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SPORT DAY FOR EVERY CHILD

Sport Program

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■ Introduction

Recommendation for Motivation of Children and their Inclusion in Sport



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Within the context of the project Every Child co-funded by the Erasmus+ programme of the European Union a set of free accessible sports and exercises for children and young people with ADHD has been developed. The purpose of the sport programme is to inspire teachers, sport volunteers, leaders and coaches but also parents of children with ADHD to sport activities. Comprehensive information about the benefits of getting involved into sports for the target group children and young people with ADHD is given in the following. The consortium of the Every Child project has designed to ensure that more people with a disability in Europe are active for life. The more children and young people with ADHD get involved in sports no matter if mainstream sports or specifically adapted sports activities the more they can be included into society and identify themselves with other individuals which is essential in the children's and young people's development.

Also highly important is the involvement of the people surrounding the children and young people, meaning that it is more likely that a child or a young person who experiences motivated teachers, volunteers and parents in her/his everyday life is more open to try out sport programmes and will most likely also be more committed to stay with on sport.

Following – to inspire and prepare teachers, sport volunteers, leaders, coaches and parents are introduced to the following sport programme which can easily be adapted to the kids' needs. All suggested sports and exercises are freely accessible or at least available at a low cost to make sure that a broader group of people across Europe can participate in an active life. Other criteria for the selection of the suggested sports were that all sports should be accessible all over Europe teachers, sport volunteers, leaders and coaches but also parents of children with ADHD of a large group of people meaning no sports where a specific equipment, budget, season, pre-knowledge or landscape is needed.

Wishing you best of luck with the activities!

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What's ADHD

Attention Deficit / Hyperactivity Disorder or ADHD (Attention-Deficit / Hyperactivity Disorder) is a disability that involves difficulty concentrating and / or regulating one's activity level and inhibiting one's impulses. ADHD has a neurobiological basis and affects the brain's way of processing information and regulating behavior. ADHD often occurs along with other developmental or psychiatric conditions.

Symptoms of ADHD

Sometimes we all forget a time that we would fit in or have a hard time concentrating on. Only if the difficulties are so great that they strongly affect the individual's development and opportunities to function in society is it about a disability.

People with ADHD often have difficulty with:

- regulation of attention
- impulse control and activity level
- the interaction with other people
- learning and memory
- to express oneself in speech and writing
- motor skills

How to recognize ADHD

Everyone can have difficulty focusing, sitting still and controlling impulses sometimes, especially with fatigue and stress. But for some children, adolescents and adults, the problems are constantly present and seriously affect the way they function in everyday life. Then it may be justified to talk about the diagnosis ADHD.

The core symptoms of ADHD are that the person experiences difficulties with attention, impulse control and overactivity. The symptoms may occur individually or in combination with each other. ADHD is a common disability. About five percent of all children have ADHD and the problems often persist into adulthood.

ADHD manifests itself in different ways in different individuals and at different times in life. The degree of difficulty and type of problem varies from person to person, here you can read about some of the common core symptoms.

Attention problems

Can manifest itself through, for example, difficulty concentrating, carelessness, forgetfulness and being easily disturbed. Many people get bored easily and find it difficult to complete things that they are not very interested in.



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“You who are a coach must be clear about routines, structure, frameworks and time.”



Impulsivity

Can manifest itself through strong and difficult-to-control emotional reactions, poor ability to listen to others and difficulties in dealing with unstructured situations that require reflection and reflection. In some, the impulsivity also leads to motor clumsiness.

Overactivity

It is about difficulties in regulating the activity level according to what you do, so that it is either too low or too high. Difficulty unwinding and sitting still can be alternated with extreme passivity and fatigue. The overactivity in children is often physical, in adults it manifests itself, among other things, through marked restlessness and sleep problems.

Some people with ADHD have only one of the core symptoms while others have several. People with ADHD (ADHD + DCD) also have problems with motor control and sometimes perception. In people with ADD, the overactivity is completely missing. They have a lower level of activity than normal.

