



SPORT FOR EVERY CHILD

# SURVEY REPORT

622067-EPP-1-2020-1-SI-SPO-SCP  
Project - Sport for Every Child: Fit Kids!  
Erasmus+ SPORT PROGRAMME, SSCP



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**Västerbotten**



# Introduction

## About the project

The “Sport for Every Child: Fit Kids” project encourages social inclusion and equal opportunities. The main goal of this project is to develop a modular-based Physical Education methodology of sports activities, sports games, and exercises for children and youngsters with mental and developmental disorders.

## About the survey

This survey was applied in 7 countries (partner countries of the project) during the 2021 summer.

1. Bulgaria - 45 responses
2. Italy - 31
3. Romania - 34
4. Serbia - 35
5. Slovenia - 31
6. Sweden - 31
7. Turkey - 34

Total persons that answers to our survey = 241 people

# General observations:

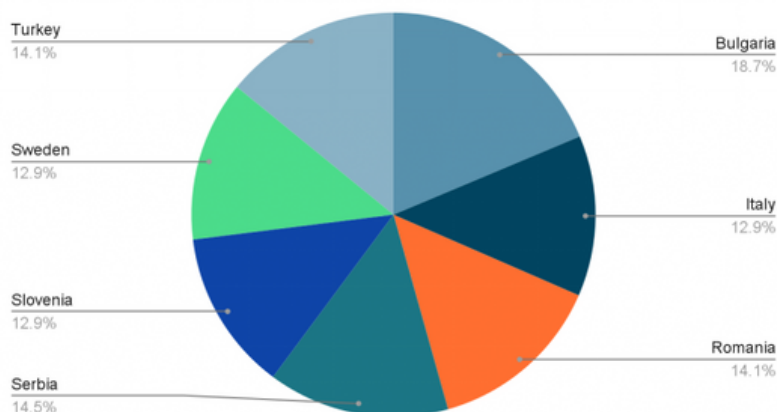
Some limitations of the survey: as we can see in the results, one of the limitations is the fact that only 3 (1,24%) persons from 241 were from rural areas.

This shows us also that it is a must to continue being involved in the rural area, supporting the young people and kids from this area and helping them to grow in the same conditions and opportunities as young people and kids from urban areas.

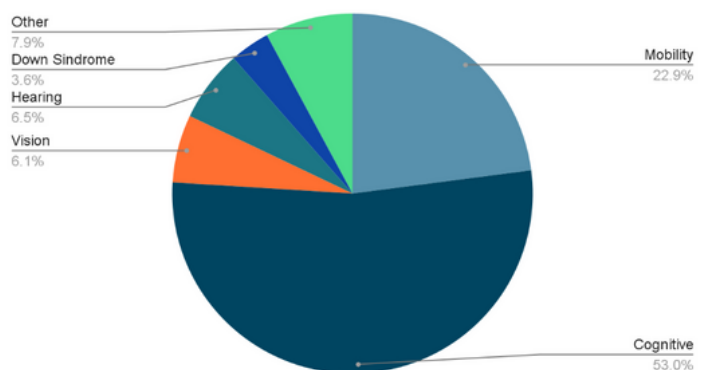
Most of the respondents were teachers, volunteers or members in a non-governmental organisation. But one of the most important things is that the surveys were completed by people with different backgrounds and with different experiences in their work fields.

