



Co-funded by the
European Union

Inclusion and Disability through Sports at the CPR Liceo La Paz

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them".

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/or other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.

Inclusion and Disability through Sports at the CPR Liceo La Paz

At CPR Liceo La Paz we firmly believe in the importance of inclusion. We are committed to forming conscious, empathetic and committed citizens.

Disability awareness is one of our educational pillars.



Sport as a Tool for Inclusion



Physical activity

Main tool for educating in inclusive values.



Core Values

We work on empathy, cooperation, self-improvement and equality.



Social transformation

Sport goes beyond competition.





Awareness Days

Organization

We create specific days dedicated to disability awareness.

Collaboration

We invite specialized associations to share experiences.

Learning

Students learn about different realities through direct testimonies.

Featured Collaborations

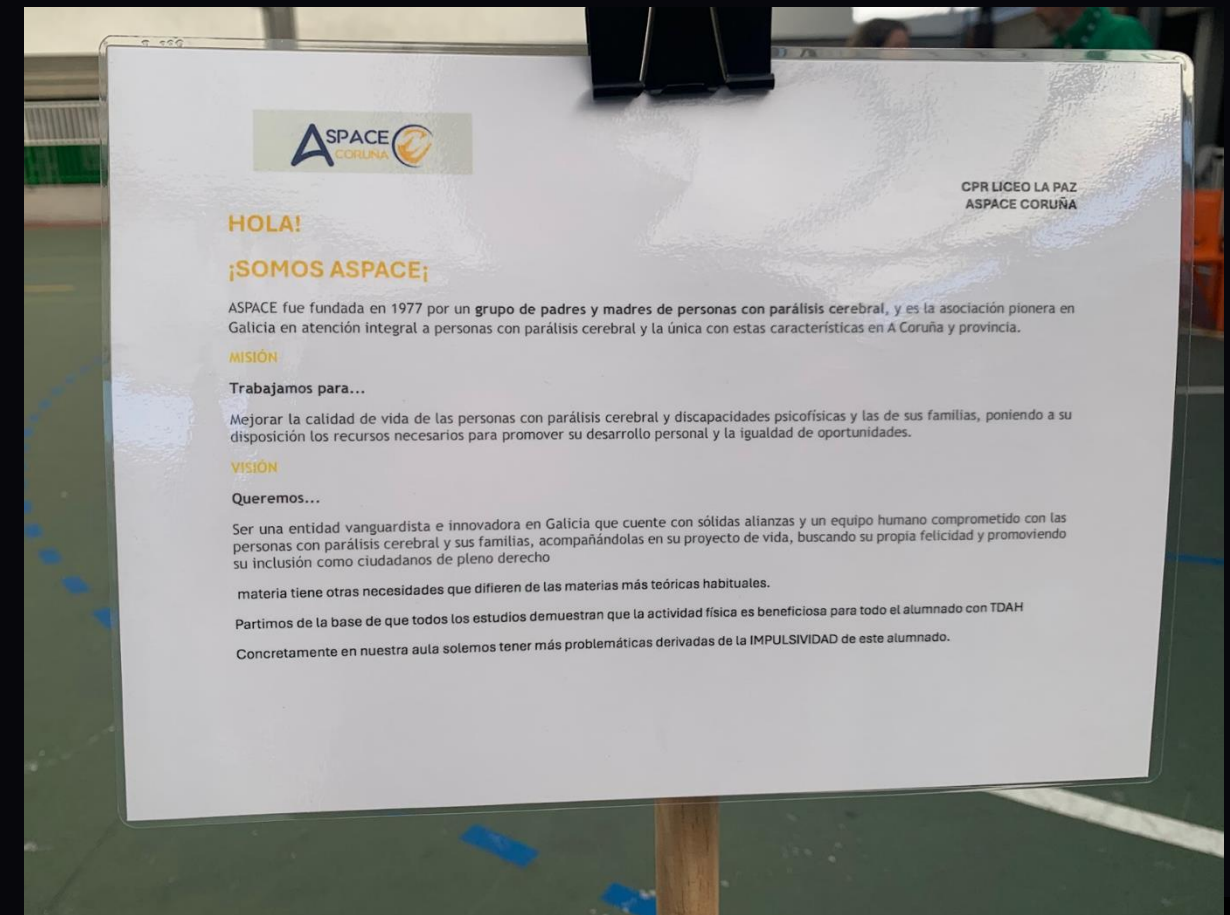
ENKI

A key partnership in our awareness-raising activities. Their experience enriches the learning of our students.



