



ألعاب مدارس دبي
DUBAI
SCHOOLS GAMES

UNIFIED GAMES

In partnership with





ألعاب مدارس دبي
DUBAI
SCHOOLS GAMES



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Special Olympics
United Arab Emirates
**Unified Champion
Schools**



EVENT DETAILS

We are proud to announce the launch of **Liv. Dubai Schools Games Unified Games** will consist of an array of games and activities of various levels for students of different abilities. The games will run with the technical support of **GEMS Wellington Academy, Silicon Oasis** and the **Special Olympics, UAE**. See below for event information:

EVENT DATES:

TUESDAY 06TH JUNE 2023

VENUE:

DUBAI SPORTS WORLD, DWTC

TIME:

9 AM - 2 PM

AGE CATEGORY:

**AGES 7 TO 17 (Born between
01st September 2005 to 01st September 2015)**



HOW TO REGISTER?

- Team selection must be done by the school P.E. department
- To access your registered school account and enter a team, kindly click the link - <https://dev.dubaischoolsgames.ae/school>



RULES

- All activities will be adaptive games and not competitive.
- Unified Games is an inclusive concept that combines athletes with intellectual disabilities with athletes without intellectual disabilities.
- Any squad of 10 at the unified cup should try to have a ratio of 1:1.
- Teams would participate in each activity as a team.
- For students ages 7 to 10, it is mandatory to have 1 LSA per child.
- There is a capacity for the number of teams.
- Each school can enter 2 teams.
- Each team consists of 10 participants.
- Registration will be on a first-come-first-served basis.
- Teams and reserve teams will be confirmed depending on availability.



ACTIVITIES

The activities that students will partake in at the Liv. Dubai Schools Games Unified Games, in partnership with the experts from GEMS Wellington Academy, Silicon Oasis and Special Olympics UAE, have been carefully tailored to accommodate students of different needs and abilities.

All activities will have three defined transferable levels, where skills developed in Level 1 of an activity can be executed in Level 3 of the activity.

The activities have been designed to assess students based on various attributes:



Speed



Agility



Strength



Accuracy



Cognitive Ability



PRIMARY ONLY ACTIVITIES

OBSTACLE COURSE RACE

Level 1 - Using only a small section of the course, athletes will navigate their way up, down, around, and through the course safely.

Level 2 - Using only half of the course, athletes will navigate their way up, down, around, and through the course safely.

Level 3 - Using the full course, athletes will navigate their way up, down, around, and through the course safely in a set time determined by their coach.

PRIMARY ONLY ACTIVITIES

PARACHUTE GAMES

Level 1 - Using just the parachute, athletes must work together to create small, medium, and large waves.

Level 2 - Using the parachute and balloon each, athletes must work together to keep the balloons in the air.

Level 3 - Using the parachute, athletes must work together to remove all the balloons from the parachute one big blast at a time. (The parachute starts and ankle level, goes over their hand, and then powerfully down to hip height).

PRIMARY ONLY ACTIVITIES

BALLOON KEEPY – UPPYS

Level 1 - Using a balloon, athletes must use their hands to keep the balloon off the ground.

Level 2 - Using a balloon, athletes must use their heads, shoulders, knees, and toes to keep the balloon off the ground.

Level 3 - Using a balloon, athletes must use any part of their body to keep the balloon off the ground vs a partner or coach.

PRIMARY ONLY ACTIVITIES

TENNIS SHOTS

Level 1 - Using a tennis racket and soft play equipment, athletes must balance the item on the strings of the racket and navigate their way in, out, and around a series of small objects.

Level 2 - Using a tennis racket and a beachball, athletes must strike the ball up in the air or along the floor.

Level 3 - Using a tennis racket and a tennis ball, athletes must strike the ball along the floor to their partner/coach.

PRIMARY ONLY ACTIVITIES

HUNGRY HIPPOS

Level 1 - Using no scooter, athletes will pick up as many large coloured balls as possible and bring them back to their container.

Level 2 - Using a body scooter, athletes will navigate their way to a large coloured ball, picking up one at a time and returning them back to their container.

Level 3 - Using a body scooter, athletes will navigate their way to smaller coloured balls, picking up as many items as they can, and bringing them back to their container before the timer runs out. (30 seconds).

SECONDARY ONLY ACTIVITIES

TENNIS BALANCE

Level 1 - Using a tennis racket and soft play equipment, athletes must balance the item on the strings of the racket and navigate their way in, out, and around a series of small objects.

Level 2 - Same as level 1 but add hitting to self and timings for the agility course.

Level 3 - Agility balance dribble with a time limit (athletes have 2 minutes to complete the dribble as many times as possible).

SECONDARY ONLY ACTIVITIES

VOLLEYBALL

Volley

Progressions - Athletes practice hitting the ball along the floor, athletes' volley to themselves as many times as they can (keep yuppy) from their own bounce either into space or to a peer/assistant, athletes' volley from a throw from an assistant. Balls can be modified into sponge balls or bright pink lighter balls or even beach balls.

