



**INCLUSIVE SPORT**

Project 101243667 – Inclusive sport



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# INCLUSIVE PLAY:

## Sports as a Pathway to Equality

### Inclusive Sport Project Abstract



**Programme:** Erasmus+ Sport



**Partner Countries:** Romania · Slovenia · Italy

The Inclusive Sport project responds to a concrete and pressing challenge: across Europe, children with disabilities, young people from disadvantaged backgrounds and those from migrant communities continue to face **significant barriers to accessing sport**. At the same time, schools are confronting rising levels of stress, anxiety and disengagement among pupils - trends closely associated with physical inactivity and social isolation.

Against this backdrop, Inclusive Sport positions physical activity – and fencing in particular – not merely as a recreational pursuit, but as a **structured pathway to inclusion, well-being and personal development**.

**Fencing** is an uniquely demanding discipline. Often described as "physical chess", it simultaneously develops physical fitness, coordination and endurance, alongside cognitive skills such as strategic thinking, decision-making and sustained concentration. Beyond individual performance, the sport fosters emotional resilience, self-confidence and a sense of community among those who practise it. These qualities make it an especially valuable tool in educational and social inclusion contexts.

The project brings together partners from Romania, Slovenia and Italy, three countries where fencing remains under promoted - due to limited infrastructure, scarce school programmes and financial barriers - with the shared objective of developing adapted methodologies and training resources that make the sport genuinely accessible to children with disabilities. To achieve this, the consortium will pursue **specific objectives**:

- the **development of a comprehensive adapted fencing methodology** will guide the training of 10 coaches and physical education teachers in inclusive techniques
- the **organisation of practical sessions** for a minimum of 20 children with disabilities
- the **production of 6 educational video lessons** for coaches, educators and athletes
- the **facilitation of international knowledge exchange** through three transnational project meetings.

The **direct beneficiaries** of the project are fencing coaches, sports educators and children with disabilities. Its impact, however, extends to a broader ecosystem of **indirect stakeholders**: families, schools, sports federations and the wider public – who stand to gain from a more inclusive and accessible sporting culture.

By investing in adapted methodologies, qualified professionals and evidence-based resources, **Inclusive Sport aims to nurture a new generation of athletes** who are healthier, more self-confident and more resilient **and to demonstrate that sport**, when made truly inclusive, **becomes one of the most powerful instruments for social cohesion and personal growth** available to European societies.

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