Meaningful thoughts to a coach/parent/teacher

Important starting points to include and make the training available to even more people:

- Routines and structure.
- Motivation, feedback and emotional honesty.
- Relationships and how you approach and respond to another person.

Routines and structure

You who are a coach must be clear about routines, structure, frameworks and time. It is important for everyone, but is especially important if you have athletes with disabilities.

Try to be clear about the start and end. Tell the athlete what will happen during the training. Give short and simple instructions. Describe and make visible instructions in different ways. Remember to clarify the time aspect - feel free to use some form of time aid. It is also important that you keep to the agreed time.

In the case of a disability, the ability to perceive time is either a sub-function which means a very poor perception of time or an over-function which means that one is extremely good at feeling time without having a clock.

Both of these variants can limit the ability of the individual to function. Since it is not possible to change, it will be a disability. It is a difference from someone who has a behavior like "I'm just going" and therefore always comes late.

Children/Kids

Para Gymnastics

Para Gymnastics start from the joy of movement and see opportunities instead of limitations!

This includes training with, among other things basic motor skills, coordination, strength, endurance and movement to music. We play games, build activity courses and test different tools so that the participants can train in as many different ways as possible and develop on the basis of their own conditions. Some groups have a special focus on some disciplines and train for example most trampoline, gymnastics or parkour, others practice mixed gymnastics every time.

Everyone can gym have something exciting, fun and engaging for everyone.

<https://www.youtube.com/watch?v=4OaJZNDM7ag>

Special sport games

In children, the natural need for movement is much more pronounced than in adults. With appropriate physical / sports activity can improve concentration, encourage cooperation children and thus have a good influence on mutual relations. Most children enjoy movement and are happy to engage in spontaneous and guided ones sports activities.

For children with hyperactivity, group games are recommended where it is not present competitiveness, but in the first place is the participation of the island in the group. The main purpose is joint solution of a task that represents a movement problem. That's why they are play situations designed to:

- several children are involved in solving tasks,
- we take into account the performance of the individual,
- In order to achieve the goal, all participants must contribute their part,
- In order to achieve the goal, each child must meet a certain requirement.

Their motivation to engage in such activities has a positive effect pleasant and confidential environment.

Examples of group games

Plane, earthquake, flood

The teacher predicts the dangers that threaten children who are freely distributed around the room. When the teacher says "FLYING!", All the children have to lie down on the floor. When he says, "FLOOD!" They have to step on a chair or bench. But when he says, "EARTHQUAKE!", The children stand against the wall. Children need to be careful and not make mistakes.



"For children with hyperactivity, group games are recommended where it is not present competitiveness"





Elastic sheet

We play the game in pairs. Two children each hold a towel at the corners so that it is horizontal tense. Place the ball on the towel, which is then placed on the child by jerking the towel they bounce into the air. Their goal is to bounce the ball into the air as many times in a row.

Centipedes

The children are divided into pairs. The movement follows the instructions of the teacher, who tells how many arms and legs they can use. For example: four legs and two arms - one child moves in a four-legged walk others hold him by the hips. In this way, they move forward together.

Lightning from the clear

We identify two children who have the ball and target the others who are dodging around the playground. Who is hit, must be in place. Other children can free him by catching the ball (in air) and hit a trapped child with it; then he can continue the game.

Three-legged run

Divide the children into pairs. We tie the ankles of each inner leg to each pair with a scarf. In this way they must then walk around the room. Once this movement is mastered, the task is made more difficult by following they run, jump, kick a ball and the like.

Rotation of the cradle

The teacher grabs the long rope at one end and twists it around himself so that the free end of the rope flies just above the ground. The children line up around the teacher. Their job is to rope they skip when it comes to them. The difficulty can be escalated by the speed of rotation of the rope or we raise the height of the flying rope.

Guess who

The children stand on the playground and are placed close together. One of them take a few steps forward with your back facing the others. He throws the ball back at the sign and slowly counts to five. Whoever catches the ball hides it behind his back, everyone makes the same gesture second. When the thrower counts to five, he turns and tries to figure out who has hidden ball. If he succeeds, the roles are reversed. In case of failure, he throws the ball again once.

