

# Welcome

## Traditional games

All around the world, children love sport. It gives them the chance to have fun and be active. Yet sport is also a way of learning important values and life skills, including self-confidence, team work, communication, inclusion, discipline, respect and fair play. For this reason, sport is an important part of childhood.

Although some sports are universal, some are specific to a culture or country. In this pack are some great games that children play around the world.

## UNICEF

UNICEF is the world's leading organisation for children, working in over 190 countries to help every child realise their full potential.

We work with families, local communities, partners and governments to transform the lives of children everywhere.

UNICEF provides health care, water, nutrition, education and protection for children. In everything we do, the most vulnerable and disadvantaged children are our priority.

As champion of the UN Convention on the Rights of the Child, we work to protect and promote the rights of every child.

UNICEF is working in partnership with Glasgow 2014 and the Commonwealth Games Federation to use the power of sport to transform children's lives in Scotland and throughout the Commonwealth.



Youth Sport Trust

## Youth Sport Trust: Sport Changes Lives

Youth Sports Trust is a charity which is passionate about helping all young people to achieve their full potential in life and in sport through the delivery of high quality PE and sport.

They work to:

- give every child a sporting start in life through high quality PE and sport in primary schools.
- ensure all young people have a sporting chance by developing opportunities for those with special educational needs and disabilities.
- support all young people to achieve their sporting best in school and their personal best in life.
- Find out more by visiting [www.youthsporttrust.org](http://www.youthsporttrust.org)



## International Inspiration

The charity International Inspiration (IN) uses the power of sport to involve, inspire and positively impact upon the lives of children, young people and marginalised groups around the world – providing them with rights and opportunities that they may otherwise not have had.

Find out more by visiting [www.internationalinspiration.org](http://www.internationalinspiration.org)



in partnership with  
unicef 



## The STEP framework

The STEP framework offers guidance on how to modify games to ensure people with a wide range of abilities can have fun taking part and progress their learning.

Think about:

<b>Space</b>	<b>Where?</b>
<b>Task</b>	<b>What?</b>
<b>Equipment</b>	<b>With what?</b>
<b>People</b>	<b>With whom?</b>

Variations of the games based on this framework are given on the back of each card.

## The Inclusion Spectrum

When playing these games, it is important that everyone can take part.

The Inclusion Spectrum is a useful model for ensuring this. It works on the principle that everyone can take part in activities at their own level of ability and be challenged in an appropriate way to improve.

It gives five ways to enable maximum participation:

- **Open activities** are set up in such a way that everyone can take part at their own level without modification
- **Modified activities** are variations or adaptations based on the STEP framework to ensure everyone is included
- **Parallel groups or team based on ability**
- **Separate practice for individuals or groups** enabling successful integration
- **Disability sport activities for non-disabled and disabled young people** (reverse integration)

Always consult the participants about their needs and how to adapt the activity to enable maximum participation and enjoyment.