

The Inclusion Spectrum

Ken Black & Pam Stevenson (2012)

An activity-centred approach to including participants of all abilities in sport.

Different approaches can be picked based on the group, activity, environment, and equipment to ensure everyone can thrive, even in the same session!



Open activity

Everyone participates in the same activity with minimal or no adaptations. **Example:** A group game of tag where all players follow the same rules.

Modified activity

Everyone does the same activity, but space, rules, equipment, or interactions are adapted to suit all abilities. **Example:** Using a larger ball in basketball so everyone can catch and throw easily.



Parallel activity

Participants follow a common theme but work at their own pace or skill level, often in groups based on ability. **Example:** Different swimming lanes with varied distances or stroke modifications based on skill.

Separate activity

Participants practice individually or with peers of similar ability for focused skill development. **Example:** A football skills clinic where beginner players train separately from advanced players.



Disability sport activity

Disability sports that can include non-disabled participants (also called reverse integration). **Example:** A wheelchair basketball game where non-wheelchair-using players can join to experience the sport.

Use the Inclusion Spectrum flexibly. Different approaches can be applied in one session to meet the needs of all participants.