



Easy-to-Read

Sports, Physical Activities and Games Guide



INSIDE: Social INcluSion of people
with Intellectual DisabilitiEs
through sport



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Erasmus+ A3: Erasmus Mundus, Sport



Funded by the
Erasmus+ Programme
of the European Union

iNSIDE
social INcluSion of people with
Intellectual DisabilitiEs through sport

What is the INSIDE project?



Introduction



iNSIDE
social INclusion of people with
Intellectual Disabilities through sport

The INSIDE project aims to:



- Increase opportunities for people with intellectual disabilities to participate in sports, physical activities and games.



- Include people with intellectual disabilities in society.



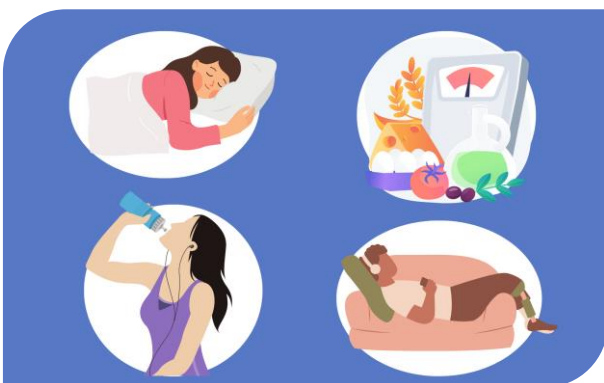
This manual was created especially to enable you to prepare and take part in sports, physical activities and games by yourself.



The manual is organized in an **Easy to Read** format.



Explore it and you will learn about sports, games and physical activities.



You will also learn about a healthy lifestyle.

Enjoy!!!

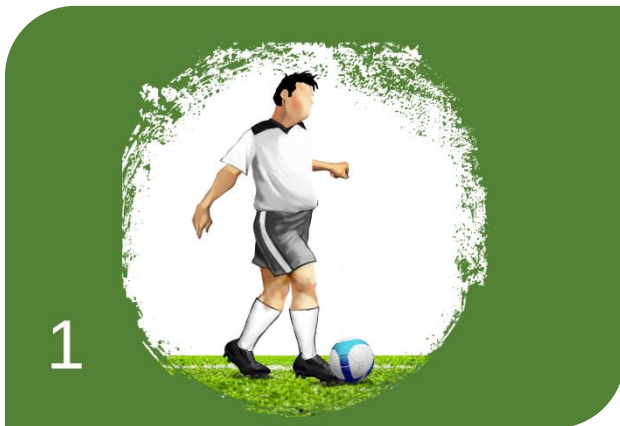
The Sports, Physical Activity and Games Guide includes 6 books



Sports:



Sport is a competitive physical activity or game. Sports improve physical ability and skills. Participating in a sport is entertaining.

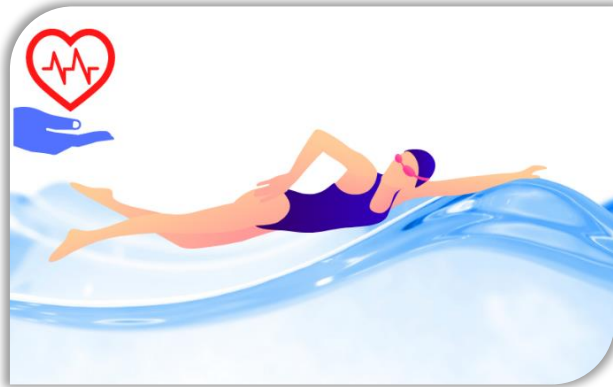


Book 1: Football



Book 2: Basketball

Physical Activity:



Physical activities are exercises that make you move your body.

Exercising regularly, improves your health.



Book 3: Hiking



Book 4: Swimming

Games:



Game is an activity that is played alone or in a team. A game is played for amusement and pleasure.



Book 5: Tag Rugby



Book 6: Bowling

There is one more book!

