



ألعاب مدارس دبي

**DUBAI**  
SCHOOLS GAMES

**UNIFIED GAMES**

In partnership with





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# EVENT DETAILS

We are proud to announce the launch of Midea 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**. See below for event information:

**EVENT DATES:** 24<sup>TH</sup> JUNE 2025

**VENUE:** DANUBE SPORTS WORLD ([Click here for location](#))

**TIME:** 9 AM onwards

**AGE CATEGORY:** AGES 7 TO 17  
(Born between 01<sup>st</sup> September 2007 to 31<sup>st</sup> August 2017)

We can accommodate a maximum of 40 teams. Once we reach full capacity the entries will automatically close. Registrations close on **Friday 13<sup>th</sup> June 2025**.



# 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 - [DSG | School Sign in](#)
- Please download the Excel sheet, complete the form, and send the filled-out copy to [info@dubaischoolsgames.ae](mailto:info@dubaischoolsgames.ae).





# 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 games should try to have a ratio of 1:1 (Athlete of determination : Student leader).
- Teams would participate in each activity as a team.
- 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 Midea Dubai Schools Games Unified Games, in partnership with the experts from GEMS Wellington Academy, Silicon Oasis 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**



# BASKETBALL

## Easy

Shooting Accuracy Drill: Students practice shooting a soft basketball into a hoop from a close distance, focusing on aiming and coordination.

## Medium

Passing Accuracy Drill: Students stand in pairs and gently pass a soft basketball to each other, aiming to improve their passing accuracy and teamwork.

## Hard

Dribble and Shoot Obstacle Course: Students dribble a soft basketball around cones or obstacles and then attempt a shot at the end, focusing on control and coordination.

# ATHLETICS

## Easy

Sprint Races: Students line up and race each other over a short distance, focusing on running as fast as they can and enjoying physical activity.

## Medium

Long Jump Competition: Students practice jumping from a marked spot and trying to jump as far as they can, focusing on balance and coordination.

## Hard

Throwing Challenge: Students try to gently throw a soft ball or beanbag as far as they can, focusing on proper throwing technique and enjoying the challenge.



# FOOTBALL

## Easy

Dribbling Around Cones: Students practice dribbling a soft football around cones or markers, focusing on control and gentle movements.

## Medium

Passing Accuracy Test: Students pass a soft football to each other, aiming for larger targets and focusing on coordination and teamwork.

## Hard

Penalty Shootout: Students take turns gently kicking a soft football towards a goal, with assistance and adjustments to distance as needed.

# PARALYMPICS

## Easy

Goalball Passing Practice: Students practice passing a softball with bells inside to each other, focusing on communication and teamwork.

## Medium

Boccia Target Challenge: Students roll soft balls towards targets, with assistance and adjustments to ensure everyone can participate and enjoy the activity.

## Hard

Blindfolded Goalball Match: Students wear blindfolds and pass a ball with bells inside to each other, relying on their senses and teamwork to succeed.

# FUN GAMES

## Easy

Parachute Games: Students gather under a parachute and enjoy gentle movements and sensory experiences, such as feeling the breeze or playing with soft toys.

## Medium

Kinball Kick: Students use their feet and other body parts to hit the ball back and forth, focusing on coordination and teamwork.

## Hard

Soft Toy Juggling: Students practice tossing and catching soft toys or beanbags, with assistance and adjustments to accommodate different abilities.

# OBSTACLE COURSE

## **Start Line:**

Students begin at the starting line, receiving encouragement from peers and instructors.

## **Hurdle Jump:**

Students jump over low hurdles or soft obstacles to enhance coordination and leg strength.

## **Balance Beam:**

Students walk along a low balance beam or designated line to improve balance and stability.

## **Tunnel Crawl:**

Students crawl through a soft tunnel or under low obstacles to promote upper body strength and coordination.

## **Finish Line:**

Students cross the finish line, celebrating their completion of the obstacle course and cheering on their peers.

# RUGBY

## Easy

Tag Rugby Game: Students play a gentle game of tag rugby, focusing on evasion and teamwork rather than contact.

## Medium

Kicking Accuracy Challenge: Students practice kicking a soft ball towards targets or into a goal, focusing on control and accuracy.

## Hard

Tag Rugby Match: Students play a modified game, with an emphasis on safe tagging techniques and sportsmanship.



# TENNIS

## Easy

Serving Practice with Targets: Students practice serving a softball over a low net towards targets, focusing on control and technique.

## Medium

Rallying against a friend: Students gently hit a soft ball towards a friend, focusing on timing and coordination as they rally the ball back and forth.

## Hard

Doubles Matches: Students play a doubles match with assistance and guidance, focusing on teamwork and strategy.

# BADMINTON

## Easy

Serving over the Net: Students practice serving a soft shuttlecock over a low net towards targets, focusing on control and technique.

## Medium

Returning Shuttlecocks to Specific Zones: Students gently return soft shuttlecocks to designated areas on the opposite side of the net, focusing on accuracy and control.

## Hard

Doubles Matches: Students play a singles match with adjusted rules and pace, focusing on strategy and sportsmanship.

# VOLLEYBALL

## Easy

Serving Practice over the Net: Students practice serving a softball over a low net, focusing on technique and control.

## Medium

Passing and Setting Drills: Students practice passing and setting a softball to each other, focusing on teamwork and coordination.

## Hard

Volleyball Game: Students practice spiking and blocking a softball over the net, focusing on timing and technique.

## SPECIAL OLYMPICS

### Easy

Scooter Hockey Mini-Game: Students play a gentle game of scooter hockey, focusing on coordination and teamwork.

### Medium

New Age Kurling Target Practice: Students roll new age kurling stones towards targets, focusing on accuracy and control.

### Hard

Competitive Scooter Hockey Match: Students play a competitive game of scooter hockey, with adjusted rules and pace to accommodate different abilities.

# GYMNASTICS

## **Easy**

Roll & Reach: Students roll or crawl across a soft mat, reaching to touch colored shapes or targets, encouraging body awareness and gentle movement.

## **Medium**

Balance Beam Walk: Students walk along a “balance beam” with arms out or using a ribbon stick, focusing on core strength and stability.

## **Hard**

Create a Routine: Students perform a short three-move routine (e.g., roll, balance, jump), either solo or with a peer, promoting creativity and sequencing.



# QUIDDITCH

## **Easy**

Hoop Hero: Students gently throw a foam ball through stationary hoops from a short distance, focusing on accuracy and fun.

## **Medium**

Bludger Dodge: Students move across a zone while carrying a ball, avoiding soft balls rolled across their path, then aim to score in a hoop.

## **Hard**

Seeker Sprint: Students follow a zig-zag path to retrieve the “Golden Snitch” (beanbag) and score in a moving hoop, with support as needed.



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

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