



BT Paralympic World Cup Education Pack Wheelchair Basketball

This resource can be used in conjunction with the education resource on the BT Paralympic World Cup website. The site is a starting point for research around the following activities below and contains lots of interesting facts about the athletes and sports.



Overview:

Wheelchair Basketball became a Paralympic Games sport in Rome, 1960. It is a dynamic, high skill, team sport. The players display speed and precision from their wheelchairs while performing all the skills that make basketball an exciting, fast paced game to watch or play.

Every team is comprised of five players and seven substitutes. The match consists of four periods of ten minutes. After the first and the third period there is an interval of one minute. There is a 15-minute interval between the second and third period. If the score is tied at the end of playing time for the fourth period, the match will be continued with an extra period of five minutes or with as many such periods of five minutes as are necessary to break the tie.

As in the running game (non disabled), Wheelchair Basketball players must dribble the ball when having gained control of the ball on the court. It is a travelling violation to take more than two pushes on the wheels without dribbling the ball. A player is not allowed to touch the playing surface with his or her feet while in possession of the ball.

The classification system for Wheelchair Basketball ensures that each individual has an equal opportunity to compete. This system doesn't take into account the training or experience of a player but only any limitation on a players' capability caused by their physical disability. The level of sitting balance and upper body movement of the athletes become the main factors in the definition of the classes.



Wheelchair Basketball Activities: Key Stage: 2 / 3 / 4 / Post 16

Activity 1: Classroom

- 1) Students to research the rules of basketball and wheelchair basketball.

Group: Discuss the differences and similarities between basketball and wheelchair basketball.

Web link: www.gbwna.org.uk

Activity 2: Sports hall / Gym / Playground

- 1) Place the group in pairs and encourage them to develop five new ways of shooting at the basket. eg one handed, two handed, standing or kneeling. One student shoots and the other one collects ball then shoots themselves.
 - a) In pairs, teach another pair one new way to shoot.
 - b) In pairs ask each pair to try shooting at the basket from the following positions:
 - Sitting on the floor
 - Sitting on a chair
 - Sitting on a chair with the other person kneeling in front of them defending the goal

This leads them to start to have an understanding of the STEPS concept (<http://www.btparalympicworldcup.com/education/downloads.php>).

Group: Discuss the differences between different ways of shooting. What are the issues you need to consider when shooting in standing or sitting position?

Activity 3: Classroom

- 1) Students to research the classification system of Wheelchair Basketball and the point system.

Web link: www.gbwna.org.uk

- a) Who would have the highest points and who would have the lowest?
 - b) How many points are you allowed on court at any one time?
- 2) Students to research whether non-disabled people can play wheelchair basketball
 - a) If so, how many points are they if they are playing with disabled players?
 - b) How might this affect the overall points on the court?



Activity 4: Classroom / Wider study

- 1) Students to find out if there is a local Wheelchair Basketball Club in their area. They can arrange a visit to watch them play or invite them in to the school (whole school educational initiative).

Tickets for BT Paralympic World Cup

Complimentary school tickets can be ordered through the BT Paralympic World Cup website (http://www.btparalympicworldcup.com/education/ticket_offer.php). Each school is permitted up to 50 per session however these are on a first come first serve basis.

Websites

All information and resources needed to complete these activities can be found following links from our website:

BT Paralympic World Cup website: www.btparalympicworldcup.com