In what concerns children's disabilities, here the background of our respondents is very relevant. The majority of the respondents (53%) identified cognitive disabilities as a predominant issue. Disabilities linked to mobility (22.9%) were the second largest concern among the respondents. In addition a number of survey respondents raised focus on Down Syndrome, highlighting it as a trait among the children they work with

Points scored

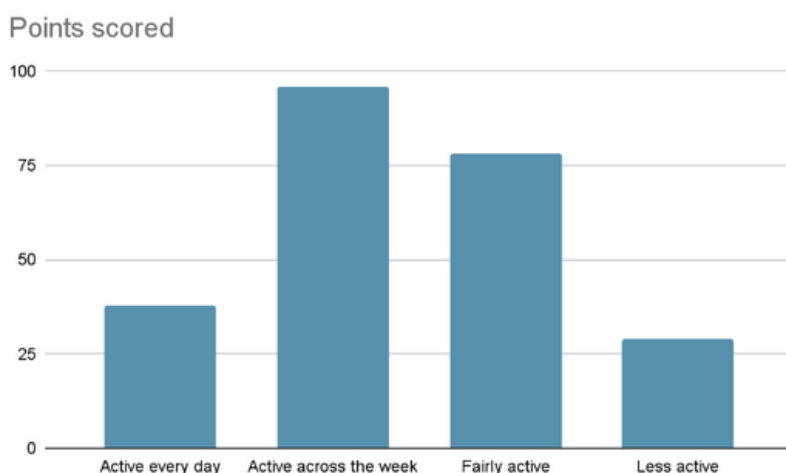


Points scored



We have diversity among the ages of the children that people who answered the survey work with. All the age intervals <5; 5-10; 11-14 years old, 15-18 years old; 19+ years old were present in the answers to the survey.

The level of children's activity depends on each country. In some countries, children have activity daily and in other countries, the children are less active. However, this does not mean that some countries are more involved in sport activity than others, because this question needs to be interpreted in concordance with the age intervals of the children.



Children show interest in what concerns their desire to become more active and more involved in different sport activities and projects.

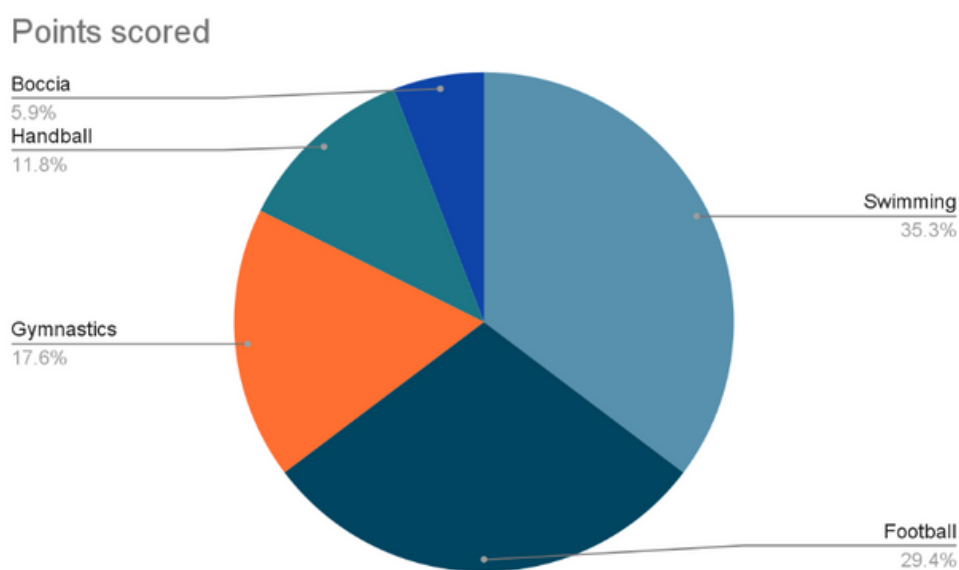
In their daily life, children play different types of sport activities such as Athletics, Basketball, Football, Boccia, Swimming, Gymnastics, Hiking, Handball, Tennis, Dancing etc.

Undoubtedly, young people (kids, children, 19+ years old people) play sports for fun, for their lifelong passion and also because they want to become a champion. But there are other young people (15-18 years old and 19+ years old) that choose to engage in sport activities for their health.

From the respondents, we receive some recommendations about what kind of sport activities are suitable for children with disabilities.