Trampoline

Children with hyperkinetic disorder can include in their motor training also a trampoline or air trampoline, as they adopt conditions on it that are very favourable for balance. Precisely because of this, it is possible to get to know all the development ones as quickly as possible movement problems in children. To avoid any accidents, however, children must jump on a trampoline, by following certain rules. They have to be barefoot on it, for once only one can jump, they can only jump on their feet, they should not be longer than 7 minutes on the trampoline.

Basketball a little different

Instead of baskets, the group chooses a player who will have to catch the ball instead of a basket. His task is to stand still all the time. The game follows the rules of basketball. The group that scores the most baskets or catches the ball most often wins the game.

Ball hunting

In the group, we determine the hunter who must catch the child who has the ball. Children can also pass the ball to each other, but in such a way that they do not throw it. The one who catches the ball then becomes a hunter.



Youngsters/ Young people

Climbing and bouldering

Climbing works!

Therapy in the area of ADHD should aim at arising the interest of children and adolescents, because they are neurobiologically designed to be particularly attentive to things that interest them. Therapeutic climbing is based on this joy of doing and often brings therapeutic aspects without the children and young people noticing it or perceiving climbing as therapy.

This progress, which is usually made in the physical sphere, is also transferred to thinking and to areas of the psyche; the skills acquired in climbing thus also come into play in school. Whereby a school system that pays little attention to the special needs of its students will always be a great challenge for individuals who are programmed for creativity and new exploration or are rewarded for it in the brain. Rock climbing has so many benefits for kids of all ages and abilities:

- Strengthening and endurance
- Coordination and motor planning
- Cognitive skills/problem solving/visual skills
- Bilateral coordination
- Sensory processing

Climbing or bouldering has become a very popular sport. In many citizens, one will find climbing and bouldering halls or large gardens where children can get plenty of oxygen. This is a real brain booster. Concentration and attention, muscle tension, skill and balance are trained.

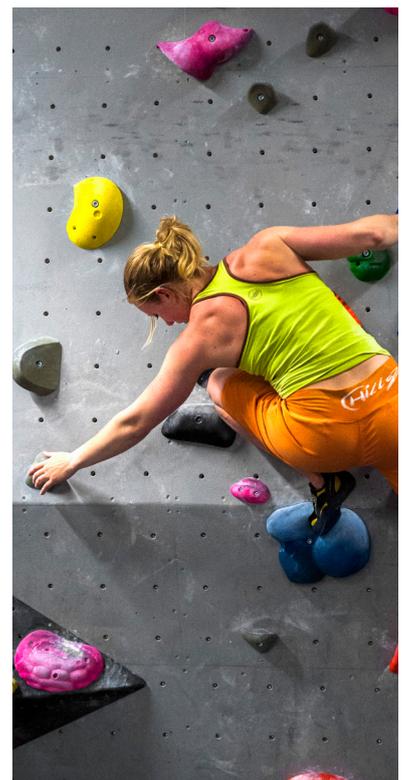
Rock climbing is a great way for those suffering from ADHD to channel that excessive energy out. Rock climbing is an individual sport in which participants don't have to compete with others. With rock climbing, they can focus on the route and their climbing.

Rock climbing requires complete attention and concentration on figuring out where your next hand and foot placement will be. It also fosters an adrenaline rush as you climb higher and higher, trying to reach the goal of conquering that peak.

Many persons with ADHD look for that adrenaline rush to keep their mind occupied for a while. Although rock climbing has been looked upon as dangerous and risky, climbing gear and equipment has become much more enhanced than it was several years ago and has increased safety for climbers (<https://www.naturfreunde.at/>).



"Rock climbing is a great way for those suffering from ADHD to channel that excessive energy out."





“Aikido teaches the law of reciprocity or, what goes around comes around.”



Aikido

10 reasons why you should give Aikido a try Adults may practice Aikido for stress reduction, relaxation, self defense, its many cardio vascular benefits or a host of other reasons. But these concepts that most children don't even think about or care about. So why is Aikido a good idea for kids?

