



Dis+Abled

S P O R T P R O J E C T



GOOD PRACTICE GUIDE

TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

<https://disabled-erasmus.org/>



1. INTRODUCTION

This Good Practice Guide is one of the main results of the Erasmus+ Sport Project: “Dis+Abled SPORT – sports and games designed to be played by people with physical & visual disabilities alongside with able-bodied; an innovative approach to increase Social Inclusion and Equal Opportunities in Sport” (**Project no. 101048370**).

It contains descriptions of **40 games and sports** with simple rules, adaptations to the needs of people with disabilities, photographs and other graphical elements, facilitating the understanding of the course of the games.

These games were carefully selected as **good examples for integration and inclusion between able-bodied people and people with disabilities** to play them together, integrate and be included in sport, physical activity and social life. +

The socio-cultural, integrative, inclusive, health-related, touristic, recreational and other **significance** of such Paralympic, traditional and adapted games has been scientifically proven by many scholars all over the world (Jaouen and Barreau 1998; 1999; Lavega 2006, Lipoński 2004, Bronikowska 2003; 2008, Prabucki 2014; 2021; 2022, Parlebas 1999, Eichberg 1998 and many others).

They are **easy to use** and dedicated for **numerous target groups**.

In addition, this Guide contains **40 instructional films** of games and sports, short and easy to understand (with subtitles, if necessary).

This is an additional material, dedicated for **better understanding** the rules and the course of the games in practice.

MAIN INFORMATION ABOUT THE PROJECT:

The **general assumption** of this Project was to use a **unique and innovative combination of Paralympic, traditional and other games and sports** for social inclusion and integration of people with physical and visual disabilities (PwD) with able-bodied people (AbP), by and through these games and sports.

What is **specially innovative and original** here is the reverse of the roles – in this Project **people with disabilities** were often initiators of common physical activities and they were inviting able-bodied people to play together, integrate and be included in social life, thanks to inclusive games and sports.

The **general objectives** of this Project are:

- to increase social inclusion of people with disabilities to sport and social life and, at the same time,
- to integrate them with able-bodied people by and through sports and games.

The **specific objectives** of this Project are:

- to create a Practical Manual (a Good Practice Guide) with 40 selected Paralympic, traditional and other games and sports from each Partners' countries, adapted to the needs of social inclusion of people with disabilities and integration between them and able-bodied people,
- to record **40 instructional films**, facilitating the understanding of the rules and the course of each game,
- to transfer knowledge about these games through:
 - educational workshops in each Partner country,
 - promo-educational events also in each Partner country,
 - local and general webinars,
 - other awareness-raising activities in each Partner country.





2. RECOMMENDATIONS

This Good Practice Guide is dedicated to numerous recipients, who can use them while working with many target groups.

Who can take advantage of this guide (the list is not exhaustive):

- physical education teachers, working in regular schools and in schools with pupils and students with disabilities,
- sport coaches,
- sport and recreation instructors,
- workers of centres for people with disabilities, associations, foundations and other places which work with people with disabilities,
- Non-governmental organisations, sports clubs, National Paralympic and Olympic Committees, National Sports Confederations responsible for grassroots sport etc.,
- hospitals and rehabilitation centres (for rehabilitation, social integration and preventing boredom among patients),
- hotels and other tourism and recreational institutions, organisations and centres,
- university teachers, especially during practical classes with students with disabilities and during integrative classes,
- museums – especially open-air museums which organise festivals, feasts and other events and practical classes for different target groups and visitors – to enrich their programme with traditional and adapted games,
- parents – to use these games to integrate with their children (especially if some of them have physical or visual disabilities) and to offer them something new and attractive,
- any other people interested in enriching their offers and lives, by using Paralympic, traditional and other adapted games for social integration, social inclusion, physical activities, spending their free time in an active, original and valuable way.





3. CONCLUSIONS WITH THE MAIN RESULTS OF THE PROJECT

This Good Practice Guide contains descriptions and instructional films of selected Paralympic, traditional and other games and sports, specially selected and adapted to the needs of people with disabilities to be able **to play them together** with able-bodied people. The idea was to socially **include and integrate** people with various physical and visual disabilities with able-bodied to fight with stereotypes and to break barriers, regarding the possibilities of spending time together, having fun and enjoying an active life by different people.

In this Project, there was an interesting **reversal of the roles** – people with disabilities were **initiators** of common physical activity and they were inviting able-bodied people to play inclusive games and sports together.

Thanks to this special selection of Paralympic, traditional, recreational and other games, **many different people could and will be able to benefit from this Project** and these games.

In addition, the participants of this Project from four European countries have even invented some new games, **like a Dice Game**. They have elaborated the rules of these games, have adapted them to the needs of people with disabilities, have tried them in practice, have described them in this Guide and have recorded instructional films as an additional material, facilitating the understanding of the rules and the course of these games.

THE MAIN RESULTS OF THIS PROJECT

1. Common elaboration of a **Good Practice Guide** by Project Partners from four Partner Countries with the descriptions of 40 games and sports with simple rules, adaptations to the needs of people with disabilities, photographs and/or graphical elements to facilitate the understanding of the course of the games. It contains good examples of different games and sports for integration and inclusion between able-bodied and people with disabilities to play it together. It is easy to use and dedicated for many target groups.

2. **40 instructional films** of games and sports – an additional material to better understand the rules and the running of the games in practice. They are short, concise and easy to understand, with subtitles, if necessary.

3. **A promotional film**, summarizing the Project.

An important step on a good and promising road

It is important to add that there are more such plays, games and sports all over the world that can also be used and adapted for the needs of common physical activities of people with disabilities and able-bodied people. This Project is an important step on this road towards an inclusive physical activity that is really needed in the cotemporary world.



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Co-funded by
the European Union

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