



Upside-down Inclusion

**ELEMENTARY SCHOOLS
2018-2019**

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1. Summary of the project

It is with great pleasure that the Association sportive des aveugles du Québec¹ (ASAQ) offers to organize sports activities at your school or at your school board's schools. We want to bring goalball in classes including at least one blind or visually impaired student so that we can initiate kids into this sport.

1.1 Our goals

With this project, we pursue the idea of a ***reversed inclusion*** as we'll encourage the students to discover and try goalball. This sport has been invented expressly for people living with a visual disability. The partially sighted and blind students **will have the possibility to be part of a team in their own school**. Furthermore, the project *Upside-down Inclusion* intends to:

- make the kids and teenagers move and contribute to the development of their physical abilities
- make the schools and students aware of the fact that visually-impaired young people can practice sports too
- diversify the sports played at elementary and high schools
- encourage socialization and stimulate team spirit

1.2 Goalball

The goal of the game is to roll the ball with bells in it at the highest speed possible so the opposing team cannot block it before it gets in the net. The players in defensive position go to the ground and lay on

¹ Meaning Quebec Blind Sports Association

*their side to try to stop the ball. If it completely crosses the opposing rectangle, it is a goal.*²

If one of the players stops the ball, he can throw it back or pass it to a teammate. Six participants divided in two teams play on the field while four other students are goal judges. During that time, the rest of the group attends the game as spectators. In rotation, each member of the group gets to try this sport and be a goal judge.

In mini-goalball, a term used to designate the version that is adapted for kids, three rules are retained:

- 1) You can never touch the blindfolds.
- 2) The ball must roll on the ground and fall before the three meter line (refer to the annex).
- 3) As soon as the ball touches a member of your team, there is a countdown of ten seconds to throw the ball back.

2. Participants

2.1 People targeted by this activity

This project is intended for fifth and sixth-graders from anglophone and francophone elementary schools. It is for students that are blind or partially sighted, as well as their own classmates. Their experience of sports may be different: some practice sports regularly, others may even have already tried goalball.

² Taken from the document *Le goalball* written by Nathalie Chartrand (2003). Translation from French by Naomie Doirilus

2.2 Contraindication

The students suffering from glaucoma (if not under control) or retinal detachment will not be able to play goalball. The numerous contacts with the ground or with the ball may affect their vision. It will be important that we are informed of any particular physical condition a student may have. Depending of the case, the practice of goalball may be discouraged.

Please note that the participation of younger kids (less than fifth grade) is not recommended since the ball is big and quite heavy.

3. Spatiotemporal organization

3.1 Places

The activities will take place at the school gymnasium. Silence is absolutely necessary during the practice of this sport. Since the participants won't be able to rely on their vision, hearing will be precious to know where the ball is and what is happening in the game.

3.1.1 Important points relative to safety

The fields must be clear of unused objects since they may cause someone to fall. The activities organizer will be present during the entire activity and will show the proper techniques and positions to kids in order to prevent injuries. In addition, periods of time could be devoted to warming up and stretching if the duration of the activity and the number of students allow it. Once again, silence in the gymnasium will be essential because it helps players to focus and to know when it's time to go to the ground and protect their faces.

3.2 Time

Our activities will occur at physical education classes or daycare. During the activities, many rotations will allow students to experiment the roles of

players, goal judges and spectators. The duration of a game between the rotations will vary as it will depend on the length of the course and the number of students. The activities will necessitate the entire period of physical education or daycare (approximately one hour). As for frequency and the number of sessions per class, they will be determined once we will have the number of participating classes. For instance, we could organize goalball matches for a class once per week or by two weeks.

4. Human resources

4.1 From the ASAQ

Naomie Doirilus, activities organizer and community worker at the Association sportive des aveugles du Québec, will organize the activities at the schools. She will be accompanied by the executive director Nathalie Chartrand for a few sessions. Nathalie knows a lot about this sport: she received a bronze and a gold medal as a Paralympic athlete in goalball in Barcelona and Sydney. The ASAQ is also responsible of the organisation of the Mini-Goalball Tournament (refer to point 8, *Recognition of efforts and Mini-Goalball Tournament*).

4.2 From the school and the school board

The person responsible of physical education or the one responsible of daycare working at the school board will approach the schools and teachers and inform them of the project prior to our visits. The physical education teacher or daycare worker will be present during the activities. She or he will therefore be able to try this sport again with the students without our presence.

5. Material resources

5.1 Furnished by the ASAQ

The activities organizer will bring;

- Rope to delimit the court
- Blindfolds
- 2 goalball balls

5.2 Furnished by the school

- Duct tape (to place on the rope in order to enclose the game area)
- Silent gymnasium where there is no other activity at the same time
- Knees and elbows protectors, if available
- Court of the size of a volleyball field

6. Description of a session

Considering that the duration of physical education classes and daycare periods differs from one school to another, the session as well as the duration of each stage will vary according to the time allocated to the activity. Warm-up and stretching periods may or may not be added, at the discretion of the activity facilitator.

Here is a typical activity session:

1. Introduction by the ASAQ's leader of activities: the history of goalball and the characteristics of this sport, explanation of the rules, question and answer period
2. Warm-up

3. Formation of teams
4. Play time for the students and their physical education teacher. Rotations so that everyone can participate.
5. Practical exercises to work on specific skills, for instance: develop a sense of direction on the field while being blindfolded, throwing the ball adequately, stopping the ball while protecting the face and recognizing the location of the ball using the sound it produces...
6. Stretching
7. Short discussion about the activity, feedback (refer to point 10 *Project evaluation*) and conclusion

7. Costs and membership card

This activity is free of charge for classes including at least one kid with a visual impairment. The ASAQ can lend equipment, such as a ball, as needed. Travel expenses may however be required for events taking place outside Montreal. Following their introduction to goalball, and with the approval of parents, children will have the opportunity to register for the mini-goalball tournament organized each year by the ASAQ. To participate in the tournament, however, students must pay \$ 15 to become a member of the association.

8. Feeling proud to represent school while playing goalball

The ASAQ organizes twice a year a mini goalball tournament for youngsters between the ages of 8 and 12 years old. The next tournament will take place in November 2018, in Granby. Each school is invited to join the competition by registering a team made up of the student living with a visual impairment and two of his classmates. Before the big day, they must have paid the \$ 15 fee. This will allow them to become members of the ASAQ, participate in the competition, receive a medal and access round trip transportation to and from Granby.

The blind or visually impaired kid, accompanied by his two comrades, will have the exceptional opportunity to represent his school at an external event. The mini goalball tournament, in addition to motivating young people during the practices, will be an opportunity for them to be physically active, to experience a healthy competition and to feel valued. Especially since the event promotes the strengthening of ties with classmates and the feeling of belonging to the school, as well as the meeting with other children living with a visual impairment. The atmosphere will be friendly as participants will be encouraged to invite families and friends to attend the tournament.

In order to make all this possible, it is necessary for children to practice goalball regularly. This could, for example, be done during lunch time or playtime, with the support of a teacher. Contact us for more information.

9. Project evaluation

9.1 Students' part

At the end of the activity, the activities organizer will ask questions to the kids to know what they think about the session, if they enjoy it or not and wish to play goalball again.

9.2 Physical education teacher's part

A short evaluation form or survey will be sent to the teacher by email. It will allow us to have an idea of its appreciation of the session and if she or he is interested to receive us again in his class.

9.3 Activities organizer's part

The activities organizer will write a record after each session and make changes if needed.

ANNEXES

A. Picture showing the type of duct tape necessary to the activity



B. Goalball court plan

