



BEST PRACTICES IN THE FIELD OF MOTIVATING CHILDREN AND YOUNGSTERS WITH MENTAL AND DEVELOPMENTAL DISABILITIES

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Project - Sport for Every Child: Fit Kids!
Erasmus+ SPORT PROGRAMME, SSCP



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TABLE OF CONTENTS

INTRODUCTION	3
FUTSAL	4
THE WALL IS NOW BEHIND US - RUGBY	5
KARATE	6
VOLLEYBALL UNIFIED	7
ATHLETICS UNIFIED	8
EUROPEAN COMPETITION - ECAP	9
FILO dal CANESTRO	11
INNOVATION FOR SKILLS IN SPORT AND INTELLECTUAL DISABILITIES	13
SPORT per TUTTI	15
TRY TO RIDE	16
INVOLVEMENT OF YOUNG PEOPLE WITH SPECIAL NEEDS IN SPORTS ACTIVITIES	17
MINI OBSTACLE CHALLENGE	18
INCLUSIVE JUDO GROUP	20
SPECIAL ‘TELOVAJ’	21
YOUNG ATHLETE	22
DAY CENTER ‘St. John Chrysostom’	23
NATIONAL SWIMMING TOURNAMENT	24
WATER WAY	25
CENTER FOR ADAPTED PHYSICAL ACTIVITY "BRAVE HEART"	26
TOURNAMENT FOR YOUNG PEOPLE WITH DISABILITIES	27
EQUESTRIAN THERAPY	28
RECREATIONAL FITNESS TRAINING CENTER	29
INTEGRATED CHILDREN SPORTS FESTIVAL ‘YOU ARE PART OF US’	30
BUCHAREST MARATHON	31
SWIMMING	32
HORSE THERAPY	33
BONDS SPORT PROGRAMME	35
INCLUSION THROUGH SPORT	36
SPORTS COURSES IN PUBLIC EDUCATION CENTERS	37
FOOTBALL LEAGUE	38
HAPPY WEDNESDAY	39
ACCESSIBLE YOUTH CAMPS	40
SCOUT CAMP FOR SPECIAL CHILDREN	41
PARA PEPP	42
FLOORBALL	43
SWING PING PONG AND BOLLEY	44
DISC GOLF	45
THE INTERNATIONAL PHYSICAL LITERACY ASSOCIATION, MAY 2014	46

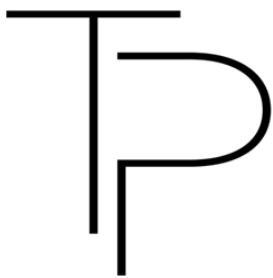
INTRODUCTION

One of the greatest values of modern society is to provide equal opportunities for all children to get involved in education and other important social activities. The project “Sport for Every Child: Fit Kids” encourage social inclusion and equal opportunities of children and youngsters with developmental disorders in sport activities. The main goal of this project is to develop a modular based Physical Education methodology of sport activities, sport games and exercising for this category of children.

This booklet describes good practices related to the inclusion of children with developmental disabilities in sports activities from 6 countries participating in the project: Serbia, Italy, Bulgaria, Slovenia, Sweden, and Turkey. Some of the good practices described in this booklet include specific categories of children, but most of them are dedicated to children with different categories of developmental disorders: motor, sensory, mental disorders, physical disabilities, emotional problems, attention deficit hyperactivity disorder, autism spectrum disorder etc. It is important to note that some of the good practices are dedicated to joint sports activities of children with developmental disabilities and children of regular developmental course.

Good practices for children with developmental disabilities described in this booklet include a wide range of sports activities: basic games, running, swimming, basketball, futsal, volleyball, skiing, rugby, karate, judo, hiking, disc golf, floorball, table tennis, equestrian therapy etc. These sports activities have a dual function: to improve children's motor skills and to improve their psychological development. The main goal of these programs is to influence the balanced motor development of children, which includes development of their endurance, strength, flexibility, coordination, body posture, muscle tone, balance, use of hands, etc. On the other hand, the participation of children with developmental disabilities in sports activities can improve many psychological functions: space orientation, social skills, communication skills, motivation, emotional stability and emotional control, sense of responsibility, self-discipline, learning ability, concentration, patience and memory, independence, self-image, self-confidence, self-discipline, perseverance, and sense of belonging. Moreover, the participation of children with developmental disabilities in sports activities can help them to be accepted by society on an equal basis.

We hope that this booklet will be a good guideline for all those interested in the realization of projects related to inclusive sports. We also hope that we will contribute to the development of basic human values that indicate that every person is important and valuable and deserves the full attention and commitment of experts, in this case in the field of sports.



1

FUTSAL

- **From Serbia**
- **For people with disabilities and developmental disorders**

- **Name of Coordinator**

Futsal club "Mungosi"
Nemanja Kovacevic (coordinator)

- **Benefits**

Within the Futsal club "Mungosi" there is a section for people with disabilities and developmental disorders since 2010. The integration of children with disabilities implies equal upbringing and education for all children, including children with disabilities. The integration of children with developmental disorders has a double significance – on the one hand it enables the inclusion of children with disabilities in community life on an equal basis, and, on the other hand, children from regular population become aware of the diversity and specificity of human capabilities and potentials, which helps to deliver empathy, humanistic values and respect for human rights. Participation in sports and recreational activities is in itself an experience in which every child finds great pleasure. Due to its inventiveness, sports game encourages activity of spirit, determination, competitive spirit, self-awareness... Children confirm their psychophysical abilities within sport activity, provided that it is selected, well organized, adapted to the character, degree and current abilities of children. Thus, such sports game becomes a very useful means of adaptation and self-affirmation.

- **Description**

The section gathers 40 people with disabilities and developmental disorders, divided by age and different forms of disabilities: people with cerebral palsy, people with autism, people with L. Down syndrome, people with hearing impairment, people with intellectual disabilities. Coaches trained to work with people with disabilities, as well as experts from medical institutions and the Faculty of Sports and Physical Education, University of Belgrade are participating in the implementation of activities. The club cooperates with relevant institutions such as: the Association for the Promotion of Inclusion "Serbia", the Sports Association of Persons with Disabilities of Belgrade, as well as all families who want to include their children in sports. The section for children with disabilities and developmental disorders participates in various domestic and international competitions, and as part of its annual work program has the following plans:

1. Organization of a league for children with disabilities and developmental disorders on the FSB playgrounds in Ada Ciganlija. 10 teams and 150 participants are expected to participate.
2. Participation in the "Special Power League" sports games in Rovinj, Croatia.
3. Participation in the "OAZE" sports games in Sarajevo, BiH.
4. Sports meeting with the Association of People with Down Syndrome from Skopje, Macedonia.

- **Link**

<http://www.kmfmungosi.rs/>

- **Contact**

Bojana Milicevic +381 60 0705 657



2

THE WALL IS NOW BEHIND US - RUGBY

- **From Serbia**
- **For children with down syndrome**
- **Name of Coordinator**
Royal Belgrade Rugby Club
Milan Mitrovic
- **Benefits**

Through continuous education of parents and club members, people with Down syndrome become involved in the club's sports life and achieve social integration. The direct benefits of the program are:

- Satisfaction with joining the team, as well as personal and team satisfaction with the achieved goal.
- Increasing the orientation in space.
- Adopting the rules of the game and respecting them.
- Increasing solidarity, attention and care for other team members.
- Independence and personal care before and after sports activities.
- Development of awareness of one's own body.
- Continuous education of parents, local authorities, citizens, educational institutions.

