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# ASporty

Erasmus+ SPORT project

Timeline: 1. 1. 2020 – 30. 6. 2022

Ljubljana, 7. 5. 2022



Neža Adamič, adapted sports  
instructor



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- **Klettaskóli – Iceland, Centre for Autism Rijeka – Croatia and Association of inclusive culture – Slovenia**

Special sport programmes  
in each partner country.

- Autism
- Combined disabilities
- Kids and youngsters

Transnational meetings:

- Slovenia
- Iceland
- Slovenia
- Croatia

Dissemination and  
promotion of the project  
outcomes.





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# Main objectives

- **upgrading** our existing sports programmes for our athletes,
- providing **quality afternoon free time** with sports activities to encourage social inclusion and equal opportunities in sport in each partner organization,
- developing and improving **natural forms of body movement**, basic motor skills, gross and fine motor skills of athletes,
- **monitoring** progress and development of athletes,
- **awareness raising** to the parents and teachers about healthy and complete development of children through sport.





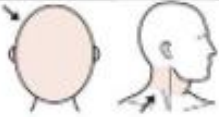







# Activities

- Covid-19 limitations → we were forced to do some adaptation of the project.
- More foto and video materials.
- Less transnational meetings, more ZOOM meetings (1-2 times per month).

Given that during the quarantine physical activities should not be performed together in person, our partners at the [Centar za autizam Rijeka](#) have prepared these stretching exercises for their users! 🇨🇷🇺🇦 Have a look! ➡

#ASporty #ErasmusPlus #BeActive #BeInclusive #Covid19

 <p><b>STRETCHING EXERCISES</b></p>	 <p><b>PROPER WALKING</b></p> <p>KEEP THE SHOULDERS, ELBOWS AND WRISTS IN A LINE</p> <p>KEEPED THE LEFT ANKLE AND THE RIGHT ANKLE IN A LINE</p> <p>KEEP THE SHOULDERS IN LINE WITH THE HEAD</p>
 <p><b>STRETCHING THE HEAD AND NECK</b></p>	 <p><b>PROPER WALKING</b></p> <p>KEEP THE SHOULDERS, ELBOWS AND WRISTS IN A LINE</p> <p>KEEPED THE LEFT ANKLE AND THE RIGHT ANKLE IN A LINE</p> <p>KEEP THE SHOULDERS IN LINE WITH THE HEAD</p>
 <p><b>ROLL THE HEAD FORWARD AND BACKWARD, SLOWLY, 8 TIMES</b></p>	 <p><b>PROPER WALKING</b></p> <p>KEEP THE SHOULDERS, ELBOWS AND WRISTS IN A LINE</p> <p>KEEPED THE LEFT ANKLE AND THE RIGHT ANKLE IN A LINE</p> <p>KEEP THE SHOULDERS IN LINE WITH THE HEAD</p>
 <p><b>ROLL THE HEAD LEFT AND RIGHT, SLOWLY, 8 TIMES</b></p>	
 <p><b>DRAW CIRCLES WITH THE HEAD, SLOWLY, 5 TIMES TO THE LEFT, 5 TIMES TO THE RIGHT</b></p>	





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Enjoying the Icelandic nature 🌿🌲🌄

Just like the majority of countries around the world, Iceland also has to mind restrictions to protect itself from covid-19. 🙅

However, just like us, our partners from Icelandic Klettaskoli are also working hard to find ways of how to still enable the students to be active, even though in an adjusted manner. 🤖🧑

Sports classes in autumn were mostly held outdoors, but from mid November onwards, the young sportsman have returned to the gym. The school specialises in swimming which was also practiced and still is. 🏊

They did, however, also took use of the unusually nice weather and have spent part of their lessons outdoors. 🌞🏠

Being surrounded by nature, taking in the fresh air and staying positive is what keeps them going. And it is exactly what we wish for you, too! 😊

Stay active, stay fit!



#SpecialSportster #ASporty #ErasmusPlus #BeActive #BeInclusive



### Inclusive sports weekends

Slovenian partners, Association of Inclusive culture, have recently shared their example of a good practice that they implement on a regular basis. We want to share bit of it with you, too. So here goes, the inclusive sports weekends. 🗣️

These represent activities, meant for children and adolescents 🧒🧑 both with special needs and those without, as well for as their parents 👨👩. They are held once per month and provide quality leisure time in the nature 🌿🌲, which include hikes 🏃, treasure hunts 🗺️, snow game ❄️🌨️, ball games 🏀 and similar activities.

They are special, because they connect children, parents, sports teachers as well as volunteers, all writing a succesful story of a quality time, spent outdoors. 🙌

The spirits are usually high, photos below providing a proof of that. Check them out! 😊

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ASporty activities of the three participating partners are coming to an end for this season.

Despite the Covid-19 measures, the past year has been a successful one; number of outdoor activities, indoor actions, new games learned, new methods acquired! 🌞 We are all anxious to see what next season is going to bring! 😊

To remind us all how the past year was like, have a look at some of the photos from Croatia 🇭🇷

This is how they've trained strength 🙌🏋️

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- [ASPORTY IN TIMES OF LOCKDOWN](#)
- [ASporty BALANCE](#)
- [ASporty COORDINATION](#)
- [ASporty ENDURANCE](#)
- [ASporty FLEXIBILITY](#)



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[www.drustvozakulturoinkluzije.eu/asporty](http://www.drustvozakulturoinkluzije.eu/asporty)



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# Examples of video manuals

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**Klettaskóli**  
- menntun fyrir lífið







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# Examples of video manuals

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- Regular afternoon sport activity for children with Autism spectrum disorder, intellectual and combined disabilities,
- A group consist of 5-6 kids, around 3 coaches and lasts for 45 minutes,
- Gym in Centre Janez Levec – a great gym with adapted sports didactic equipment,
- Children with Autism spectrum disorder who represent about 70% of the participants are not able to participate in group games, they usually do not understand the instructions and follow individual approaches → POLYGON and INDIVIDUAL APPROACH.





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## Further EU plans

In progress (K2):

- More sport for people with special needs: Slovenia, Serbia

We applied as coordinator organisation (E+ Sport) – waiting for the results:

- SPORTISM project: Romania, Serbia, Croatia, Italy, Slovenia (e-training diary)
- Be a Sportsman (as Centre Janeza Levca Ljubljana): Italy, Serbia, Slovenia (the biggest inclusive sport event)





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# Thank you to the best project group!

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