It talks about

Healthy Lifestyle Tips



Healthy Diet



Hydration



Sleeping Habits



Relaxing

Partners

This manual was prepared by a group of partner organizations from different countries, within the ERASMUS+ project called INSIDE.

The organizations that participate in the project are:

Name	Country
Organization Earth www.organizationearth.org	Greece 
Margarita Vocational Training Center www.eeamargarita.gr	Greece 
Health Life Academy https://healthlifeacademy.com	Croatia 
US ACLI www.usaccli.it	Italy 
ARCIL https://arcil.org.pt/	Portugal 
Barça Foundation https://foundation.fcbarcelona.com	Spain 



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Contact information: info@organizationearth.org

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Easy-to-Read

Football



Book 1

iNSIDE

What is Football?



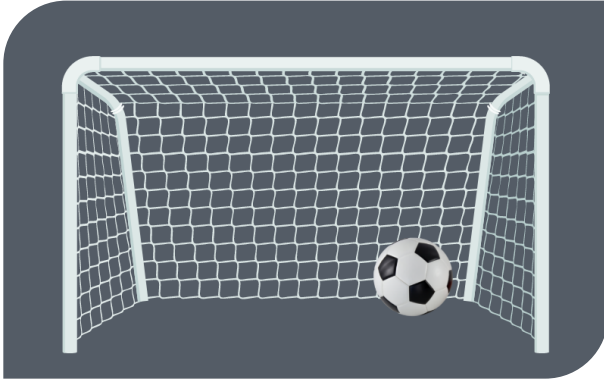
Football is a team sport played between 2 teams. In football you use a ball.



Sport is a competitive physical activity or game that improves physical ability and skills.

Participating in a sport is entertaining.

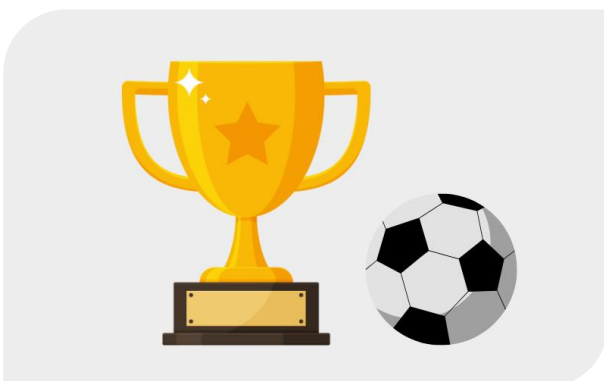
What is the aim of the game?



The aim of football is to score a goal.



You can score a goal by sending the ball into the opposition team's goal post.



At the end of the game, the team with the most goals wins.

Rules

Players



Each team has 11 players.



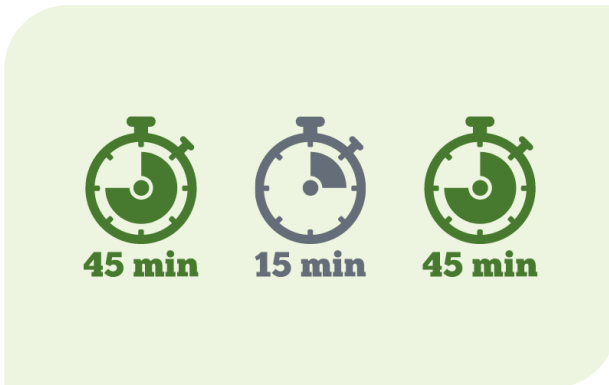
One of them must be the goalkeeper.