- **Description**

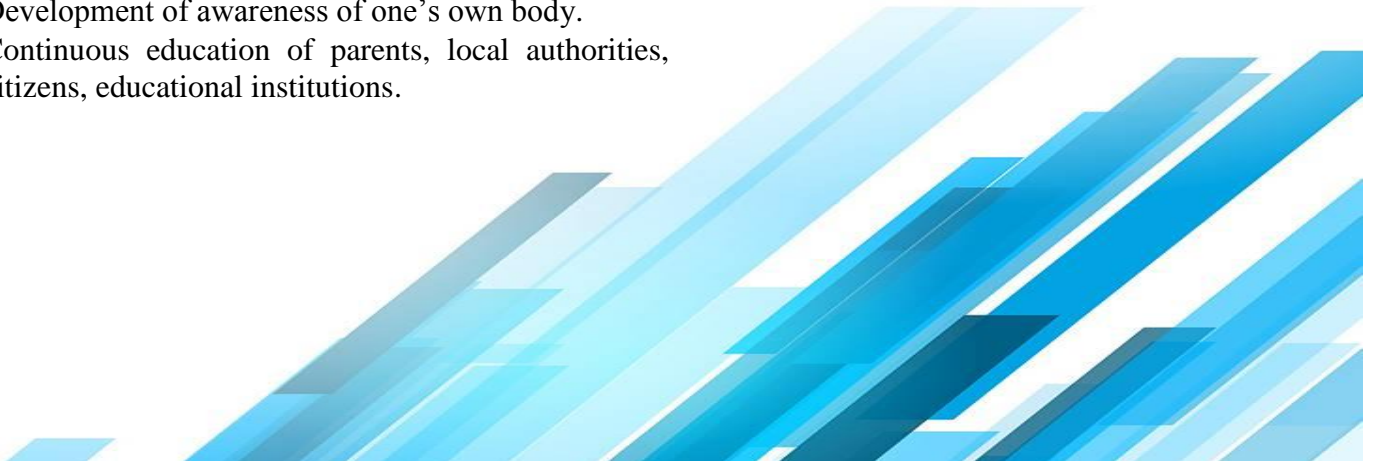
People with Down syndrome learn simple and somewhat more complex elements of rugby, learn to outplay their opponents, as well as work with teammates to achieve a common goal. The emphasis is on two rules: to ground the ball behind the opponent's try line and to bring to the ground the opponent's player who is caught. The children run and ground the ball in the in-goal area, and if they are caught, they help the one on the ground, thus testing their abilities and overcoming the fear of falling or catching by the opponent, which is very important for children with Down syndrome.

- **Link**

<http://www.kbrk.rs/>

- **Contact**

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3

KARATE

- **From Serbia**
- **For people with disabilities**
- **Name of Coordinator**

Sports Karate Association for people with disabilities "Europe"

Livius Bunda – Head coach

- **Benefits**

The association gathers about 50 people with different types and degrees of disability, different genders and ages. The users of this program, which is designed by the famous trainer Livius Bunda, achieve very significant improvements in their health, motor skills, certitude and perseverance, as well as a significant increase in social interactions and sociability.

- **Description**

Trainings are held at several locations in Belgrade. The work involves coaches who have completed the appropriate faculties of sports, as well as medical staff, special educators and sports psychologists. As a result of such organized work, a large number of medals were won on the domestic and international scene, including two bronze medals at the European Championship in 2021. Intensive cooperation has also been established with a number of clubs that practice other sports for people with disabilities.

- **Link**

<http://www.karateclubeuropa.net/>

- **Contact**

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4

VOLLEYBALL UNIFIED

- **From Serbia**
- **For children and youth with mental disabilities**
- **Name of Coordinator**

Sports Club “Singidunum”
Andjela Brankovic

- **Benefits**

Involvement and connecting of children and youth in the social life of the community through sports activities is one of the best examples of social inclusion. For the children and young people with developmental disorders, participation in sports activities provides an opportunity for physical and social development; through socializing and travels, it contributes to the overall impact on the development of social skills, self-respect and self-esteem.



- **Description**

Sports club for persons with developmental disorders “Singidunum” exists for 18 years and within its programs it has inclusive programs in which children with developmental disorders and children from the regular population train and compete together. The club trains 80 children and young people with developmental disorders and 45 children from the regular population. UNIFIED women’s volleyball team has been actively coaching children and competing for many years, and some of the best results are a bronze medal at the 2015 Summer Special Olympics in Los Angeles (USA), as well as bronze medal at the 2019 Summer Special Olympics in Abu Dhabi (UAE).

The staff at the club consists of physical education professors trained for working with children with developmental disorders at the Faculty of Special Education and Rehabilitation, who also work as physical education teachers in special schools, as well as of special educators with the title of operational coach, trained at the Faculty of Sports and Physical Education and employed in special schools as well.

- **Link**

Facebook: Sports club Singidunum

- **Contact**

Andjela Brankovic +381 60 6615 655



5

ATHLETICS UNIFIED

- **From Serbia**
- **For children and youth with mental disabilities**
- **Name of Coordinator**

Sports Club ‘Singidunum’
Andjela Brankovic

- **Benefits**

Involvement and connecting of children and youth in the social life of the community through sports activities is one of the best examples of social inclusion. For the children and young people with developmental disorders, participation in sports activities provides an opportunity for physical and social development; through socializing and travels, it contributes to the overall impact on the development of social skills, self-respect and self-esteem.



- **Description**

Sports club for persons with developmental disorders “Singidunum” exists for 18 years and within its programs it has inclusive programs in which children with developmental disorders and children from the regular population train and compete together. The club trains 80 children and young people with developmental disorders and 45 children from the regular population.

Young people in the club can opt for several sports: athletics, volleyball, basketball, swimming, skiing. The club has signed a protocol on cooperation with the Faculty of Sports and Physical Education, so the trainings are held in the faculty hall. Good cooperation with the Serbian Institute of Sport and Sports has resulted in us holding athletics trainings at the Athletic Stadium of this Institute. Athletes who are involved in the athletics training process participate in the national championships of the Special Olympics of Serbia and international competitions of the Special Olympics.

The best achieved international athletics results are: a silver medal in the 100 m run at the Eurasian Athletics Meeting in Russia in 2012, and a gold medal in the 100 m run at the 2015 Summer Special Olympics in Los Angeles, USA.

The staff at the club consists of physical education professors trained for working with children with developmental disorders at the Faculty of Special Education and Rehabilitation, who also work as physical education teachers in special schools, as well as of special educators with the title of operational coach, trained at the Faculty of Sports and Physical Education and employed in special schools as well.

- **Link**

Facebook: Sports club Singidunum

- **Contact**

Andjela Brankovic +381 60 6615 655

6

EUROPEAN COMPETITION - ECAP

- **From Italy**
- **For autistic people**
- **Name of Coordinator**

Associazione Sport e Società' –
Progetto Filippide per L'autismo e le Malattie Rare

- **Benefits**

The ECAP project has strongly impacted on different targets:

For young athletes with autistic syndrome, ECAP allowed to:

- challenge their difficulties to interact with other social groups during sport training sessions, yet enhancing verbal and non-verbal communication skills;
- strengthen their sport abilities rather than focusing on their impairments, as they will take part in targeted training schemes finalised at sport competitions;
- Improve physical.

Volunteers and social workers attended the European competition as beneficiaries of the sport training programmes targeted at the needs of disabled athletes. Volunteers are an integral part of not-for-profit organisations, as they doubled each athlete in his everyday activities and sport training. Besides their professional experiences, they require specific communication abilities and sport skills to support athletes during their social inclusion process.

For participating organisations, ECAP allowed to: share new knowledge about training schemes within the disability sport sector applied to autism; gain new understanding of specific intellectual disability issues linked to the autistic syndrome; experience social inclusion practices linked to the sport sector; have the chance to contribute to the design of a sport training schemes targeted at autistic athletes, then testing activities and familiarising with the autism syndrome in sports; gain and share knowledge about training programmes to educate their volunteers.

- **Description**

With the aim of raising awareness on the intellectual disability path in sport activities, the ECAP project has developed the first European sport event dedicated to autistic syndrome within the EU. The main characteristic of this action has involved a great number of athletes with autistic syndrome. The Filippide project experienced a different sport methodology, preventing autistic athletes from highlighting their impairments, as they are motivated by given priorities and sport objectives.

The ECAP event took place in Rome in November 2017, and it aimed at increasing visibility of sports events promoting inclusion, by targeting participation of disadvantaged groups, training paths and cooperation among public institutions. The ECAP will increase participation in physical activities with a focus on grass-roots sports as running and swimming, by supporting the sport for all concept, sport participation, working and volunteering in sports.



By innovating the sport domain with new sport training practices and by raising awareness on intellectual disabilities at EU level, the project has performed the following activities:

- Run for Autism, an open competition including autistic and neurotypical athletes;
- Swimming cup for autistic athletes
- ECAP opening ceremony introducing the event following the model of the Olympic Games
- Autism Multisport day training athletes for swimming, running and sailing sports competitions
- Sport training activities targeted at the needs of autistic athletes
- Seminars related to the disability sport sector.

