**Purple Zone – Disability in Sport.**

There are around 11 million people in the UK who have a \_\_\_\_\_\_\_\_. This includes people with physical, visual and \_\_\_\_\_\_\_ impairments and people with learning difficulties. Many sports and physical activities do ensure inclusion of disabled people. \_\_\_\_\_\_\_\_ requires staff and volunteers to have a positive attitude, communicate effectively and be able to adapt activities.

Disabled people take part in sport in a range of ways – with non-disabled participants and/or with other disabled people. Individuals should be able to choose and change how they \_\_\_\_\_\_\_\_\_\_\_.

Sports and physical activities can be adapted by changing:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ it is done – for example, a shorter distance, lower net, court with zones
* \_\_\_\_\_\_\_\_\_\_\_\_ it is done – for example, two bounces before you hit the ball, roll instead of throw
* \_\_\_\_\_\_\_\_\_\_\_ is used – for example, a bell-ball, a flag instead of a whistle
* \_\_\_\_\_\_\_\_\_ does what – for example, uneven teams – 6v4, a guide runner.

**participate where how**

**what who**

**disability hearing Inclusion**

 