ASPACE

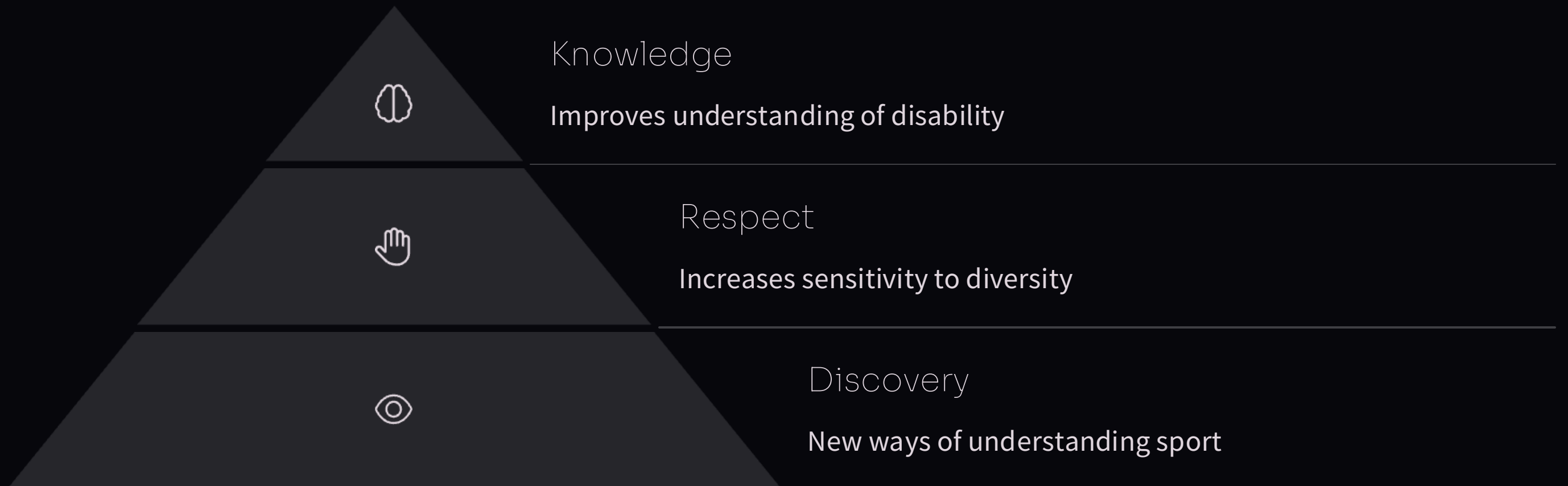
A fundamental collaborator in bringing students closer to the day-to-day life of people with disabilities.



Current Course Activities



Impact on Students





Benefits of Inclusive Sports

Physicists

It improves the physical condition of all participants. Develops new motor skills and coordination.

Social

It fosters relationships based on respect. It eliminates barriers and prejudices between students.

Emotional

Increases self-esteem and confidence. Develops resilience and the ability to overcome.

Conclusion



Inclusive school

We continue to be committed to an active and committed centre.