During the ECAP project volunteers and social workers were trained by sport experts: participants of the training scheme learnt about their role within the sport system, their responsibilities and innovative training solutions (by music too) to get to know the disability sport sector.



• Link

<https://ecapfilippide.eu>

• Contact

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7

FILO dal CANESTRO

- **From Italy**
- **For autistic and disabled people**
- **Name of Coordinator**
L'Associazione Il Filo dalla Torre

- **Benefits**

The aim of the "Filo dal Canestro" project is to give autistic and disabled people the opportunity to play basketball in a structured and protected context, suited to the needs of people with relational, communication and behavioural difficulties.

- **Description**

The "Il Filo dal Canestro" Project - Basketball, Autism and Disability - was set up in 2003, with the aim of offering people with autism the chance to experience sport in a group of their peers through basketball, thanks to the methods envisaged by the P.E.I.A.D. approach (Integrated Educational Project for Autism and Disability).

Over the years, the project includes not only basketball training sessions within the group of participants, but also integration experiences with under 14, 17 and 19 teams.

Basketball is particularly suited to work with autistic children and young people, due to a number of characteristics inherent in the game itself.

First of all, it is an intuitive sport, so any person approaching this game, even for the first time, can understand what the aims are and, therefore, can play or follow a game without having any special knowledge.

Basketball is a team sport that takes place 'face-to-face' and puts the players in contact with each other, creating a lot of dynamism and movement, but at the same time maintaining a structural order, which is fundamental in the practical engagement of children with difficulties.

The main tools of basketball are the ball and the basket.

Through the ball, one interacts and comes into contact with others, it thus becomes a vehicle for mediation and communication.

The other instrument, the basket, is placed high up and challenges each child to overcome the laws of gravity in order to reach it. In addition, it is small and narrow and therefore requires precision in shooting.

Another important aspect is the dimension of the pleasure of being together, of playing, of making a basket and this awakens a vital force, which provides the energy to overcome the fatigue, which autistic people face daily, to communicate and interact with others.

Finally, the game of basketball can be associated with the experience of human communication through the ball, in which giving the ball means giving the word, taking the ball means taking the word, waiting for the turn of the game means waiting for the turn of dialogue and going to the basket means projecting oneself into a project and scoring.



The project is managed by the following staff:

- A supervising psychotherapist, founder of the PEIAD approach, responsible for the systemic supervision of the project.
- A supervising psychologist, responsible for the Associazione Il Filo dalla Torre ONLUS, responsible for the relational supervision of the work.
- A psychologist, PEIAD consultant, responsible for the technical supervision of the work
- A professional minibasket coach, with specific training in the field of disability and autism
- Former players, voluntary collaborators
- Operators specialised in the field of autism and the PEIAD approach, with knowledge of the fundamentals of basketball
- Volunteers trained in the PEIAD approach
- Trainees from the faculties of Psychology and Education Sciences.

● Link

<https://www.filodallatorre.it/index.php/attivita/integrazione-sociale/il-filo-dal-canestro/185-progetto-il-filo-dal-canestro>

● Contact

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 – Mobile phone: 3355778869 - Email: info@filodallatorre.it.



8

INNOVATION FOR SKILLS IN SPORT AND INTELLECTUAL DISABILITIES

- **From Italy**

- **For young people with intellectual disabilities**

- **Name of Coordinator**

Cooperative Umanista Mazra Cooperativa Sociale
a Responsabilita Limitata Onlus

- **Benefits**

Access to and participation in sport and physical education provide an opportunity to experience social inclusion for people otherwise marginalized by social, cultural or religious barriers caused by disability or other forms of discrimination. Through sport, individuals experience equality, freedom and a dignifying means for empowerment.

- **Description**

The INSIDes project aims at promoting participation in sport and physical activities for young people with intellectual disabilities by developing socio-professional competences, technical and soft skills of youth workers and trainers through 1 innovative model integrating non-formal learning, peer-learning, virtual learning and mobility in the field of Sport and Physical Activities addressed to young people. 5 Partners from EU/non-EU countries (IT, GR, BR, SI, TR) are involved in project implementation.

Training materials, methods and tools delivered during the project – which will be available as OER in the Platform, as an element for project sustainability – aims to offer high quality capacity building activities at the core of the project. Capacity buildings for youth workers and trainers will combine:

- Virtual Learning programme, mainly inspired by the socio-psycho-pedagogical discipline "Globality of Languages" (GdL) - by Stefania Guerra Lisi.
- Youth workers and trainers exchanges to achieve competences, soft and technical skills in the field of Sport&IDs, based on non-formal activities and peer-learning laboratories.

“The Globality of Languages is a discipline inherent in the human relationship with all the communicative-expressive languages and styles that each of us (starting from our own socio-psycho-physical characteristics and conditions) puts into action in its relationship with the anthropic and natural world.”



“The GdL expert (MusicArTerapeuta in GdL) has specific expertise in the decoding of non-verbal languages and in the construction of individual pedagogical / educational, therapeutic, rehabilitative, training or animative paths, in favor of all people, but even more in favor of those who live in a condition of severe existential distress (people with even very serious disabilities such as autism, non self-sufficient elderly people, people with severe mental and / or sensory discomfort, people in a coma, children in conditions of severe socioeconomicultural discomfort ...).”

- **Link**

<https://www.insidesproject.eu/>

- **Contact**

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INSIDES
Skills, Sports and Disabilities



9

SPORT per TUTTI

- **From Italy**
- **For children with autism**

- **Name of Coordinator**

Ass. TAM – Tieni A Mente

- **Benefits**

The objective of the project is to offer children with autism spectrum disorders the opportunity to engage in sports with other peers.



Presidenza del Consiglio dei Ministri
Dipartimento per le Pari Opportunità



- **Description**

The Sport per Tutti project, with the support of the Ministry of Equal Opportunities, was born out of the development of the SportivaMente project, carried out by the TAM - Tieni A Mente Association.

The association TAM - Tieni A Mente promotes a MINI TENNIS course.

The children and young people enrolled are supported by qualified staff, federal instructors and psychologists - specialised in Applied Behaviour Analysis - from the association in an atmosphere of social integration. The activities, in fact, will be carried out together with normo-typical children in the host sports centre.

ACTIVITIES:

- Two hours per week of tennis lessons for children/young people.
- Two hours per week of sports activities for one accompanying person (at the same time).
- **TARGET GROUP:** children and young people with relational and behavioural disorders, aged between 6 and 20.

- **Link**

<http://www.tieniamente.it/sport-per-tutti/>

- **Contact**

Via Giambattista Vela, 91, Napoli quartiere Barra

10

TRY TO RIDE

- **From Italy**
- **For youth and children with intellectual disabilities**

- **Name of Coordinator**

Centro di riabilitazione equestre - a.n.i.r.e.
girolamo de marco onlus

- **Benefits**

Therapeutic riding has multiple physical benefits as improvement in joint mobility, balance and coordination, decreased spasticity, sensory integration; psychological benefits as increased self-confidence through improved self-image, improved learning, concentration, spatial awareness, an incentive and opportunity to take responsibility and control; social benefits as relationship and inclusion.



- **Description**

TRYDE project aims at promoting equal opportunities and education in and through sport, increasing social inclusion and autonomy of Youth with Intellectual Disabilities through 1 transnational model of innovative inclusive practices focusing on Autism, based on Therapeutic Riding (TR), EU networking & capacity building in the field of Sport and Disability. Therapeutic Riding, in agreement with the most recent psycho-motor theories, is a global therapeutic method that considers the whole person as a subject (rather than object) of the rehabilitation. The human-horse relationship, placed in a specific structured setting, is the central point of the therapeutic intervention. The horse becomes therefore an active component of therapeutic program. For youth with Intellectual Disabilities (IDs), sport could be a privileged vehicle in the path forward inclusion, and Therapeutic Riding is recognized as one of the more progressive forms of therapy.

TRYDE is focused on Youth with Intellectual Disabilities - especially Autism - and all participants organizations are experts and professionals in the field.

The project foresees a Cross-sectorial research phase with networking and exchange of good practices (WP2), a virtual training course based on materials and tools targeting professionals and experts in the field of IDs and TR programs for youth with ASD at EU level (WP3) and communication and dissemination phase with involvement of relevant stakeholders (including Policy makers) presenting the TRYDE model for further exploitation at institutional/non institutional level (WP4).