The referee



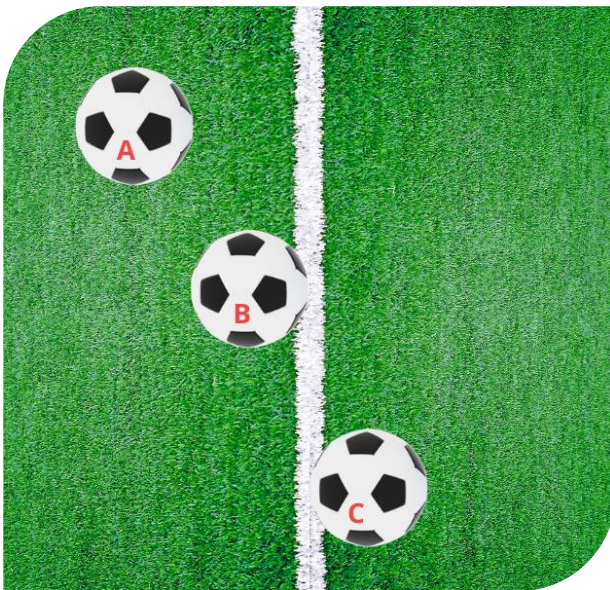
The referee is responsible for interpreting and enforcing the rules of the game.

The duration



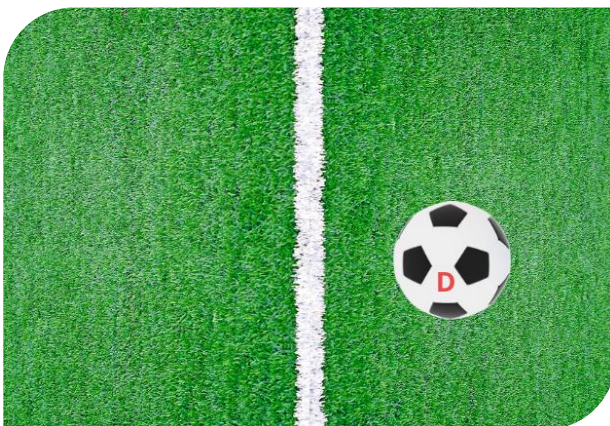
A match has **2** halves.
Each half lasts **45** minutes.
There is a **15** minute break
between 2 halves.

The ball in and out of play



In Play

Balls **A**, **B** and **C**
are still in play
as they have not totally
crossed the side line.



Out of Play

Ball **D** is out of play
because it has completely
passed over the side line.

Fouls



No tripping



No pushing



No holding

Penalty kick



The shot is taken from the penalty mark.

Corner kick



A corner kick is a way of returning the ball in a game when it is out of play.

The corner marks are located at the 4 corners of the field.

Safety tips



Inspect the field.
Make sure
there are no holes
or other obstacles.



Remove all earrings
and jewelry.



Think about wearing
elbow pads.