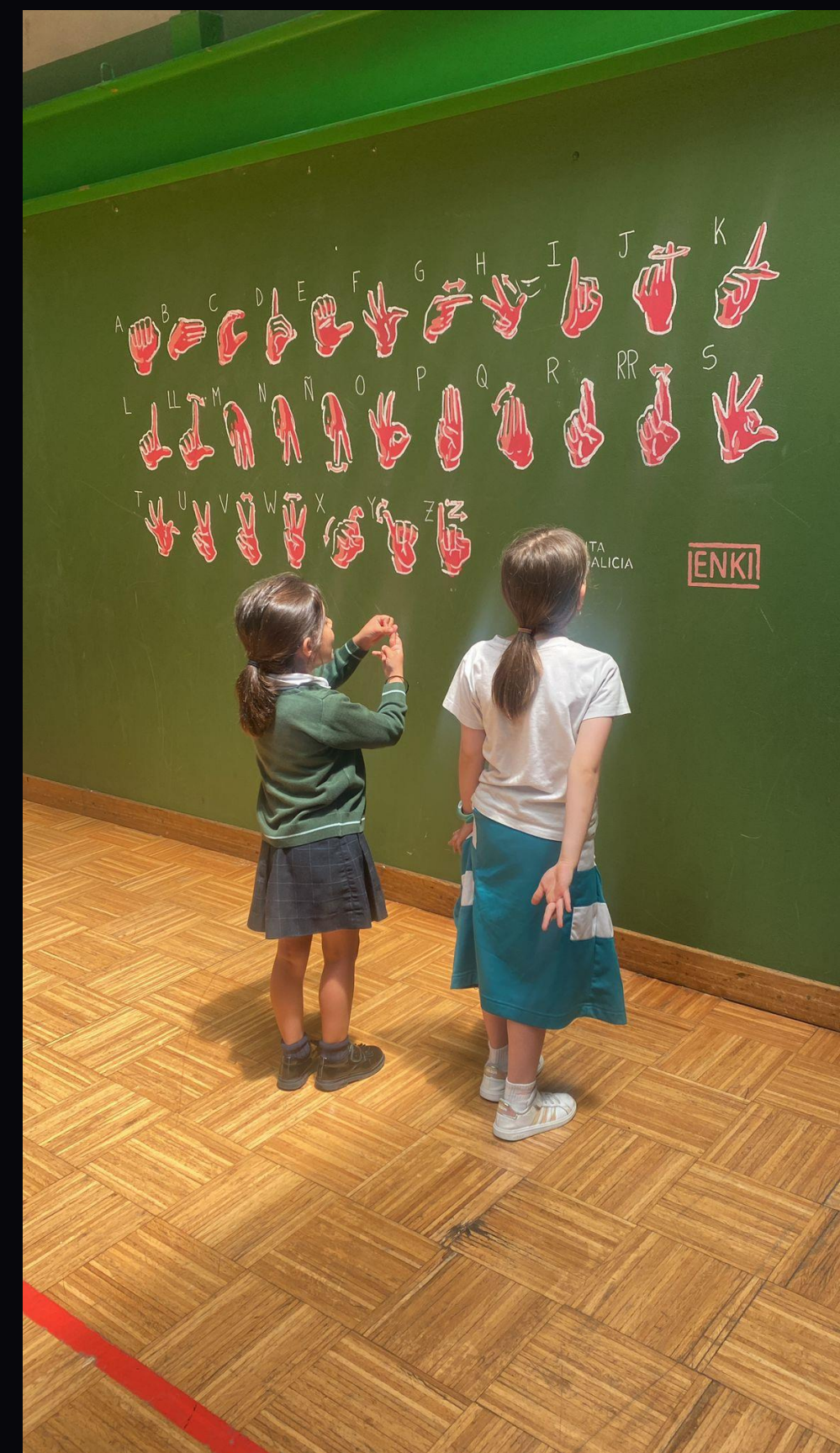
More than competition

Sport is a tool for social transformation.



Thanks

Thank you to all the collaborating entities on this path.



AWARENESS DAYS WITH INCLUSION

We present a detailed compendium of adapted devices designed to facilitate mobility and allow people with functional diversity to practice sports. These specialized teams promote autonomy, inclusion, and physical well-being.

Each device has been carefully designed to meet specific needs, from recreational leisure to high-performance sports competition, ensuring that everyone can enjoy the benefits of physical activity.



ENKI Adapted Devices and Sports Wheelchair

We present a detailed compendium of adapted devices designed to facilitate mobility and allow people with functional diversity to practice sports. These specialized teams promote autonomy, inclusion, and physical well-being.