- **Link**

<https://www.ndsan.it/trytoride>

- **Contact**

CENTRO DI RIABILITAZIONE EQUESTRE -
A.N.I.R.E. GIROLAMO DE MARCO ONLUS
VIA GUIDO D AREZZO 47/A 00198 ROMA
<https://www.cre-girolamodemarco.org/>

11

INVOLVEMENT OF YOUNG PEOPLE WITH SPECIAL NEEDS IN SPORTS ACTIVITIES

- **From Slovenia**
- **For young people with special needs**
- **Name of Coordinator**
- **Benefits**

Local Activity Group loškega pogorja (LAS)

The aim of the project is to increase the sports participation of young people with special needs in sports activities and thus raise their quality of life. By engaging in new activities, young people will have more social contacts, which will contribute to their self-image, break stereotypes and reduce the social exclusion of young people with special needs.



LAS

Lokalna akcijska skupina
loškega pogorja

• **Description**

Through this project, sport programs for young people with disabilities have been designed and training of mentors have been carried out to help youngsters acquire new skills and knowledge and thus improve their social inclusion.

Due to their developmental characteristics, a special approach, treatment, understanding and also special conditions for work were needed. Cooperation was especially valuable, as these people usually have a less active lifestyle and are usually less involved in social networks thus, sports activities represent an opportunity for them to socialize.

The focus was on skiing and hiking, thus ensuring engagement both in winter as well as in the warmer months.

The adaptation of sports activities depended on the type and degree of disability and was carried out in three directions:

- adjusting the rules of the game,
- adaptation of sports equipment,
- adapting work methods in learning sports activities.

By simplifying motor and perceptual tasks such as: replacing hiking with strolling, slowing down the pace, reducing the distance to the goal, lighter and colorful accessories and last but not least adaptations of sports equipment, work methods and playing rules sports activities became interesting and varied.

• **Link**

<https://las-pogorje.si/projekti/projekti-clld/vkljucevanje-mladih-s-posebnimi-potrebami-v-sportne-aktivnosti/>

• **Contact**

info@las-pogorje.si

12

MINI OBSTACLE CHALLENGE

- **From Slovenia**

- **For children with special needs**

- **Name of Coordinator**

Sport club Oviratlon in cooperation with the University Rehabilitation Institute of the Republic of Slovenia – Soča

- **Benefits**

So called “Mini Obstacle Challenge” is an annual sports competition for children with special needs where many famous Slovene athletes help children to overcome obstacles in a vibrant training ground at the premises of the University Rehabilitation Institute of the Republic of Slovenia - Soča. Children experience this event in socializing with famous Slovenes and besides their physical skills they develop also their social skills. Children learn that with joint efforts and courage to overcome obstacles that may seem insurmountable at first glance, no challenge is too demanding.



- **Description**

In Mini Obstacle Challenge the children’s endurance, strength, agility, mental strength and ability for team work are tested.

Eight different types of obstacles are set in a gym, the participants are guided through the drill with the help of famous Slovenes:

1. Getting over obstacles:

Participants have to overcome a different type of obstacles (a bale of straw/ benches/a wooden reel) to test their mobility.

2. Sled pulling:

Heavy weight is tied with the chunky rope. The participants drag the rope towards themselves. The exercise tests strength, power, and endurance.

3. Weaving through the cones:

Five cones are lined up in a row (a bit more apart than an average stride). Participants start at one end and weave through the cones, running without knocking them over.

4. Running through tires:

Car/bicycle tires are placed in a row side by side. This activity tests power and improve footwork by skipping through tires.

5. Crawling through the tunnel:

The crawling or scooting movement through a tunnel develops child’s gross motor skills and teaches them to control their arms and legs.

6. Kicking a ball into the goal:

It improves motor skills and coordination.

7. Balance beam:

As the name states, exercise tests the balance.

8. Moving through uneven terrain:

Participants run over the wobbling board. For overall stability.

- **Link**

<https://www.oviratlon.si/>

- **Contact**

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INCLUSIVE JUDO GROUP

- **From Slovenia**
- **For children and adolescents with special needs**
- **Name of Coordinator**
Železničar Judo Club

- **Benefits**

The group is intended for all children with special needs, mental disabilities, other developmental problems/disorders and people with reduced mobility, who due to their special needs are not able to integrate successfully into other social groups.

Inclusion in a broader sense advocates the preservation of the identity of the individual upon his integration into society, while the principle of inclusion is based on the fact that the environment also learns something from minorities.

As sport in general and martial arts in particular are the bearers of the philosophy of mutual respect, they are therefore a suitable environment for the development of inclusion. Inclusion in sport is based on equal opportunities for all athletes. This means that athletes with special needs can choose sports programmes on an equal footing with other athletes who do not have special mental barriers. It is about integrating athletes with diverse abilities into normal sports environments at all levels, both recreational and professional, at all ages and in all sports.

“Judo for all” concept includes judo enthusiasts with diverse abilities and enables training and competition to all judokas who want it; just as the one with certain illnesses as those with certain psychophysical conditions, which make it necessary to adjust judo practice.

- **Description**

The training is individually tailored to each individual according to their abilities and is performed with professionally trained staff.

It begins with a greeting and warm-up. Throughout the training exercises are performed in pairs. At the same time, help is encouraged among the group members themselves (the stronger help the weaker ...). By paying attention to each other, observing, helping and looking after each other, judokas also develop their abilities. During the technical part of the training various throwing techniques, falls, and final techniques are being performed and repeated to gain as much knowledge as possible. By mastering techniques, children increase their physical and mental endurance. Also, the game is always included in the training, either with or without aids, depending on the game. At the end of each workout, various relaxation techniques such as breathing exercises or meditation are performed.

- **Link**

https://www.judo-zeleznicar.si/?page_id=444

- **Contact**

+386 40 331 995



SPECIAL “TELOVAJ”

- **From Slovenia**
- **For children with intellectual disabilities and autism**
- **Name of Coordinator**

Society for the Culture of Inclusion in cooperation with Faculty of Sport

- **Benefits**

Special Telovaj is one of the most extensive sports programs. The target group is children with intellectual disabilities and autism, who mostly attend a special education program and have low cognitive functions and mostly movement limitations and need an individualized exercise program.

The programme also provide children with the opportunity to spend quality free time with the awareness that by engaging in sports, in addition to the development of motor skills, they are provided with social experience, sense of belonging and team spirit.

With exercise, the principle of inclusion in group exercise is followed, as sports activities create a relaxed environment where children can also learn social skills, which are often less developed in the mentioned population. Therefore, within a group exercise, the leader performs focused individual work with each child individually.



- **Description**

Special Telovaj is a continuous exercise activity during the school year, which takes place twice a week for 45 minutes. The advantage of the exercise is the individual monitoring of each child, which is taken care of by the trainer. The goals for each participant are prepared within his/her abilities, keeping in mind the greatest possible social inclusion, which means that more children participate in the training, and individual support is provided by the program manager with the support of qualified volunteers. In younger children, the emphasis is on developing natural forms of movement, which are fundamental motor skills. At the same time, they are important for overcoming some of the movement limitations that participants have. In older children, or for those who achieve a certain level of motor skills, focus is on the development of specific motor skills and sports games. The best interests of the child are at the forefront.

- **Link**

<http://www.drustvozakulturoinkluzije.eu/sportni-programi/specialni-telovaj-2/>

- **Contact**

drustvo.zakulturoinkluzije@gmail.com



YOUNG ATHLETE

- **From Slovenia**
- **For people with intellectual disabilities**
- **Name of Coordinator**
Special Olympics of Slovenia

- **Benefits**

The Special Olympics is a way of life for people with intellectual disabilities, and also their families. The result of this idea is the preservation of psychophysical abilities and general socialization of people with intellectual disabilities. The slogan of the Special Olympic Movement is: "Let me win, but if I can't win, let me be brave in my attempt."

Guidelines of the programme:

- Children with intellectual disabilities progress through cognitive, physical and social development through exercise.
- The general public is acquainted with the life and work of people with special needs.
- The program is helpful to parents. They get acquainted with the Special Olympics at an early stage of a child's development and thus build a network of mutual parental help and mutual cooperation.
- Children get acquainted with sports already in the pre-school period, acquire various skills and have many opportunities to participate in the sports programs of the Special Olympics even after reaching the age of eight.
- Various activities are an excellent stimulus for children in their development, and whole families can gain positive experiences through mutual cooperation and children's play.