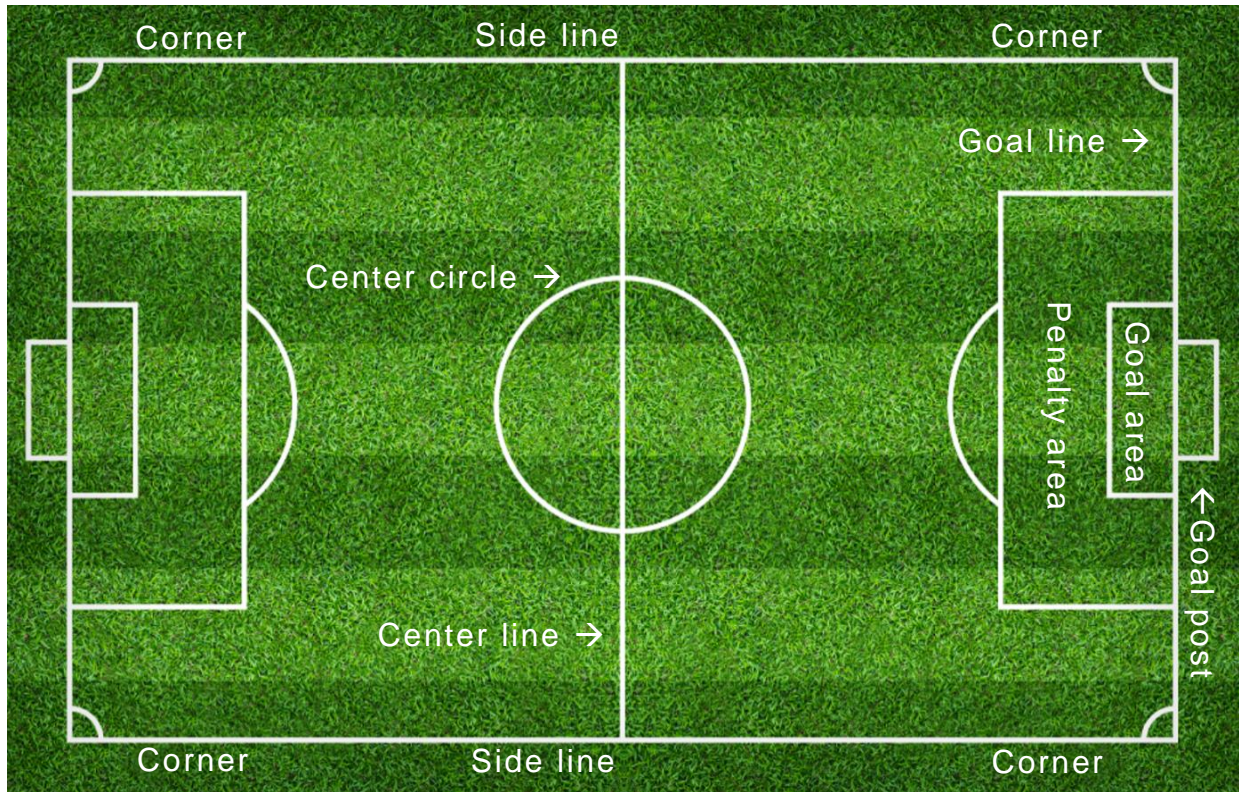
Always warm up
before playing.



Drink plenty of fluids
before,
during and
after games.

Place

In the picture below you can see the parts of a football field.





Outdoor field



Indoor field

Equipment



T-shirt



Football shorts



Soccer cleats



Socks



Shin guards



Elbow pads



Bag



Ball



Goalkeeper gloves



Water bottle

Basic Techniques

Kicking

1



Bend slightly
your support leg
next to the ball.

Raise back
the foot
that will kick the ball.

2



Lean your body
above the ball.

Bring forward
your shooting foot.



Kick the ball with force.

Dribbling



Bring the ball in front of your foot.

Touch the ball where your shoelaces are.

Move the ball from one foot to the other.

Heading

1



Lean your body backward
as the ball is reaching.

2



Move your head
towards the ball.

Hit the ball
with the center
of the forehead.

Passing



Bend your support leg slightly next to the ball.

Kick the ball with force to pass it to a teammate.

Low pass



Kick the ball
with the inside
of your foot.

Do it with whichever foot
you prefer.

Long pass



Hit the ball underneath.

Goalkeeping



Catch the ball
with your hands.

Hold the ball
near to your body.

If you want to know more:



To find more information
about football and its rules
click the link below

<https://www.youtube.com/watch?v=Up3Wvsxh6Pg>

To find more information
about football techniques
click the links below

<https://www.youtube.com/watch?v=s21Hf39-h64>

<https://www.youtube.com/watch?v=naEccnjzLxM>



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Easy-to-Read

Basketball



Book 2

What is Basketball?



Basketball is a sport played between 2 teams using a ball.



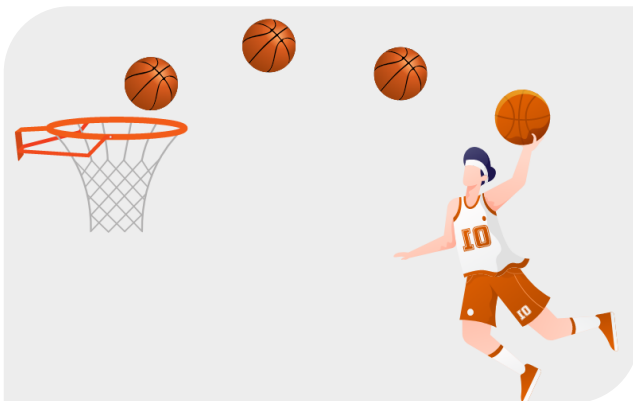
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Participating in a sport is entertaining.