Each device has been carefully designed to meet specific needs, from recreational leisure to high-performance sports competition, ensuring that everyone can enjoy the benefits of physical activity.



ENKI Adapted Tricycle

ENKI Adapted Tricycle Specifications

- Reinforced steel or aluminum frame
- Three wheels for stability
- Adapted pedals at the front
- Ergonomic seat with backrest (optional)

Recommended Use

- Rehabilitation
- Adapted physical education
- Inclusive leisure
- Grassroots sport

Advantages

- Handbrake system
- Customizable in height and size
- Promotes autonomy
- Facilitates social inclusion

The ENKI Adapted Tricycle is a three-wheeled vehicle specially designed for people with reduced mobility or motor difficulties. Its configuration allows the practice of physical activity autonomously or supervised, adapting to the specific needs of each user.





Adapted Tandem Bike with ENKI Front Seat



Structure

Robust with stabilizing base and front seat with restraint systems



System

Double brakes, pedals and handlebars at the rear for the passenger



Proceeds

Allows for inclusive outdoor activities and assisted sports

This bike has an innovative design of double in-line position: a seat adapted in the front for the person with functional diversity and a rear position for the passenger who pedals and steers. Its wide wheels provide better traction, while the anchor points ensure additional support for added safety.

It is ideal for outdoor activities, assisted sports and inclusion in recreational or school circuits, encouraging joint participation and shared experience.

ENKI Adapted Handbike

The ENKI Adapted Handbike is a bicycle specially designed to be propelled with the arms by front cranks. This device is designed for people with disabilities in the lower limbs, allowing them to enjoy active mobility and adapted sport.



Propulsion System

Manual transmission with front cranks that allow the bike to be propelled using arm power



Specifications

Disc brakes or caliper, lightweight and sturdy chassis, reclined seat with back support