- **Description**

The Young Athlete is a customized sports program for children with intellectual disabilities aged 2-7 years. It was designed by a team of experts in the Special Olympics with the desire to provide preschool children with special needs with appropriate forms of motor activities that will have a beneficial effect on their development.

The program is designed in a way that allows a lot of variation and adaptation to the individual child's needs, so it can also be adapted to children with other developmental disorders. The children perform various activities according to the program on a weekly basis. The acquired knowledge is passed on to the parents at sports days and final sports games, where children also received medals for their efforts.

- **Link**

<https://www.specialna-olimpiada.si/mladi-sportnik/>

- **Contact**

so.slovenija@gmail.com



DAY CENTER “St. John Chrysostom”

- **From Bulgaria**
- **For children and young people with mental disabilities**
- **Name of Coordinator**
Day center for children and young people with mental disabilities “St. John Chrysostom”

- **Benefits**

Children and young people with mental disabilities.



- **Description**

The day center for children and young people with mental disabilities is a state delegated activity. The service is provided by DCCYPMD “St. John Chrysostom” – secondary administrator of the Municipality of Varna. The center is the first in the country, established in 1992.

This is a complex social service in the community with a capacity of 40 places to support children and young people with mental disabilities. The center creates conditions for communication that meet the daily and rehabilitation needs of the children.

The main aims are: to support social inclusion and to prevent accommodation in a specialized institution with the help of a multidisciplinary team; to satisfy the general and specific needs of consumers; to achieve the maximum degree of independent living and social inclusion.

The day center is a multiple winner of prizes in all its performances, including the National Competition for People with Disabilities, held annually in Shumen.

- **Link**

<https://www.socialnideinosti-varna.com/bg/subcategory/socialni-uslugi-za-deca/dneven-centyr-za-deca-i-mladeji-s-umstvena-izostanalost-sv-ioan-zlatoust/>

- **Contact**

dddmui@abv.bg



NATIONAL SWIMMING TOURNAMENT

- **From Bulgaria**
- **For children with motor and mental disabilities**
- **Name of Coordinator**
“Voden pat” (Water Way) Foundation
- **Benefits**
Children with motor and mental disabilities.



- **Description**

“Voden pat” Foundation annually organizes and conducts a swimming competition for children with motor and mental disabilities (up to 17 years). Children compete in the following disciplines: 25m. back, 25m. freestyle, 50m. back, 50m. freestyle, 25m. dolphin, 100m. combined swimming and 4x25m. mixed relay (team).

- **Link**

<https://www.facebook.com/events/522790362066129/?ref=newsfeed>

<https://waterway.bg/>

- **Contact**

dinfo@waterway.bg



18

WATER WAY

- **From Bulgaria**
- **For children with motor and mental disabilities 1-17 years old**
- **Name of Coordinator**
“Voden pat” (Water Way) Foundation

- **Benefits**

Children with motor and mental disabilities aged 1-17 years.



- **Description**

“Voden pat” (Water Way) Foundation is established in 2003 and licensed by the SACP (State Agency for Child Protection) and the ASA to provide social services for children. The main activity of the foundation is focused on water rehabilitation and adapted swimming.

The foundation is the first organization in Bulgaria to introduce water rehabilitation for children with motor, mental and sensory disorders. Since its establishment in 2003, the organization has implemented various projects related to the development of water rehabilitation and adapted swimming. The long experience of the team of kinesi therapists and their professional attitude over the years have contributed to the improvement of the quality of life of many children with special needs. Water rehabilitation and adapted swimming are carried out in pools of different sizes. The target group of the foundation are children aged 1-17 with motor, mental and sensory disorders and includes children with cerebral palsy, birth trauma of the plexus brachialis, visual and auditory disorders, musculoskeletal disorders, Perthes' disease, Down's syndrome, hemophilia and others.

- **Link**

<https://waterway.bg/>

- **Contact**

info@waterway.bg

19

CENTER FOR ADAPTED PHYSICAL ACTIVITY "BRAVE HEART"

- **From Bulgaria**
- **For children and adults with physical and mental disabilities**
- **Name of Coordinator**
"Bulgari" Foundation
- **Benefits**
Children and adults with physical and mental disabilities.



- **Description**

The Center for adapted physical activity "Brave heart" is a place that works with people with disabilities, using sports activities. Both children and adults can visit the center. The activities are group and/or individual. The experience of the center is related to: physical disabilities, intellectual disabilities, hyperactivity with attention deficit, conditions from the autistic spectrum, Down's syndrome, mental disorders and specific diagnoses that have led to mental impairments.

Using exercises, games and music, the center aims to develop: the physical potential, the cognitive, psychomotor and emotional spheres and the cognitive functions of the brain: memory, thinking, concentration, attention, perception.

The activities are structured in a way that meets the unique needs of each individual and helps to improve it. The activities have an average duration of 60 minutes, and the fee is related to the number of monthly visits.

- **Link**

<https://foundation-bulgari.com/>

- **Contact**

foundation_bulgari@abv.bg

TOURNAMENT FOR YOUNG PEOPLE WITH DISABILITIES

- **From Bulgaria**
- **For young people with disabilities**
- **Name of Coordinator**
Sports and technical model club, Vratsa
- **Benefits**
Home for children and youth with mental disabilities in the village of Tri Kladentsi.

- **Description**

Sports and technical model club, Vratsa organized an autumn tournament in motor sports with the participation of youngsters of the Home for children and youth with mental disabilities in the village of Tri Kladentsi. 9 boys and girls with special needs took part in the attractive sports competition, which was held on the track "Ognyan Filipov" in the Social Complex in the regional center.

All of the participants in the tournament received diplomas and prizes provided by the Home. The sunny and warm November day has become a holiday for the young people from the home, who are looking forward to the next competitions.

- **Link**
- **Contact**



21

EQUESTRIAN THERAPY

- **From Bulgaria**
- **For children with mental disabilities**
- **Name of Coordinator**
Veselina Feldman
- **Benefits**
Children with mental disabilities.



- **Description**

Communicating with horses brings not only joy but also health. As a method of treatment, it greatly improves the psychological condition of patients. Equestrian therapy is a purely psychological method of treatment that aims to build a connection and emotional contact between the patient and the horse. It is in this communication that children have the opportunity to express themselves, their emotions and problems, and professionals capture them and work to improve their mental state. For a year now, Veselina Feldman has been working with disabled kids from the “Sveti Vrach” Center. This therapy has nothing to do with the popular hippotherapy in Bulgaria and in the West it is known as Equine Assisted Therapy.

The therapy is working with children with difficulties, especially in communication. They have a number of social, emotional, behavioral and cognitive deficits and respond extremely well to this method of treatment. In this communication, children build a bond of trust much more easily and quickly, because horses are very intuitive, emotional and social animals and sense their moods and react very carefully to their every attempt to communicate. The therapy improves the mental state of children with problems that can be of any nature – severe forms of developmental disorders, depression, anxiety and even problems with parents. The therapy is applied to a wide range of psychological issues, but has been shown to be extremely effective in children with autism, Down syndrome, hyperactivity with or without attention deficit.

- **Link**

- **Contact**

RECREATIONAL FITNESS TRAINING CENTER

- **From Bulgaria**
- **For children with mental disabilities**
- **Name of Coordinator**
Community Center “Raina Knyaginya”, Sofia
- **Benefits**
Children with and without mental disabilities.



• Description

In the building of community center "Raina Knyaginya" there is a renovated and well-equipped hall for recreational fitness training of children with special needs. The children are there all day. The center has been operating since November 1, 2019 with the support of Sofia Municipality and Serdika District.

Before training, children eat in a special dining room. The old brewery, which looked like a jungle of trees and bushes is now turned into a bright and modern dining room. The parents got together and cleared the terrain and repaired the former neighborhood pub.

A year ago (when the center first opened), children could not go up and down stairs. They were afraid of the steps and didn't know how to move. They didn't know which was the left and right hand. After hard work today, they participate in competitions and win medals.

The Recreational Fitness Training Center has art therapy, music, gardening and cooking. Specialists work daily with children with Down's syndrome, autism, mental deficit and cerebral palsy. Every day a teacher comes to teach them according to the Montessori system. However, sport is the main activity. In addition to coordination training, children also work on qualities – flexibility, strength, speed and endurance. They also go swimming at the NSA's pool “Madara”.

