## Game Modifications for Event and Performance Sports

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| ***Event Sports/Games*** |
| Track & Field  Cross Country (Running & Skiing)  Swimming  Diving  Gymnastics  Figure Skating |

Event (or Performance) Sports/Games are those games where the quality of the performance is based on time (e.g., swimming, running events in track & field) or a panel of judges (e.g., gymnastics). Especially in the latter category, the execution itself is the outcome. Divers and figure skaters are judged on their ability to perform a set of individual techniques in a particular sequence or combination. The modifications used during practice in these sports and activities are oftentimes focused on gradually shaping the execution by either making the execution itself easier, or altering the condition under which the technique is executed.

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| ***Track & Field*** | |
| ***Modifications*** | ***Focus*** |
| **Long & triple jump**  Use an expanded takeoff board rather than the familiar narrow board. | Allows for better concentration on take off execution. |
| **Long & triple jump**  Have students run up and jump and measure from where their plant foot touched the takeoff board (or ground within an identified takeoff space). | Same. |
| **Discus**  Use a weighted rod rather than the discus. | Allows for the focus to be primarily on the spin technique execution, and decrease worry about the object release. |
| **Discus**  Use a front line rather than a circle. | Reduces the worry about remaining in the confined space (i.e., the circle) and allows the focus to be on practicing the spin technique |
| **Discus**  Eliminate the use of the spin altogether. | Allows throwers focus fully on proper discus release and use trunk and lower body muscles. |
| **Shot put**  Eliminate the use of the glide (or spin) altogether. | Allows throwers focus fully on proper discus release and use trunk and lower body muscles. |
| **Shot put**  Allow throwers to propel themselves over the starting line (when using the glide or spin technique). | Allows performer to work on good footwork and balance during execution. |
| **Javelin**  Throw a blunted implement (plastic PCV pipe works well) and count the distance by the sector it lands in (rather than measuring exact distance). | Reduces the risk of injuries due to impalement |
| **Hurdles**  Use lower hurdles. | Reduces fear, and allows better focus on technical execution. |
| **Hurdles:**  Modify the distance between hurdles. | Learning the appropriate step sequence (e.g., 3 steps or 5 steps, etc.) and step rhythm between hurdles. |
| **Hurdles**  Reduce the number of hurdles in the race. | Reduces the role of fatigue in technique breakdown. |
| **Relay**  Shorten the race distance. | Allows for increased opportunities to practice the exchange; reduces fatigue factor. |
| **Relay**  Lengthen the exchange zone a bit (or even eliminate the end of the zone). | Allows runners working on timing the start of the outgoing runner. |

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| ***Cross Country (Running & Skiing)*** | |
| ***Modifications*** | ***Focus*** |
| Have different length courses for varying fitness levels. | Less chance of injury, excessive fatigue (all negative consequences) & allows for focus on pacing and race tactics. |
| Include varying obstacles for varying fitness levels. | Developing greater cardiorespiratory capacity. |
| Choose terrains with less variation in elevation. | Developing greater cardiorespiratory capacity. |

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| ***Swimming & Diving*** | |
| ***Modifications*** | ***Focus*** |
| **Swim**  Allow the use of fins for those with less skill. | Allows swimmers to concentrate on upper body and breathing technique. |
| **Swim**  Begin some races with swimmers already in the water (rather than diving). | Allows swimmers to concentrate on stroke technique |
| **Swim**  Allow use of floatation boards. | Allows swimmers to concentrate on upper or lower body (depending on the type of device used) and breathing technique. |
| **Dive**  Include a category that includes “feet-first” entries. | Reduces potential fear and complexity of dives. |
| **Dive**  Include “fun” categories such as “biggest splash”. | Reduces role of fear. |

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| ***Gymnastics*** | |
| ***Modifications*** | ***Focus*** |
| **Beam**  Use a line on the floor or mat. | Allows focus on technique execution, reduces risk/fear. |
| **Beam**  Use a lower/wider bench. | Allows focus on technique execution, reduces risk/fear. |
| **Vaulting**  Use a lower vaulting horse. | Helps to increase concentration on technical execution. |
| **Vaulting**  Increase the number of springs under the springboard. | Eases the body rotation with mid-air tumbling by increasing upward force production. |
| **Vaulting**  Use a mini trampoline rather than a springboard. | Eases the body rotation with mid-air tumbling by increasing upward force production. |
| **Floor exercises**  Allow the use of “cheese slice” mats for assisting with rolls. | Eases the sensation of body rotation. |
| **Floor exercises**  Incorporate larger mats or benches to assist in rotational movements. | Reduces fear. |

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