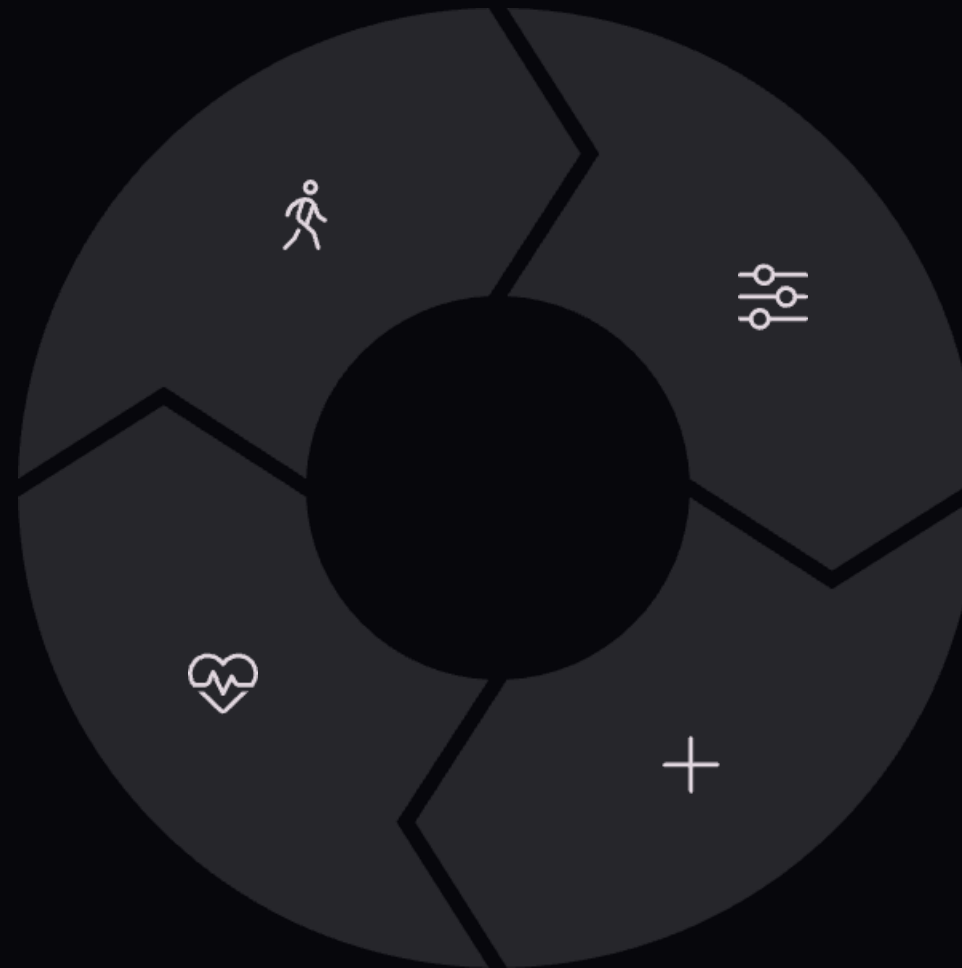
Adaptability

Configurable in size for children or adults, ideal for people with disabilities in lower limbs

Adapted Walkers

Structure
Folding aluminium or steel chassis
with front wheels and rear bumpers

Applications
Assisted walking support, daily
mobility and therapeutic
programmes



Settings
Adjustable height and ergonomic grip
to adapt to each user

Options
Possibility of brake and seat on
advanced models

Adapted walkers are walking aids, with a metal structure and wheels, designed for people with reduced mobility. Its design facilitates safe and controlled movement, providing stability and confidence to the user during their daily activities.

Joëlette chair



Off-Road Design

A single central wheel that allows it to adapt to uneven terrain, ideal for hiking and outdoor activities in natural environments.

Safety and Comfort

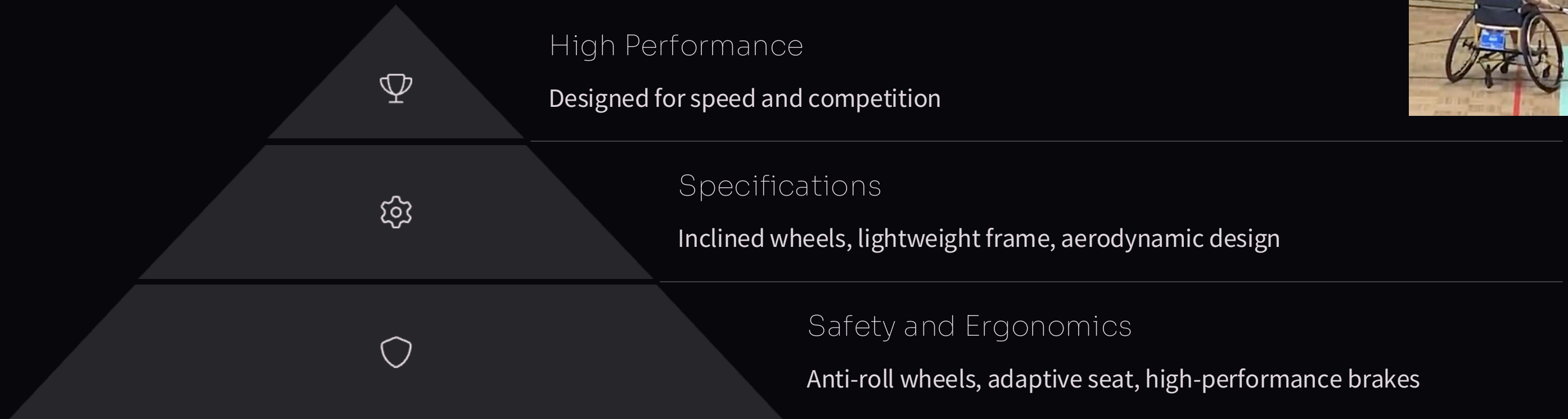
High-back seat, seat belt, footrest and in some models headrest and 4 or 5-point harness.

Inclusive Participation

It allows children and adults to participate in group activities without physical limitations, promoting inclusion and teamwork.

The Joëlette is an all-terrain chair with a single central wheel, designed for the transport of people with reduced mobility in sports, educational or recreational activities. Its lightweight and resistant metal chassis has front and rear handles so that two people can direct and stabilize the chair.