• Link

<https://www.youtube.com/watch?v=cnRsAImk5M4>

• Contact

INTEGRATED CHILDREN SPORTS FESTIVAL “YOU ARE PART OF US”

- **From Bulgaria**
- **For children with and without physical and mental disabilities**
- **Name of Coordinator**
“Adapted Physical Activity” Federation, Sofia Municipality, Serdika District and BAUHAUS Bulgaria
- **Benefits**
Children with and without physical and mental disabilities.



• **Description**

For June 1 – the international children's day, on 29.05.2021, in the park "Bratska Mogila" an Integrated Children's Sports Festival, "You are part of us" was held. The festival was attended by children with and without physical and mental disabilities. The festival was under the motto "You are part of us", and the focus of the event was mainly on the integration and social inclusion of children and youth with special needs.

The program included: adapted running, cross running, music and cultural entertainment program. There was also a ZUMBA fitness marathon with certified instructors, a demonstration of karate, yoga, pilates and folklore dances. More than 350 children attended the festival.

• **Link**

<http://popotam.bg/events/integriran-detski-sporten-festival-2021>

• **Contact**

BUCHAREST MARATHON

- **From Romania**
- **For children and young people with mental disabilities**
- **Name of Coordinator**
Down Association Bucharest
- **Benefits**
Sport competition for children and young people with mental disabilities.

**Vino în #TeamSpecialOlympics
la Bucharest Marathon
în 16-17 octombrie!**



• **Description**

This 13th edition of the Bucharest Marathon (the Event and all related races) will take place on 10th and 11th of October 2020, organized by THE BUCHAREST RUNNING CLUB ASSOCIATION (the Organizer) in partnership with the ROMANIAN ATHLETICS FEDERATION and BUCHAREST CITY HALL.

The Down Association Bucharest was partner of the event and 10 participants run for 2,7 kilometres.

• **Link**

<https://asociatiadown.ro/2020/10/17/maratonul-bucurestiului/>

• **Contact**

office@asociatiadown.ro

info@downsyndrome.ro



SWIMMING

- **From Romania**
- **For children with autism spectrum**
- **Name of Coordinator**
Help Association

- **Benefits**

- * Adjusting water retention
- * Stimulation of the heart and breathing
- * Improving endurance
- * Burning calories, which will help maintain a healthy weight
- * Ensuring a restful sleep



- **Description**

Children with autism spectrum disorders can benefit greatly from swimming lessons. Below are some practical tips on how to teach them to swim.

Water has a special appeal for many children with ASD - but this fascination can become dangerous, especially when coupled with a natural tendency to curiosity and inattention. Tragically, in the United States, it has been reported that between 2009 and 2011, accidental drowning accounted for 91% of all deaths of children who got lost in homes, schools or caregivers aged 14 or under,

We can help reduce the risk of accidental drowning and bring more joy, confidence and coordination into the lives of children with autism, as well as improve learning in other areas, strengthen bodies and reduce anxiety through swimming lessons. But this is easier said than done and I can tell you that it is difficult to find swimming lessons for a child with special needs. Whether you are hoping to teach your child yourself or are looking for lessons, here's what you need to know.

- **Link**

<https://asociatiasuport.ro/programul-swim-tsa/>

- **Contact**

Tel:0723565484

email: secretariat @ asociatiasuport.ro



HORSE THERAPY

- **From Romania**

- **For children**

- **Name of Coordinator**

Equester, riding club

- **Benefits**

The benefits of physical riding:

- stimulating recovery and balance reactions;
- improving body posture, helping children to walk properly;
- improving flexibility, strength, but also coordination of movements;
- improving breathing;
- normalization of muscle tone;
- symmetrical and independent use of hands;
- gripping skills, much better reflex times.

The benefits of riding in the mental plane:

- increasing self-confidence and emotional stability;
- attention and memory development;
- the emergence and development of language;
- increasing interest in the world around;
- developing patience;
- increasing the capacity to assume responsibilities;
- emotional control and self-discipline;
- interest, respect and care for animals;
- social integration and better communication;
- emotional rehabilitation after various traumas or disorders.

- **Description**

The great thing about riding is that every step of the horse stimulates the child's balance and sensory system.

During the horse's gait, the movement it transmits is identical to the motor pattern of human movement. It is the same movement that the human being makes naturally when he walks.

By the simple fact that a child is riding and the horse is walking, from a motor point of view, a series of impulses are transmitted that stimulate the balance and the sensory system of the child.

A real case

In an article about horse psychotherapy, I read about a woman who adopted four children, one of whom was suffering from Asperger's syndrome. In other words, he was autistic. As the boy could not learn the multiplication table and as his family had two horses, his mother urged him to tell him all the multiplications with 2 of one of them and those with 3 of the other.

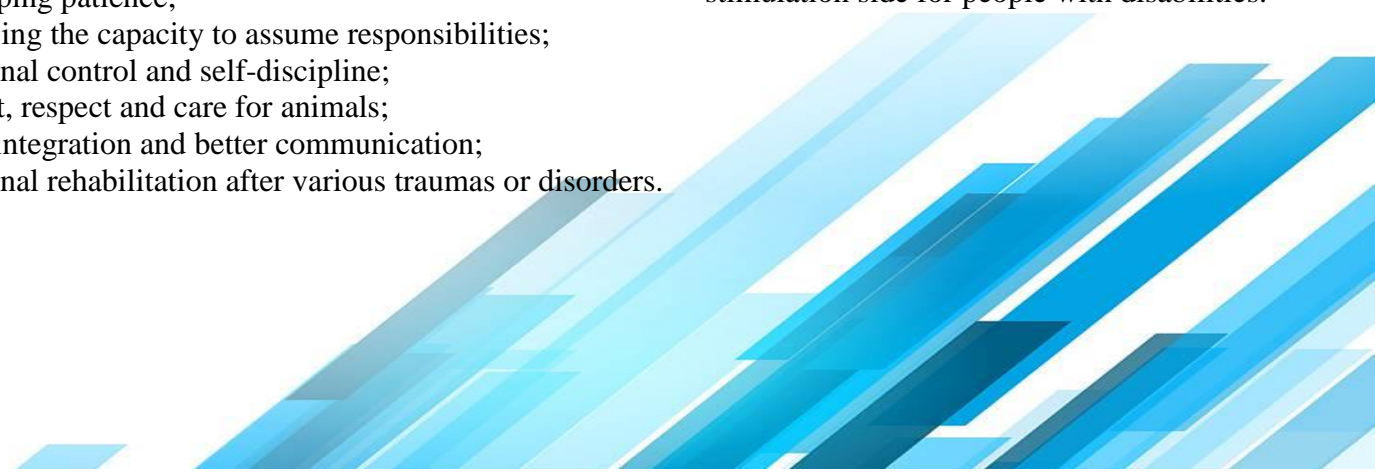
The child managed to learn and communicate to the animals what he learned, but he was afraid that he would have to do the same in front of the teacher. So his mother said, "When he makes you say the multiplication table, you close your eyes and imagine you are telling the horse."

The child did exactly that, and his teacher, surprised by the performance of the autistic student, asked him how he succeeded. "I imagined you were a horse," the boy told him.

Beyond the funny part of the situation, this real case shows us that horse therapy can work wonders. Both in children with autism and in other disorders or conditions.

Here are a series of explanations, offered by the psychotherapist Anda Păcurar in an interview published on Totb.ro:

"The horse helps you in several categories of therapy. One is the physical one, on the recovery or stimulation side for people with disabilities.



The horse is the only comfortable animal to ride and has a three-dimensional gait, just like man, it has pelvic oscillations that man also has. Then a person with a disability, mounted on a horse, walks like a normal person. It's a stimulation that only the horse can do, physiotherapists can't do.

There is also the fact that the animal has a higher temperature than our body; the heat stimulates the body, relaxes it, and physiotherapy is much easier to do. ” (psychotherapist Anda Păcurar)

The horse teaches you self-control

Horse-assisted activities require permanent mental contact with the animal. The child's behavior becomes calmer and more determined.

During riding lessons, the child maintains contact with the present, becomes aware of his own feelings, learns to pay attention to the feelings and nonverbal messages transmitted by the being next to him - the horse. Thus, it improves its capacity for cooperation.

“On the mental side, there are immediate and general benefits that everyone has. The evolution is very fast, you often see results within 5-10 sessions.