Dig

Same as volley but instructors will be available to help to demonstrate and coach what a dig is. Progress to digging over the net (lowered)

Set

Same as volley but instructors will be available to help to demonstrate and coach what a set is. Progress to setting over the net (lowered)

Game

Net can be lowered to a seated level
Catch and throw over the net version of volleyball with assistance.
Advance to standing volleyball in twos or small groups

SECONDARY ONLY ACTIVITIES

NEW AGE KURLING

New Age Kurling is a sport that requires participants to deliver 'stones' from one end of the court to a target at the other end of the court.

The target has red, white and blue concentric circles and scoring is determined by the number of stones closest to the centre of this target.

Each game normally consists of 6 or 8 ends and is played on a court based on half the width of a standard size badminton court with each end being played in the opposite direction to the previous end.

The winner is the player with the highest number of scoring 'stones' at the finish of the game.

SECONDARY ONLY ACTIVITIES

KINBALL

A KIN-BALL sports game is played between three opposing teams of four players each in the playing area. The objective of this sport is for the team whose colour is called to catch the ball with any part of the body before the ball touches the ground.

The hitter must say "OMNIKIN®" and the colour of the opposite team before hitting the ball. The ball must be hit at a minimum of 6' in distance. The ball must have an outward or upward slope; never in a downward slope. Three members of the same team have to be in contact.

SECONDARY ONLY ACTIVITIES

FOOT GOLF

Athletes aim to kick a football into large 'golf holes' that are placed at various locations around the pitch.

To add difficulty 'traps' could be added such as hoops and benches that replicate bunkers and water.

To differentiate, soft, light balls could be used, and rolling/throwing could be used instead of kicking.

PRIMARY & SECONDARY ACTIVITIES

ATHLETICS ARENA

Level 1 - Using no additional equipment, athletes will complete a running, jumping, and throwing event.

Level 2 - Using a stopwatch and measuring tape to record their scores, athletes will compete in a running, jumping, and throwing event.

Level 3 - In competition with a partner of similar ability, athletes will compete in a running, jumping, and throwing event.

PRIMARY & SECONDARY ACTIVITIES

GOAL BALL

Level 1 - Using a large softball and no blindfold, athletes will save a shot by using any part of their body.

Level 2 - Using a large softball and one hand over their eyes, athletes will need to save a shot using any part of their body.

Level 3 - Using a ball with a bell and a blindfold, athletes will need to save a shot by listening to the movement of the ball or by listening to their coach's voice.

PRIMARY & SECONDARY ACTIVITIES

BOCCIA

Level 1 - Using a tube, balls, and a chair, athletes will roll a ball closest to the jack to receive one point.

Level 2 - Using a tube, balls, and chair, athletes will roll their 6 balls closest to the jack to receive one point and an additional point for every ball that is closer to the jack than their opponent's.

Level 3 - Using a tube, balls, and a chair, athletes are Each athlete, pair, or team "throws" six balls per end.
per end.

PRIMARY & SECONDARY ACTIVITIES

RIP RUGBY GAMES

Level 1 - Tagging Games

A touch or tag is defined as a contact on any part of the body between a player in possession of the ball and a defending player. All touches must be made with minimal physical force and include a 'light tap' on a player (including hair or clothing) or the ball.

Level 2 - Passing Games

Passing the ball to a team-mate who is either beside or behind the ball carrier (not forward of the ball carrier). Players must learn to pass to both the left and right sides of the body.

Level 3 - Mini Rugby Game

Teams play a game of modified Touch/Tag Rugby. There are no set positions, and the attacking team maintains possession of the ball for six touches. After a few minutes, teams rotate to play a new team or to make substitutions. Play in teams of 4-6.

PRIMARY & SECONDARY ACTIVITIES

BASKETBALL DRIBBLE & SHOOT

PRIMARY

Level 1 - Using a large softball, athletes will dribble with two hands in a straight line and then shoot into low-level hoops.

Level 2 - Using a large softball, athletes will dribble with one hand in and out of the coned markers and then shoot into medium-level hoops.

Level 3 - Using a basketball, athletes will be aiming to score as many points as they can by dribbling the ball in and out of the marked area and shooting at medium level hoops

SECONDARY

Level 1 - Dribbling in a straight line (either bouncing or walking - assisted or independent) over a short distance and shooting into the low hoops (approx. 2 feet high)

Level 2 - Dribbling in-between cones to a medium height hoop, pass to an instructor/assistant in different types of ways before shooting.

Level 3 - A timed agility dribble through cones up to a higher hoop before shooting and scoring points for hitting the backboard/rim/getting it through the basket.



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If you may have any further queries, comments or suggestions
feel free to contact us.

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