Sports Wheelchair



The sports wheelchair is a specialized piece of equipment, designed for the practice of adapted sports. Its tilted rear wheels (camber) provide greater stability and better maneuverability for quick turns, minimizing the risk of rollover during dynamic movements.

Made with high-strength materials such as aluminum or titanium, this chair guarantees durability without compromising speed. Its compact and streamlined design facilitates responsiveness, while the ergonomic seat allows the user to generate power and perform sport-specific movements.



Adapted Sports Session with ENKI

Discovering sport from an inclusive perspective

What is adapted sport?



Modified physical
activity

For people with disabilities



Seek inclusion

Participation and autonomy



Comprehensive development

Personal, social and sporting



Getting to know ENKI



Galician Association

Promotes inclusion through sport



Miscellaneous activities

Workshops, circuits and talks



Collaborations

Educational centers and entities



Adapted volleyball



Sitting game
Great coordination and agility

Lower network
Arm movement

Continuous participation
Constant contact with the game



Adapted tennis

In a wheelchair

Specialized mobility

Up to two pots

Before the stroke

High demand

Technique and physics

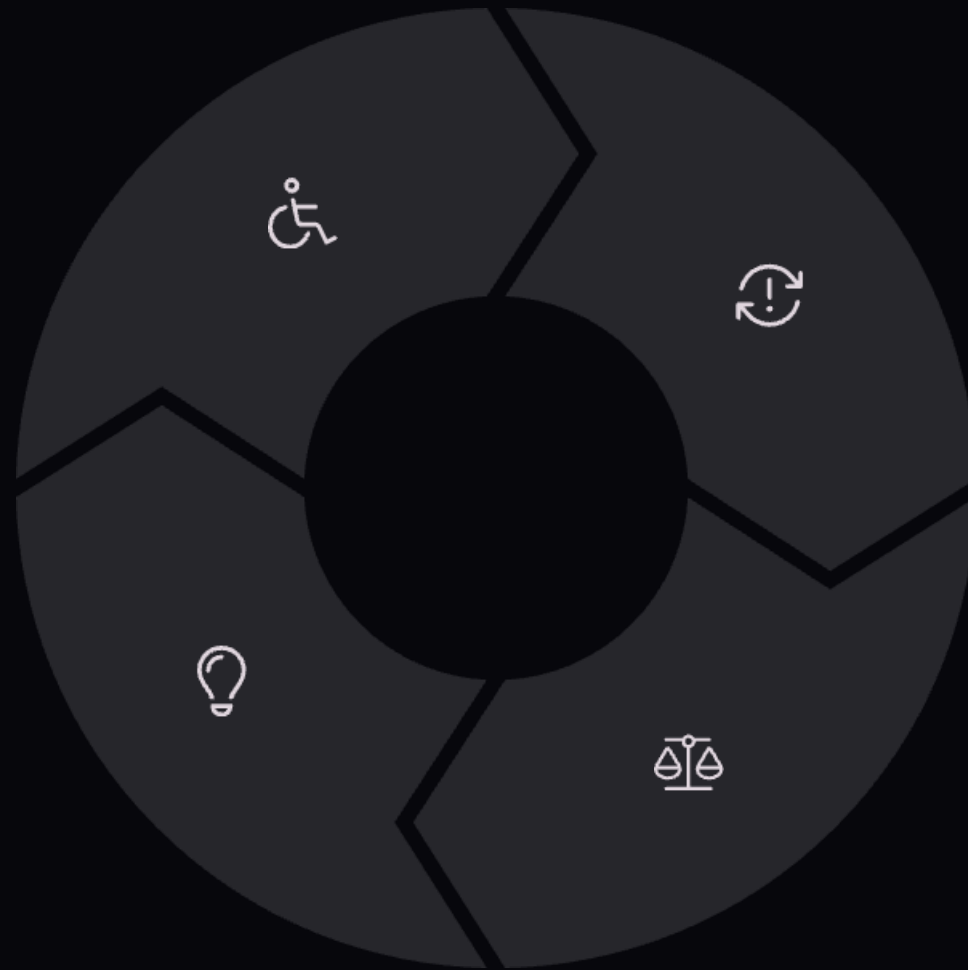
Use of an adapted sports chair

specifics chairs

Basketball or tennis

Comprehension

Difficulties and skills



Special technique

Turning and displacement

Stability

Balance control





Simulation of visual impairment



Blindfolded Eyes

Sensory circuit



Empathy

Trust in the environment



Beeps

Human guides

Final Thoughts



Transformation
Impactful experience



Conscience
Real capabilities



Inclusion
Sport as a tool



Boccia: Paralympic Sport of Precision and Strategy

An inclusive sport for people with severe physical disabilities

What is Boccia?