What can it contribute to their lives and yours? (assuming you are a parent). Below are 10 reasons why you should give Aikido a try if your son or daughter has shown any interest in physical activity (specifically martial arts training) or if your child has exhibited signs of Attention Deficit Disorder or ADHD.

1 Aikido is a “non-aggressive” martial art. What does this mean? Generally speaking, Aikido classes aren't taught with a mindset of kicking and punching your way out of conflict. In essence, you don't really start a fight with Aikido – but you can certainly finish one. Aikido doesn't encourage kids to emulate the Power Rangers or Ninja Turtles punching and kicking their friends, siblings, dogs, and cats. Aikido technique starts when someone else “breaks the rules”, i.e. attacks. More importantly, Aikido teaches kids that fighting is a last resort for dealing with conflicts.

2 Aikido emphasizes remaining calm, relaxed and balanced. Of course, kids can't, and shouldn't be calm all the time. But Aikido teaches them that they have a choice. If they need to sit still at school or concentrate on homework or focus during sports, Aikido teaches them the fundamentals of “going within” and gives them tools to help when being calm is necessary. This is entirely different from keeping their emotions bottled up. On the contrary, Aikido calmness feels good and in fact, the study of Aikido is the study of communication.

3 Aikido teaches kids “practical” self-defense. We put quotation marks around “practical” to indicate that practical for a child is completely different from practical for an adult. Striking arts like Karate and Tae Kwon Do, although very good for health and well being, give children one primary tool for dealing with conflict: aggression. If your child only knows how to kick and punch his/her way out of a conflict, he/she will have a lot of difficulty dealing with the more prevalent “attacks” life deals out: stress, bullying, verbal abuse, and disappointment. You see, if the real attacks in life don't look like or behave anything like the attacks during training, your child will not have the proper tools to identify and then most effectively deal with the situation.

4 Aikido gives kids a positive world view. It teaches that in order to create something worthwhile you have to have goals, a clear picture of the intended outcome and then practice, practice, practice. Aikido teaches the law of reciprocity or, what goes around comes around. If you start trouble, you've lost. But if your mind is correct, calm, and positive, you can make something good out of whatever life hands you. In fact, Aikido training for kids teaches that its each persons responsibility to actively look for ways to make something good out of every situation.

5 Aikido teaches to enjoy every experience in life. Children have it difficult enough with increased homework, peer pressure, demanding standards and increased dangers all around. A serious approach to life doesn't always feel good and it usually doesn't yield the best possible results. Aikido works best when you relax and feel light. Having an outlet for your child to “let go” and be a kid while learning valuable life skills can be a tremendous character building experience.

6 Aikido helps kids in, and at, school. By training in aikido, kids develop a calm, clear and balanced mind. As a result, they absorb knowledge easier and can think/focus with greater clarity. Aikido emphasizes developing the full human potential and since children spend the bulk of their formative years in school, it is one of the most important places for this potential to be realised. Tap students work to achieve knowledge of rhythm and musicality as they learn tap steps and routines, gaining speed as they develop.

7 Aikido for kids helps with sports. Aikido classes focus on the very things almost every sport requires: stamina, sport specific strength and skill, relaxation, focused mind, proper breathing, centering and being able to visualise the outcome.

8 Aikido Kids is for everyone. Aikido does not require specific athletic talent or skill. In fact, athletic prowess can sometimes be a hindrance to understanding and executing Aikido techniques. The key to making progress in Aikido is simply relaxing, effortlessly moving, helping others and cultivating positive mind. Is there a better message for children?

9 Aikido works for people of all shapes and sizes. Since Aikido does not rely on size, strength, speed, weight, or reach, it can be effectively applied by children on adults. In fact, it can be quite surprising how much power your children can muster when throwing adults. Some of the most effective and powerful Aikido practitioners have been the slightest of individuals. Aikido utilizes an understanding of basic universal principles and emphasizes non-contention of force. Aikido teaches that there will always be somebody bigger, faster and stronger and not every “attack” will come in the form of a bad person. Aikido for kids gives them a large tool box of skills to draw on in a variety of situations for the rest of their lives.