At the question "11. In your opinion and from your experience, which sport is the best option for children with specific mental disabilities?", we received a lot of different types of sport activities that helped children with disabilities in their development. The most common are the following 5 sports:

Football and handball allow children to develop their team-spirit and engage in bond-building activities based on cooperation, mutual help and respect. Swimming and Gymnastics are more individual sports, which in turn can help children become more independent and learn how to act on their own. Finally, boccia can be considered as a lighter activity of recreational use, which allows children to blow off pressure and enjoy themselves without the need of an intense physical effort.



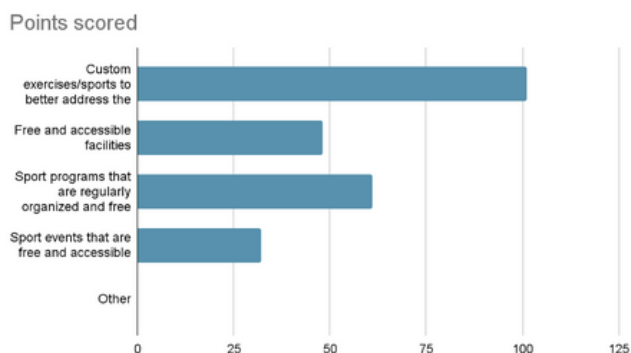
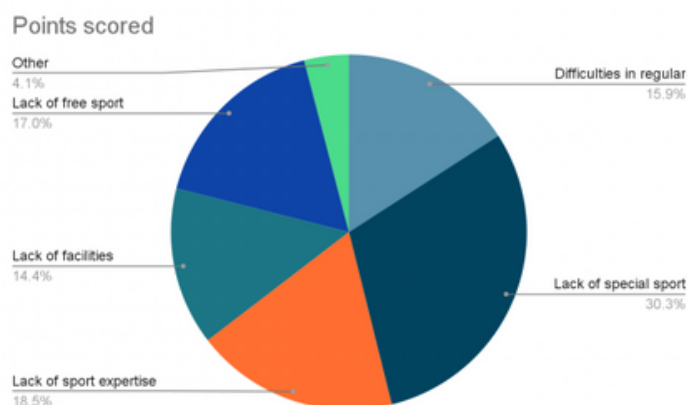
Following the results, children want to explore new sport activities and we would be very happy if they had the opportunity to take part in our project activities at the local level.

Regarding the main obstacles that children face in successful participation in different sport activities, people answered that the lack of special sports, lack of sport expertise and difficulties in regular sport are the most common obstacles that children need to face.

From the Swedish part, we receive some other examples of obstacles. Firstly, one respondent points out to the fact that no one answer fits all categories, insofar that the challenges are individual, and linked to specific contexts. Nevertheless, Swedish respondents to the survey have also noted the lack of adapted sporting facilities, as well as the financial aspects. Therefore, a dilemma arises: on the one hand, there is a need for special sports centres, but on the other hand, people would like to benefit freely, without financially participating. Moreover, the difficult transportation to the specific sports centres leads to a lack of regular training.

In people's opinion, the main changes that need to be made in order to facilitate the participation of the children are the following: Custom exercises/sports to better address the needs of the children, Free and accessible facilities, Sport programs that are regularly organised and free, Sport events that are free and accessible.

Turkey, Sweden and Bulgaria all provide similar inputs in terms of changes that would encourage the participation of children in sports activities. Turkish respondents noted the need to increase the number of sports trainers. Bulgarian respondents highlighted the poor supply of year-round sports training opportunities, as well as the lack of qualified coaches to work with children with disabilities. Finally, Swedish respondents pointed out the necessity of training courses for coaches, referees, board members and speakers.



In Bulgaria and Romania, predominantly women answered, while the other partner countries tried to have an equilibrium between men and women.

# General recommendations to improve the level of sports activity of children with special needs

This survey study allowed us to gather insightful responses from all 7 partner countries. The comparison of responses can be used to draw the necessary conclusions from the study: work done so far.

