

THE TREE MODEL

ADAPTING AND MODIFYING SPORT

The TREE model is a practical tool designed to help modify activities or programs. There are four essential elements of an activity that can be modified to make it more inclusive.



Teaching style

The way an activity is delivered can have a significant impact on how inclusive it is

- Ensuing participants are correctly positioned
- Using appropriate language for the group
- Using visual aids and demonstrations
- Keeping instructions short and to the point
- Checking for understanding



Rules

Rules may be simplified or changed and then reintroduced as skill levels increase

- Reducing the number of players in a game to allow for more touches
- Reducing or extending the time to perform actions
- Allowing different point scoring systems
- Reducing the competitive elements in the game



Equipment

Equipment can be modified or create specifically for any given situation

- Using lighter, bigger balls or balls with bells inside
- Using equipment that has a colour contrast with the playing area
- Creating grips, or other modifications



Environments

- Reducing or increasing the size of the playing area
- Using a smoother or indoor surface instead of grass
- Using zones within the playing area
- Minimising distractions in the surrounding areas