First of all, the horse teaches you self-control, both of posture and body, as well as of emotions. The horse is very sensitive and mirrors your reactions, movements. If you do not learn to manage your emotions, the horse does not cooperate.

Learning the relationship with the horse increases self-esteem. Being able to ride a horse, communicate with a horse, make him respond to your commands when he weighs hundreds of pounds and is taller than you, gives you increased self-esteem. With this effect, there are great benefits on the side of anxiety, depression, which often go together. ”



• Link

<https://equester.ro/beneficiile-terapiei-cu-cai-la-copii/>

• Contact

office@equester.ro



BONDS SPORT PROGRAMME

- **From Romania**
- **For all the persons interested in daily physical activity**
- **Name of Coordinator**
Se Poate Association

- **Benefits**

The target group considered as directly beneficiary of the project represents all the persons interested in daily physical activity as well as in improving their knowledge on health and culture.



- **Description**

The general objective of BONDS project is to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all. In this sense, the project aims to foster active citizenship together with social inclusion and equality through sport and physical activities for creating a healthy lifestyle in according to European strategic documents.

The project is implemented by the non-governmental associations Se Poate (Romania), A.S.D. Margherita Sport e Vita (Italy), Lietuvos Sporto Universitetas (Lithuania) and Trend-Prima (Slovenia) through the Erasmus+ Sport program. All the partners from Italy, Lithuania, Romania and Slovenia will present different types of games through which sport games and movement are combined with fun.

The project addresses to all people who want to move and do physical activities in open air and beyond.

- **Link**

<https://bondsport.eu/index.php/courses>

- **Contact**

E-mail: contact@asociatiasepoate.ro

Web: <http://asociatiasepoate.ro>

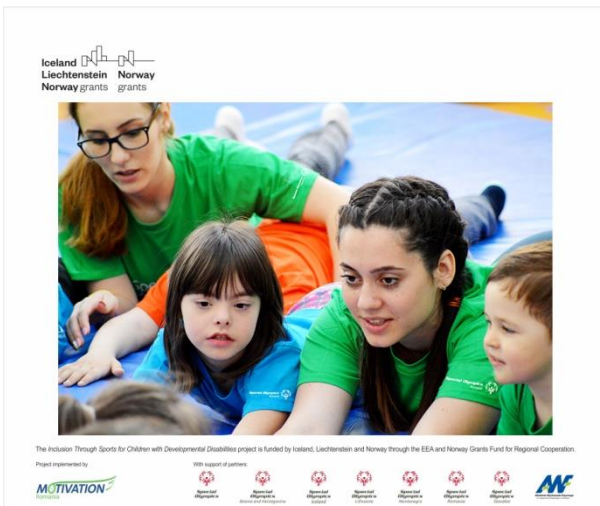
Phone: +40 769 836 138 - Daniel Enachescu



INCLUSION THROUGH SPORT

- **From Romania**
- **For children with intellectual disabilities**
- **Name of Coordinator**
Motivation Foundation
- **Benefits**

Children with intellectual disabilities will improve their cognitive, social and motor skills by participating in sports activities and team games with young people without disabilities, in a three-year European project, coordinated by the Motivation Foundation.



- **Description**

Din luna ianuarie 2021, lucrăm alături de organizațiile Special Olympics din România, Islanda, Slovacia, Lituania, Bosnia și Herțegovina, Muntenegru, de SO Europe Eurasia Foundation și de Universitatea din Poznan, la facilitarea incluziunii copiilor și tinerilor cu dizabilități intelectuale în comunitate cu ajutorul activităților sportive unificate, la care participă împreună cu tineri fără dizabilități, și la redarea încrederii membrilor familiilor în abilitățile tinerilor cu dizabilități.

“Incluziunea prin sport pentru copiii cu dizabilități intelectuale” beneficiază de o subvenție de 1.195.000 Euro venită din partea Islandei, Liechtenstein și a Norvegiei prin fondurile EEA și Norway Grants Fund for Regional Cooperation. Scopul proiectului este sprijinirea copiilor cu dizabilități intelectuale și susținerea incluziunii lor sociale, prin încurajarea antrenamentelor sportive și participării la jocuri sportive împreună cu copii fără dizabilități.

- **Link**

<https://motivation.ro/proiecte2021/>

- **Contact**

SPORTS COURSES IN PUBLIC EDUCATION CENTERS

- **From Turkey**
- **For special athletes**
- **Name of Coordinator**
General Directorate of Lifelong Learning,
Ministry of National Education – Turkey Special
Athletes Sports Federation
- **Benefits**

Increasing sports opportunities for special individuals.
To enable special individuals to reveal their talents and abilities.
To enable special individuals to understand that they are socially involved in life.
Enabling special individuals to display more adaptive behaviors.
Considering that special athletes will be allowed to participate in international sports competitions to which the federation is affiliated; not only sports by participating in international sports organizations.
It will also be beneficial in terms of getting to know different cultures, learning by traveling and seeing different geographies, and getting to know historical and important regions.



TÜRKİYE ÖZEL SPORCULAR SPOR FEDERASYONU



„Ben sporcunun zeki, çevik ve aynı zamanda ahlaklısını severim“

• **Description**

Providing sports training to individuals with mental retardation, down syndrome and autism spectrum disorders according to their medical diagnoses, special swimming, special athletics, special table tennis, special football module programs organized to enable them to do sports under the roof of special athletes prepared by Turkey Special Athletes Sports Federation Education Board. Within the Public Education Centers affiliated to the National Education Directorates courses are offered by trainers who have the 2nd Level Certificate for Special Athletes. The number of trainees is determined according to the type and degree of disability.

• **Link**

<http://hbogm.meb.gov.tr>

<http://www.tossfed.gov.tr>

• **Contact**

0090312- 311 58 95 Çankaya/Ankara



FOOTBALL LEAGUE

- From Turkey
- For special athletes

- Name of Coordinator

General Directorate of Lifelong Learning,
Ministry of National Education – Turkey Special
Athletes Sports Federation

- Benefits

- Increasing sports opportunities for special individuals.
- To enable special individuals to reveal their talents and abilities.
- To enable special individuals to understand that they are socially involved in life.
- Enabling private individuals to display more adaptive behaviors.
- Developing self-confidence skills of special individuals.
- Increasing social awareness.
- Provides an opportunity to generalize skills learned
- They understand that they can enter the national team and represent the country in the international arena when they show a high performance.
- Ability to act together for the same purpose and to experience the feeling of team spirit friendship-making skills.

- Description

The special athletes' away football league, supported by the Turkish Football Federation (TFF) within the scope of the "Turkey Plays Football" project, was established in 2012. Throughout the year, 12 teams compete in two groups and the first two teams of each group play in the final four. Teams include athletes with mental disabilities. In recent years, football finals have been played at TFF Riva Facilities.

- Link

<http://www.tossfed.gov.tr>

<https://www.tff.org>

- Contact

0090312- 311 58 95 Çankaya/Ankara



HAPPY WEDNESDAY

- **From Turkey**
- **For children and youth with mental retardation, down syndrome and autism**
- **Name of Coordinator**
Republic of Turkey Ministry of Youth and Sports

- **Benefits**

Every Wednesday, children and youth with mental retardation, down syndrome and autism in the provinces are reached. With the “Happy Wednesdays” project, which helps people with disabilities to adapt to society, it is aimed to enable our citizens with special status to do sports for a healthy life and to participate more actively in social life and to increase their access to high quality games, sports and physical activities.



- **Description**

The "Happy Wednesday" Project, implemented by the Ministry of Youth and Sports for disabled youth in 81 provinces, carries out various activities for special athletes and disabled individuals in official and private rehabilitation centers every Wednesday with the trainers of special athletes within the Provincial Directorate of Youth and Sports. Our special athletes and disabled individuals spend both sports and fun time.

- **Link**

<https://www.gsb.gov.tr>

- **Contact**

0090 444 0 472 Altındağ / Ankara



ACCESSIBLE YOUTH CAMPS

- From Turkey
- For students with special educational needs
- Name of Coordinator
Turkish Football Federation- Turkey Special Athletes Sports Federation
- Benefits
 - ❖ Being in social life.
 - ❖ Generalize your athletic skills.
 - ❖ Generalize their artistic skills.
 - ❖ Developing social skills.
 - ❖ Be able to act independently.



