

Abstract

Title: Modification of bat-and-ball games for students of Jedlička Institute and Schools

Objective: Verification of the possibility of including the practice of modified bat-and-ball games in a suitable way in physical health education (hereinafter PHE) classes in the Jedlička Institute for students with various types of disability (physical, mental, sensory). The aim of this work is to design and create a battery of modified training exercises for bat-and-ball games. It is also to analyze the realization and effectiveness of these exercises in developing skills. Finally, this paper evaluates the research.

Method: As part of the research, a methodology was created for the adaptation of bat-and-ball games training for students of the Jedlička Institute. In the Spring of 2023 to PHE lessons in 11 classes, 63 students were participated and the research was done under the supervision of a teacher. During the first lesson of PHE, a specially created lesson of adapted bat-and-ball games was included, in which the students tried out individual game skills. In the following lesson, their performance in these skills: throw, catch and hit was evaluated using the method of participant observation. A recording was made of quantitative and qualitative aspects of the performance (quality of execution and success of partial movements), including the evaluation of the supervising teacher. The suitability of training for students with different types of disabilities and different ages was assessed based on direct observation and the results of testing individual game skills in the PHE lessons.

Results: All the students involved were able to do some of the modifications of the bat-and-ball games within the PHE lesson. The extent of necessary adaptations ranged widely from minor modifications of rules or tools to significant help from an assistant. In some classes, it was also possible to test full game principles (the modified preparation resulted in a game at the end of the lesson). In classes with students with more severe forms of disability, the use of partial elements prevailed, while the involvement of assistants was necessary for movement around the gym.

Keywords: adapted physical activities, modified exercises, movement skills testing, disability, physical health education