01

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1) Judging from the great disparity of answers between urban and rural areas, it is extremely important to encourage sports activities for children of all ages and all backgrounds in rural areas. The place of residence of children should not become an obstacle in their practice of sporting activities.

02

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This survey shows us that the vast majority of children are willing to engage in more sports activities. Sport is a key factor of development for children of all ages, and should be encouraged in all areas.



03

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There is a wide variety of disabilities that children may be suffering from. Therefore, they should all be encouraged to engage in activities that allow them to embrace their differences and participate equally and freely in different activities

04

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The lack of properly trained sporting personnel (trainers, coaches...) and adapted sporting facilities is one of the main problems that needs to be addressed in order to allow children with special needs to engage in sports activities.

03

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1) There is a great number of sports that respondents have found to be beneficial for children. These sports can be played in teams (football, handball), but also individually (swimming, gymnastics). As a result, children can focus on their personal preference, while also benefiting from their choice.

# Appendix

1. Please describe your professional role (choose as many options as required). Are you:\*
- a) A teacher
  - b) A teacher trainer in a public teacher training institution
  - c) An expert involved in the design of teacher training schemes
  - d) Working for a civil society or non government organisation which delivers teacher training
  - e) Working for a multilateral organisation which delivers teacher training
  - f) A researcher looking into teacher training issues
  - g) A researcher looking into inclusion or disability issues
  - h) Volunteer
  - i) Other
- \* compulsory question

2. What is your gender?
- a) Male
  - b) Female

3. How long have you been working in education?\*
- a) 0-2 years
  - b) 3-5 years
  - c) 6-9 years
  - d) 10-15 years
  - e) 15+ years

4. Where is the organization/school working?
- a) Big city
  - b) Small city
  - c) Rural area

5. What kind of disability do the children you worked with have?
- a) Mobility
  - b) Cognitive
  - c) Vision
  - d) Hearing
  - e) Other

6. How old are the children you work with?
- a) <5
  - b) 5-10
  - c) 11-14
  - d) 15-18
  - e) 19+

# Appendix

7. How active are the children?

- a) Active every day
- b) Active across the week
- c) Fairly active
- d) Less active

8. Do children you work with want to participate in more sport activities?

- e) Yes
- f) No

9. What sport do the children you work with practice?

- A. Athletics
- B. Basketball
- C. Football
- D. Boccia
- E. Swimming
- F. Other \_\_\_\_\_

10. What do children expect when they play sports?

- A. To have fun
- B. For health
- C. Lifelong passion
- D. To become a champion
- E. Other \_\_\_\_\_

11. In your opinion and from your experience, which sport is the best option for children with specific mental disabilities?

- A. Swimming.
- B. Bicycling.
- C. Soccer.
- D. Football.
- E. Handball.
- F. Gymnastics.
- G. Boccia
- H. Other\_\_\_\_\_.

# Appendix

12. In your assessment, how interested are the children in exploring new sport activities?

- Very
- Medium
- Low

13. Do children you work with get enough physical activities (in your opinion)?

- Strongly disagree
- Disagree
- Agree
- Strongly agree

14. What are currently the main obstacles that children face in successful participation in different sport activities?

- Difficulties in regular sport programs
- Lack of special sport programs
- Lack of sport expertise of trainers/trainers/teachers/volunteers
- Lack of facilities
- Lack of free sport programs
- Other: \_\_\_\_\_

15. What do you believe are the main changes that need to be made so the sport activities that your child(ren)/ children you work with successfully participate in?

- Custom exercises/sports to better address the needs of the children
- Free and accessible facilities
- Sport programs that are regularly organized and free
- Sport events that are free and accessible
- Other: \_\_\_\_\_

16. Would you be interested in custom/best sport and best practices for children with different disabilities?

- a) Yes
- b) No

# Acknowledgements

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**Västerbotten**



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