

Accessible Video Transcript: Inclusion Spectrum

Narrator:

Sport should be for everyone—but how do we make that happen? The answer isn't one-size-fits-all. It's about having a spectrum of options.

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Meet the Inclusion Spectrum—a practical planning tool that gives coaches and clubs five different approaches to organise activities. It's not about choosing just one method; it's about matching what you offer with what your participants need.

Open activity:

No modifications are needed. Everyone participates together in the standard format.

Modified activity:

Everyone does the same activity, but space, rules, equipment, or interactions are adapted to suit all abilities.

Parallel activity:

Participants follow a common theme but work at their own pace or skill level, often in small groups based on ability.

Separate activity:

Participants practice individually or with peers of similar ability in separate activities for focused skill development.

Disability sport activity:

These can also include reverse inclusion, where people without disability join in adapted sports.

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Here's the thing—you don't need to pick just one approach. The Inclusion Spectrum is about flexibility. A player might need many modifications in one activity, but only minor adjustments in another. Someone might love competitive disability sport and also enjoy casual mixed games.

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When you think about inclusion, you create equal opportunities, build stronger communities, and make sport more enjoyable for everyone.

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You don't need to segregate—you need to be creative.

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The Inclusion Spectrum, originally developed by Ken Black and Pam Stevenson—one tool, five approaches, unlimited possibilities.