10 Aikido is good physical activity! Plain and simple, we tire them out! Children that have ADD and ADHD show surprising results when they leave an Aikido class tired.

<https://aikidokids.hu/wp/en/videos/kobayashi-kyu-exam-videos/kids-exam-videos/14-kyu/>





“Those who train handball develop strength, endurance, agility and speed. This at the same time as coordination and tactical mind are also built up.”



Teenagers

Parahandball

Handball is a team sport that is very popular, especially in the countries here in Europe and is a physical and fast sport of intense physical contact, with shots being thrown at speeds approaching 100 km per hour. It is played outdoors (beach handball) and indoors on a 40m x 20m court with seven players (one goalkeeper + six court), which speeds up the game even more. The objective is to score more goals than the opponents by throwing the ball into a D-shaped net. Handball athletes are known for their speed, agility, physical strength and endurance.

Benefits of playing handball

In addition to being a fun sport that as many girls as boys currently train continuously, there are also additional benefits that make handball the perfect sport as it is.

Another advantage for many is that you do not need to have a large amount of equipment to be included. So it does not have to depend on money if you can start or not.

Those who train handball develop strength, endurance, agility and speed. This at the same time as coordination and tactical mind are also built up. The sport is also known for being a tough but respectful one. Despite the tough times on the pitch from time to time, it is still respect that haunts, both from the players 'side and the referees'.

A suggestion is to have two different levels, e.g. yellow and blue.

Blue class - the game form is at a high level and handball rules are fully respected. The players have a good perception of the game in combination with a good physical ability. The players are in need of straightforward and clear communication.

Yellow class - game form for those who may need extra support on the playing field. Players have less perception of the game and are in need of clearer communication. The player may be subject to a physically lower ability. Some players may need companions to be able to participate. The companion does not actively participate in the game but should only allow the active player to participate

Wrestling

Some children with ADHD present a seemingly unlimited energy and a difficulty in controlling and managing emotions, especially frustration and anger. Wrestling can be a fun and safe activity to channel these emotions in a positive way.

Despite the pitfalls of team sports, many kids with ADHD are strongly motivated to join them for social reasons as well as athletic interest. Indeed, learning to be a part of a team is a thrilling and therapeutic experience for kids who are up to the task.

But whether they choose to pursue team or individual sports, an understanding professional coach or gym teacher who makes adjustments and modifications for ADHD kids can make or break a sports experience for the child.

Practical content: one of the other benefits of wrestling for the ADHD child is the fact that it doesn't require a whole lot of thought. There is some thought, as you size up your opponent and try to figure out the best way to take them down, but for the most part, a good wrestler simply reacts to any situation that arises so that they can gain the advantage. This ability can help the child in other areas.

Divide the children into groups of two and introduce them to the basics of wrestling: In the process, change the wrestlers that the winners of each team competed with each other and then determine the final winner of the game.

Wrestling encourages discipline. By doing these things that they may not enjoy very much in order to achieve the satisfaction of a victory, they learn that applying themselves and working hard will get them what they want in life, whether it is a match win or a college education.

Wrestling also teaches sportsmanship in a way that other sports aren't always able to manage. Opponents are always required to shake hands, before and after each match, and often they will embrace each other after the match, or the loser may raise the winner's hand in victory. The sport is very mentally and physically challenging, and often outsiders don't understand just how challenging it is. The understanding that wrestlers have of what they deal with in order to compete in this sport leads to an intense respect for each other, even admiration.

Even though wrestling teaches sportsmanship, it also teaches a unique form of competitiveness. Wrestlers are members of a team. However, to train for matches, the team wrestles each other. In a sense, your teammate becomes your competitor. You have to work harder: you have to beat your teammate in practice to stay on the team. You have to be better than all those in your weight class on your team in order to compete for the team. You have to train more than your opponent in a match if you want to beat them. Yet, for all that you do in order to beat those you are up against, you still respect and admire them when they beat you, because you know how hard they must have worked in order to do so, and you might even forge a few friendships.



"Wrestling encourages discipline"

