

# Competition Inspire Story

## DEVELOPMENT EVENT

### WHEELCHAIR BASKETBALL

Our Secondary Develop Events are designed to give Key Stage 3 and 4 young people the opportunity to develop transferable life skills teams through engaging in new & fun activities with a group of new people. The students that are targeted might ordinarily miss out on the chance to take part in fixtures or events if they aren't the sportiest student in their year group. The develop events give them a safe space to try something new and build their confidence whilst representing their school.



#### AT THE START OF THE SESSION

This event was led in partnership with an external coach, Jay, from 'Make Change' who ran a wheelchair basketball session. Although the students arrived excited they were slightly apprehensive to try something new. They are not used to travelling out to events and did not know what to expect or whether they would be able to manage the activities. Jay introduced the chairs and played a few fun games with the students to learn the basics. This helped the young people to relax and they soon started to enjoy the session and make new friends.

#### BY THE END OF THE SESSION

It was fantastic to see young people of all different abilities having a go at an activity that was new to all of them for which they had no preconceptions. Once they had learnt the basics and spent time in the chairs they thoroughly enjoyed the session. They mixed and communicated well with students from other schools, challenged themselves to achieve new skills and learnt the importance of regular exercise and how much harder it was in to play basketball in a wheelchair. They developed teamwork, problem-solving and communication skills, learning the best way to use the ball in the chair and how to manage controlling the chair as well as the ball!

