has vitamins, minerals and fibre. Fruit contains healthy sugars to give you some quick energy too. It's also sweet and tasty!

5. Water – hydration

Did you know that over half of our body is made up of water? Water is really important to keep our body working as normal. If we don't drink enough water, we can end up feeling hot and unwell – this is called being dehydrated.



Some people prefer not to eat meat and could replace the chicken with some salmon or a meat substitute like tofu.

Make your own! You can use the internet to search for tasty chicken salad recipes and try making one for yourself! **REMEMBER:** you should always check food ingredients to make sure that you are allowed to have it. Some people are allergic to some foods and it can make them very unwell if they eat that food.

10. Breaking

Breaking or Breakdancing is an urban dance style that originated in the United States. For the first time ever, breakdancing has joined the Olympics 2024 and we are excited to see this year's talent. Breakdancing combines athletics and art and is all about freestyling and making your moves your own.

Clear a space in your room or outside and prepare to battle, when you enter the space bring high energy and confidence.

Play your favourite track and start your freestyle, incorporate the moves below.

1. Top rock

Top rock is the beginning of your freestyle where you dance and groove to the music standing up.

- Stand with your two feet together
- With your right foot, tap your foot in front of you and bring it back to centre
- Do the same with your left foot.
- Now add your arms
- Swing your arms out wide as you tap forward
- Swing your arms into a hug as you tap back to the centre

Repeat this for both legs.

Now repeat above with new variations

- step backwards and to the centre with your right leg and repeat on your left

- Step to the side and to the centre with your right leg and repeat on your left

***Don't forget to add the swing in your arms.**

To add a challenge – See if you can add a swing to your hips as you step out and add a jump whenever you return to the centre. Be creative with your arms!

2. Go downs

This is the move to get yourself down to the ground. Get creative with this. Below are two ways to try.

Spin down

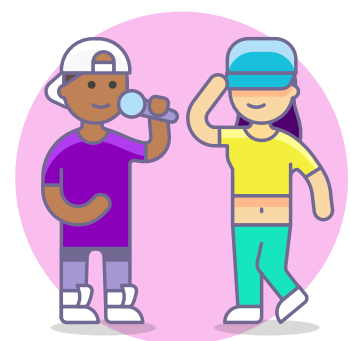
- Make a spin turning to your left or right
- As you complete your spin go to the ground in a crouched position making sure both hands are on the ground

Freeze

Now that you are down its time to freeze!

- Make a fun freeze frame shape for yourself
- Strike a pose on the ground of your choice
- You can also jump back up and pose however you like.

It is now time for the next person to join. Take this in turns until everyone has had a try!



11. Jessica-Jane Applegate, Mencap Myth Buster



Jessica-Jane Applegate MBE impressed the Para-Swimming world with her gold medal performance at the London 2012 Paralympic Games and since then she has become world champion in the 200m Freestyle (2013) and 100m Backstroke (2015). Jessica's best event is the S14 200m Freestyle. She won gold again at the World Championships in 2023

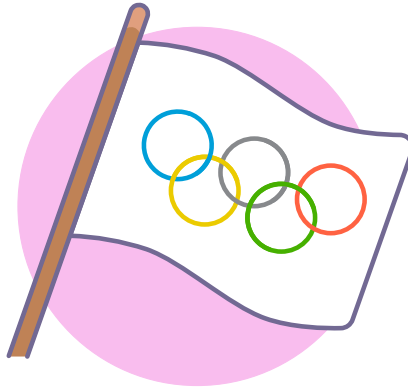
This is a day in the life of Jessica! Could you eat and train as she does?

- 1. Wake-up time - 4am:** I live an hour away from the training pool. Pool training starts at 5.30am-7.30am followed by gym training 7.30am-8.30am.
- 2. Breakfast:** A banana or cereal bar at 4.15am & then breakfast at 9.30am. This could be something like scrambled egg & beans on toast
- 3. Training details:** Afternoon training is at 4pm/4.30pm depending which day it is. My coach will set a session for 1.5-2 hours in the pool but we have 30 minutes land training first.
- 4. Dinner:** I get home around 8pm & have a pasta dinner (bolognese, carbonara, spaghetti).
- 5. Bedtime:** I try to get to bed as close to 9pm as possible.

Do you have something you would like to train for? Can you write a plan like Jessica's to help you practice?



12. Closing Ceremony



The closing ceremony gives everyone who took part the chance to come together to celebrate what they have achieved during the Olympics and Paralympics.

Once again there is an athlete's parade. Can you have a parade with everyone that took part in your Olympics/Paralympics Celebration. Can you walk around your building, house or room?

Victory Ceremony

There is a ceremony to give the athletes their medals. Can you make some medals or participation certificates for taking part in your sports and activities and hand them out to the athletes? It is a great time to celebrate all the hard work of everyone who took part. Talk about what people enjoyed, discuss how they can carry on taking part in activities and if there is more they would like to do.

Flag Lowering

At the end of the Games, the Olympic flag that was raised at the start is taken down to symbolise the end of the Games. If you put a flag up at the beginning of the games can

you have a ceremony to lower or take down your Olympic flag?

The Closing Speech

At the end of the Games an important person does a closing speech which officially marks the end of the Games. Can you have someone important to you or your group officially close your games? The official words are:

"I declare the Games closed and in accordance with tradition, I call upon the youth of the world to assemble four years from now to celebrate the Games again."

The last thing to do is put out the Olympic Flame and the games are now over. Thanks for taking part! We would love to find out about what you have been doing, so please let us know.

Olympics Closing Ceremony:

11th August 2024

Paralympics Closing Ceremony:

8th September 2024