

# Inclusion & Competition for Special Schools and Young People with a Disability (3b.3)

Tennis is a sport that can be played and enjoyed by all people, enhancing health, fitness and general well-being. Specifically, tennis can help with co-ordination, motor skills and spatial awareness.

When considering competitive opportunities people with a disability, players can be included within mainstream events\*; alternatively events can be run which are specific to a category of disability.

\*Example – If an able-bodied person is playing against a wheelchair user; the wheelchair user is allowed 2 bounces, with the able-bodied player allowed one bounce.

Different types of disability specific tennis competitions include:

- Deaf Tennis
- Learning Disability Tennis
- Wheelchair Tennis
- Visually Impaired Tennis

## Special Schools Tennis – Teacher Resource

Through Mini Tennis, the modified version of the game, this new resource provides guidance to empower teachers to deliver tennis effectively in Special Schools. The resource is focused around a series of activity cards, but also provides information on adaptations, equipment, the use of Makaton, player pathways and celebrating success.

A new Special Schools Teacher Training Course is anticipated to be available from February 2012 – in the meantime teachers delivering tennis in Special Schools are encouraged to attend our Teacher Training Courses, which are offered at Primary and Secondary levels. Both courses look at modified and adapted versions of the sport and spend time looking at differentiation, so that activities can be made easier/harder and appropriate for the young people with which you are working.

All attendees receive a DVD resource (including a chapter on delivering tennis in Special Schools) and a lesson plan support handbook which provides ideas on differentiation for each activity. In addition, each school that attends the course receive a free Mini Tennis Equipment Pack.

## Why not run a County Special Schools Competition?

We are really keen to see more Counties run Special Schools Tennis Competitions or competition for young disabled people - many of the resources in this toolkit can be used to help you prepare and deliver a competition. A good practice example is shown in the next section overleaf.

If you planning on running an event and would like any support, please contact us.

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## Case Study

### Warwickshire Special Schools Competition

For the last three years, Warwickshire LTA have organised a Special Schools Competition, linked to The AEGON Classic International Women's Event.

The format for the events followed similar to that of the mainstream competitions, running parallel. Special Schools across the County were grouped together and competed in two feeder events at tennis clubs – one in the North and one in the South of the County. The winning teams then progressed through to compete at the final, which was staged at The AEGON Classic event, as part of it's Community Activity Programme.

Mini Tennis Red was used as the format for primary school age players and Mini Tennis Orange was used as the format for secondary age pupils. Over 40 players with a learning disability competed against each other.

## More Information

More information about Disability Tennis can be found online at:  
[www.tennisfoundation.org.uk/disabilitytennis](http://www.tennisfoundation.org.uk/disabilitytennis)