



The Inclusion Club

Special announcement!

TOP Sportsability inclusive online resource

Ken has been working over recent months to complete a massive online resource on inclusive physical activity and sport on behalf of the **YouthSport Trust** (UK) – www.youthsporttrust.org

The **TOP Sportsability** resource has been online for a couple of months now and has been developed to support an inclusive physical activity and sport schools network in England called **Project Ability**. This network represents the inclusive arm of the UK Government's **School Games** programme.

However, now the Youth Sport Trust has made this unique online resource available – **free to internet users!** So subscribers of *The Inclusion Club* can enjoy using this resource to support their work around the world.

TOP Sportsability¹ has three main aims:

- to provide physical activity and sport options for young people with high support needs (one of the aims of the original programme);
- to create a vehicle for the inclusion of disabled and non-disabled young people together;

¹ **TOP Sportsability** is designed to support the Project Ability network but, of course, has much wider application. The programme was originally developed as a 'hard copy' resource (activity cards, equipment and training) in 1998, and a version was later developed in collaboration with colleagues in Australia for the Australian Sports Commission (Sports Ability).

- and to provide a basic introduction to a wide range of sports and activities in support of the School Games programme.

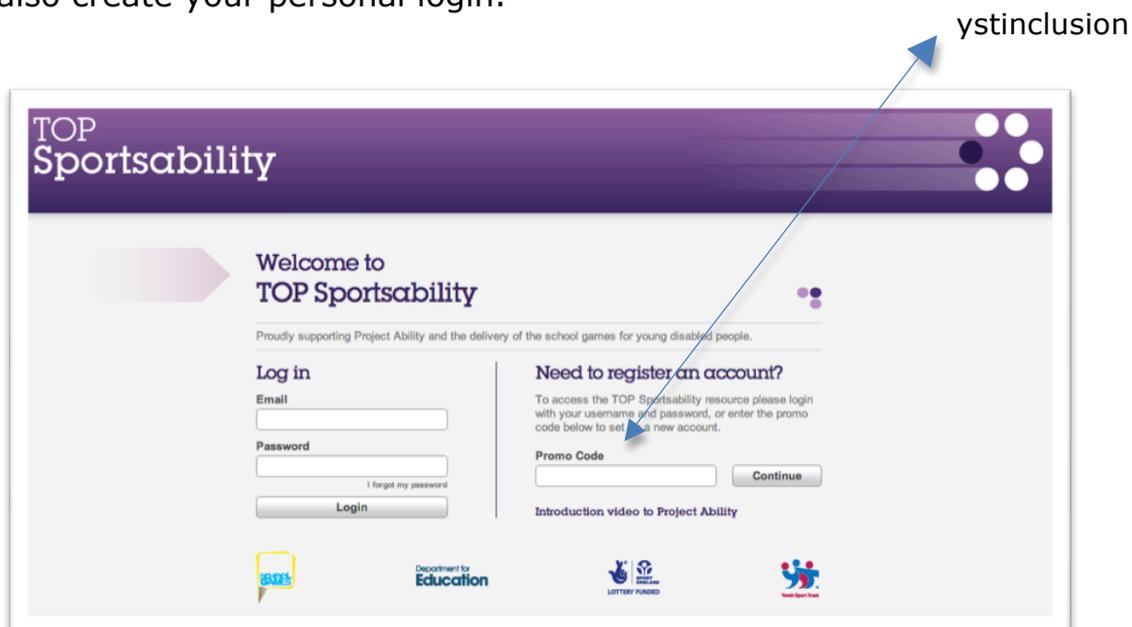
The online resource consists of video clips and downloadable content showing ideas and strategies around the inclusion of young disabled people in physical activity and is divided into three sections:

- the *User Manual* shows how to use the resource and establishes basic principles and models of inclusion;
- the *Disability Sport & Adapted Games* section highlights the sports featured in the original TOP Sportsability plus some new activities;
- the *Sports Adaptations* section consists of traditional 'mainstream' sports adapted for the widest possible range of abilities.

There are 14 sports and activities in all with plans to add 4 more sports, including tennis and golf.

How do I get access to TOP Sportsability?

Go to <http://www.topsportsability.com> (or .org); when the opening screen appears, type **ystinclusion** in the 'Promo' box; this takes you to a registration page that you only need to complete once. Here you can also create your personal login.



Tips on using the resource:

- when you login to the site, allow all the videos to load up before you start running them; in other words, wait a couple of minutes; there are around 80 video clips so they take a wee while to load;
- when you are running a video clip, allow it to finish or press the 'stop' button before moving to another clip; this avoids the problem of videos 'jamming' or running slow.

Start with the introductory videos in the *User Manual* that explain the purpose of the resource and how to navigate around it.

Please enjoy using – and applying – the TOP Sportsability online resource!

*We do have **one** request in return for sharing this wonderful resource. If you share the resource with others or use it to support your work, please mention its origin, in particular the key role of the **Youth Sport Trust** in facilitating the development of this free resource.*

Please visit their website: www.youthsporttrust.org to find out more about their work in the UK and around the world.

Your thoughts

In a few months we will email you all an evaluation form to find out what you think about the resource and ways in which you've been using it.



Peter Downs



Ken Black