• Description

Within the scope of the cooperation between the Ministry of National Education and the Ministry of Youth and Sports, camps are organized so that students with special educational needs can be involved in social life with their peers through social and cultural activities. During the camps, workshops, artistic and sports activities were carried out, and excursions were organized.

• Link

<https://orgm.meb.gov.tr/www/engelsiz-genclik-kamplari-yaz-sezonu-sona-erdi/icerik/1709>

• Contact

0090 444 0 472 Altındağ / Ankara



SCOUT CAMP FOR SPECIAL CHILDREN

- **From Turkey**
- **For children with intellectual disabilities**
- **Name of Coordinator**
Foundation for raising and protecting children with intellectual disabilities (ZİÇEV)

- **Benefits**

As the Disability Directorate, this camp has been organized every year. Students completed their training within a period of 4 weeks. Disabled individuals coming from different districts and every week they develop their life skills under the guidance of professional trainers and become unhindered scouts.

By staying away from their families for a week, disabled children both increase their physical capacities and develop their teamwork, cooperation and social life skills.



- **Description**

The first Scout Camp in Turkey in the field of the mentally disabled children has been founded by ZİÇEV. Accompanied by the scout leaders of ZİÇEV, with our thirteen mentally handicapped scouts, the largest national camp ever organized in Turkey, in 2002, as the only handicapped group in Turkey among 720 scouts. Since then several organizations have been organizing scout camps for the disabled children in different cities.

- **Link**

<https://saglik.ibb.istanbul/tum-engelleri-izcilikle-asiyorlar/>

<https://www.izmir.bel.tr/tr/Haberler/onlar-engelsiz-izci/14545/156>

- **Contact**



PARA PEPP

- **From Sweden**
- **For people with reduced mobility, visual impairment and intellectual disability**

- **Name of Coordinator**

Project: Swedish Paraspport Federation

- **Benefits**

Para Pepp is a digital training aimed at people with reduced mobility, visual impairment and intellectual disability. The training sessions consist of a variety of training forms with everything from gym and strength training to relaxation. The training sessions are easy to follow and free accessible on youtube. One of the benefits is the gained inspiration to practise, the exercises can be conducted easily at home or in school.



- **Description**

The idea for Para Pepp was born during the corona pandemic. Due to the pandemic many people cannot participate in exercise and physical activity to the same extent as before, which can lead to health issues, e.g. obeseness or mental health problems.

Overview:

Digital training of all kind

Number of participants:

No limit

Material:

Digital tools

Pitch:

Outdoor (e.g. schoolyard) or indoor

Preparation:

Look up a suitable You Tube video for the chosen training session.

Instructions:

Follow the You Tube video you selected

- **Link**

<https://www.youtube.com/playlist?list=PLtBkiM-H7ms1m85Lc1k14YzcX9JHdcXLk>

- **Contact**

kansli@parasport.se



FLOORBALL

- **From Sweden**

- **For all**

- **Name of Coordinator**

Swedish Parasport Federation and Sport Clubs

- **Benefits**

Floorball is a sport which is easy to start playing. No big investment in the equipment is needed and it is possible to start playing with only shoes and a stick. No previous experience is required either, the players develop quickly and almost everyone can learn the basic skills of the sport and have fun while playing.

Some of the direct benefits are:

- Increase of the child's/children's level of fitness
- Increase of self-discipline
- Increase of sport skills that are essential to a variety of other activities
- Appropriate social behavior
- Functional knowledge of the rules



- **Description**

Floorball is a versatile indoor team sport. Since the first Floorball federation was founded in Sweden, the sport has spread all over the world and is now played in over 80 countries. Floorball is played in a rink with five field players plus a goalkeeper in each team.

Floorball is played with plastic sticks and a light ball and with a goalkeeper without a stick. Like in hockey sports the main objective is to score more goals than the opposite team.

For the target group children and youngsters with intellectual disabilities there is a modified and simplified version meaning:

- One team consists of 3 players and 1 goalkeeper
- The court measures 20m long by 12m wide

- **Link**

https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Floorball-Rules-2020-v2.pdf?_ga=2.101627969.1396200943.1627548250-1885510266.1627548250

- **Contact**

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36

SWING PING PONG AND BOLLEY

- **From Sweden**
- **For all**
- **Name of Coordinator**
GG Smile. (Give and Get a Smile)
- **Benefits**

To strengthen and create new connections between nerve synapses, a voluntary, repetitive training situation is required. This means that the action must be experienced as rewarding and fun in order to be performed. You must also see that you can succeed with what you do.

GG Smile 
Träningsglädje För Alla



- **Description**

With Bolley and Swing Ping Pong, you train and succeed according to your own conditions.

The educational tools provide a repetitive and fun training where everyone gets a lot of time with a ball. The children practice their motor skills, coordination, balance, reaction and concentration.

- **Link**

<https://www.ggsmile.com/>

<https://www.youtube.com/watch?v=y4kNu5mNvtQ>

- **Contact**

GG Smile AB
Marie Paulson, CEO
Tel: +46 70 77 60 514
Email: info@ggsmile.com



DISC GOLF

- **From Sweden**
- **For people of all ages and abilities**
- **Name of Coordinator**
Recreation Activity Design (RAD)

- **Benefits**

Disc golf is a healthy physical activity, perfectly suited for people of all ages and abilities.

One of the benefits is that it can be played both individually as a recreational sport and played casually with friends/class mates and family.

Disc golf has a low threshold, meaning it is a cheap activity and easy to learn. It takes about one hour to learn and enjoy meanwhile gaining self-confidence. Another benefit is that disc golf is considered to be an inclusive physical activity as people can jointly participate in disc golf.



- **Description**

Overview:

With similar rules to traditional golf, a golf disc is thrown from a tee area to a target, which is the "hole." The hole can be one of a number of disc golf targets; the most common is an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed.

Number of participants:

Flexible, as many participants as you find suitable

Material:

Disc and any kind of basket you can provide

Pitch: One own design outdoors area or one special design course in our community

Preparation:

Not much. Decide the kind of baskets and how many. And how long the courses should be

Instructions:

Because disc golf is so easy to learn, no one is excluded; players merely match their pace to their capabilities and proceed from there.

Objective:

Disc golf is designed to be enjoyed by people of all ages, gender identity, and economic status, making it a great lifetime fitness activity.

- **Link**

<https://www.pdga.com/international>

<https://rad-creations.com/disc-golf-a-sport-for-everyone/>

<https://discsport.se/info/about-choose-disc>

- **Contact**

info@rad-creations.com

THE INTERNATIONAL PHYSICAL LITERACY ASSOCIATION, MAY 2014

- **From Sweden**

- **For every pupil**

- **Name of Coordinator**

The International Physical Literacy Association,
May 2014

- **Benefits**

The Elements of Physical Literacy

- **Motivation and Confidence (Affective):**

Motivation and confidence refer to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

- **Physical Competence (Physical):**

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

- **Knowledge and Understanding (Cognitive):**

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

- **Description**

Number of participants: Every pupil.

Material: No special

Pitch: Outside (Schoolyard) and indoor

Preparation: A teacher or a leader who is educated in Physical Literacy. Create outdoor physical literacy tracks/Courses.

Instructions: Have an open mind and know how the human body is built and function.

General objective: The objective is to create environments that allow children to use their imagination and that encourage play and movement with the programme implemented in schools.

The activities range from paths which stimulates to get active in the schoolyard, in the school corridor or busy school roads - all to get more children physically active and thus make them more prosperous and give them better conditions to perform both in school and in their free time.

How Physical Literacy helps People with Disabilities:

The objective is to enable conditions motivate people to participate, feel safe, confident and competent to be in various environments and develop as individuals.

The Sport for Life No Accidental Champions resource describes some of the opportunities and challenges that persons with disabilities face in pursuing sport and physical activity, and how the Canadian sport system can best accommodate their needs for increased activity and greater. Not all individuals with a disability will pursue a specific activity or sport; however, this should not exclude them from opportunities to learn fundamental movement skills, fundamental sport skills, and become active/fit for life. As such, the initiative continues to drive the awareness, first involvements, training, and support for inclusive programming from grassroots through to high performance.

- **Link**

<https://physicalliteracy.ca/people-with-disabilities/>

- **Contact**

PHYSICAL LITERACY



Dr Dean Kriellaars, Canada



Physical literacy

is the...



physical activity and personal success

- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

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