Precision adapted sport

Designed for people with severe physical disabilities

Similar to pétanque

With adapted rules and materials

In a wheelchair

All participants compete from wheelchairs





Functional categories

BC1

Cerebral palsy, they throw with hands or feet. Attendee allowed.

BC2

Cerebral palsy, greater control. No assistant.

BC3

Use of ramp. Technical assistant.

BC4

Other serious physical disabilities.



Objective of the game



Bringing balls closer to the jack

The cue ball is the target



6 balls per player

Soft leather balls



Various modalities

Individual, Pairs & Teams

Basic rules



Court
12.5 x 6
meters



Alternate
shifts

Throw who is
furthest from
the jack



Scoring

According to
proximity to
the jack



Duration
4 to 6 entries





Boccia at the Paralympic Games

1

Since 1984

Official Paralympic Sport

2

Unique

No Olympic equivalent

3

Demanding

High tactical and emotional demand

Values it transmits



Where to practice Boccia?



FEDPC

Spanish Federation of Sports for People with Cerebral Palsy



FEDDF

Spanish Federation of Sports for People with Physical Disabilities



Clubes adaptados

Sports centers throughout the country



Primary school
“Nikolaj Velimirović” Šabac

Inclusion and Disability through Sports

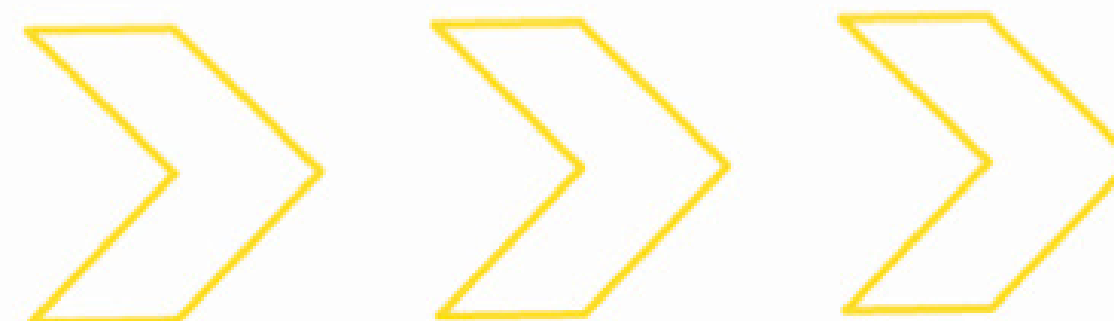


Disclaimer

"Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them". TR We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



ACTIVYOU



Co-funded by
the European Union



Adapted sports events



- Sitting volleyball
- Adapted table tennis
- Baskin

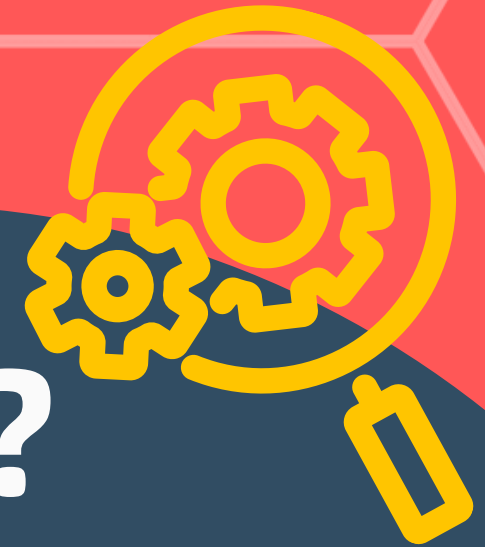
- Why?
- Where?
- How?

**“Sport is not always a competition.
Playing sports is about helping and
inspiring others so they can reach their
potential!”**

WHY?

Sport as a Tool for Inclusion

**Sports are the best tools for
overcoming barriers, including
everyone and teaching students the
value of equality.**





WHERE?

Adapted sports can be played at:

- School
- Home
- Sports clubs
- Adapted sports associations



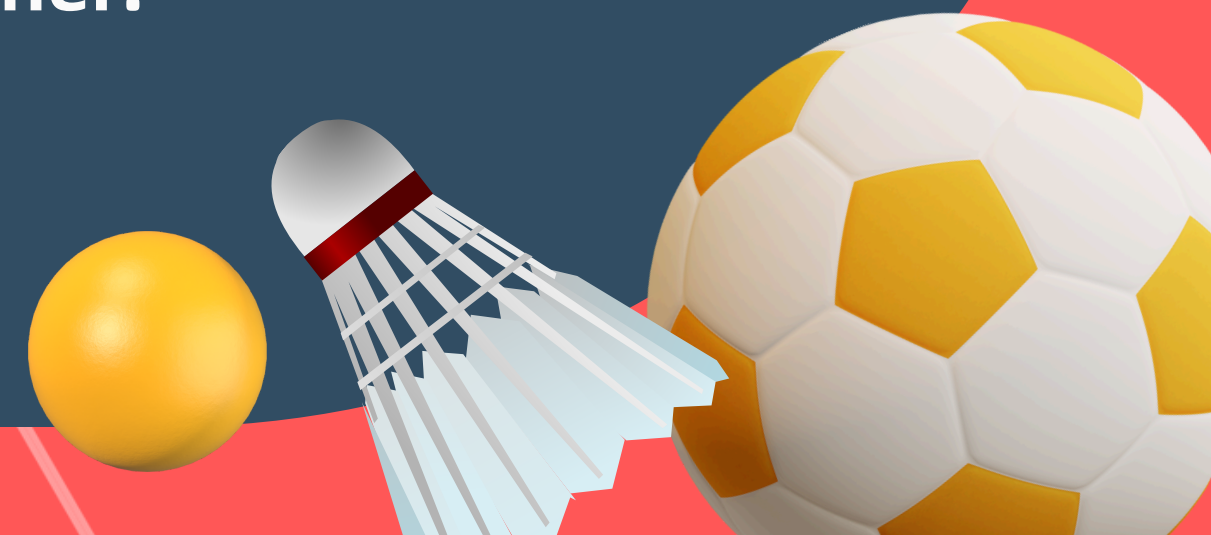


HOW?



When there is a
will there's a
way

The point is to include everyone in sports, no matter how, where or when.
The inclusion itself improves socialisation of the disabled.
Any kind of group activity helps both sides understand each other.





Sitting volleyball



Table tennis -
adapted



Baskin

OFFERING VARIOUS CHOICES ↔

Our team presented different activities connected to adapted sports.



VIDEO

Sitting volleyball

Sitting volleyball is one of the best adapted sports where all students can understand the needs of students with limited mobility.

It is not demanding and it is easily played in regular classes. It develops sportsmanship, cooperation, team thinking and empathy towards people with disabilities.



VIDEO

Table tennis- adapted

Adapted table tennis is suitable for people in wheelchairs. It is on the list of Paralympic sports.

Participation in this sport does not require the involvement of the lower extremities.

The emphasis is on improving the mobility and strengthening the upper limbs. It is excellent for hanging out and socializing.



Baskin

it's an adapted sport that allows athletes with the most difficult forms of disabilities to participate in sports and compete. The key to this sport is cooperation between competitors. Depending on the degree of disability, there are adjustments in the performing of the shot. Baskin develops mobility, coordination. It affects psychomotor development and promotes socialization.

Benefits of Inclusive Sports



- Physical
- Social
- Emotional





Conclusion

It is absolutely necessary for all the schools to be aware of the fact that it is utterly important to offer various sports for all the students, especially to pay attention to the disabled and their necessities.