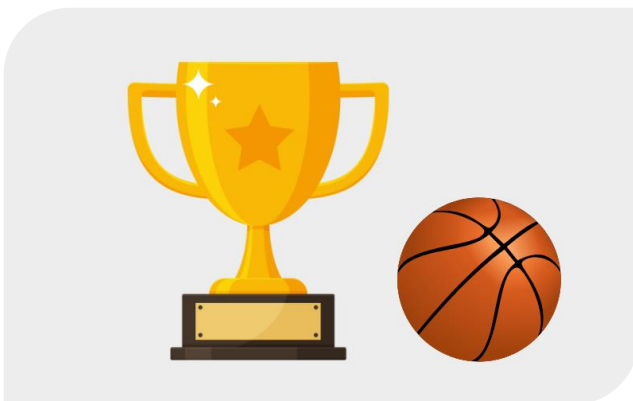
What is the aim of the game?



The aim of basketball is to score points.



You can score points by shooting the ball through the opponent's basket.



The team with the most points at the end of the game wins.

Rules

Players



5 players play on the court.

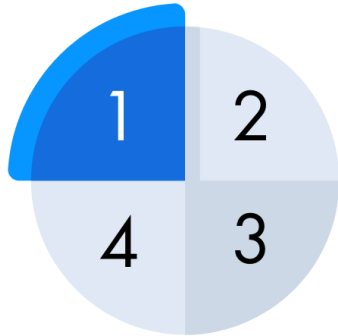
Basketball traveling



Traveling is whenever you take steps without dribbling the ball.

The duration

Basketball Quarter



- 4 periods of **10 minutes**.



- **2 minutes** break between each period.
- **15 minutes** break between period 2 and 3.

Time outs

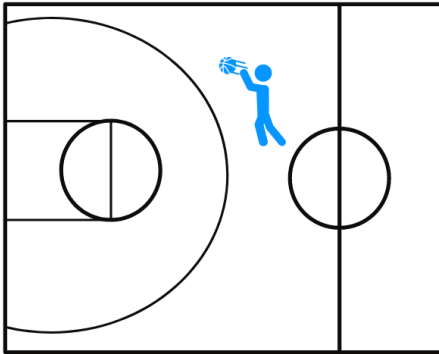


Total of 5 time outs for each team:

- 1 in each each of the first 3 periods
- 2 in 4 period

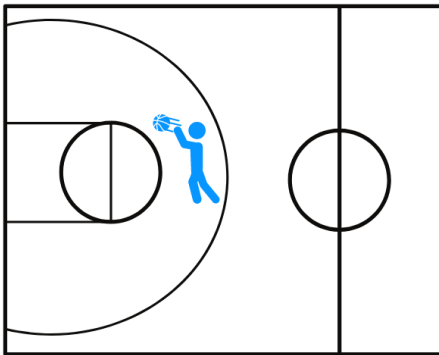
Scoring

3



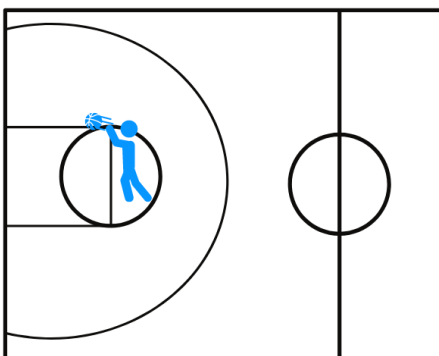
- **3 points**
Outside the 3-point line

2



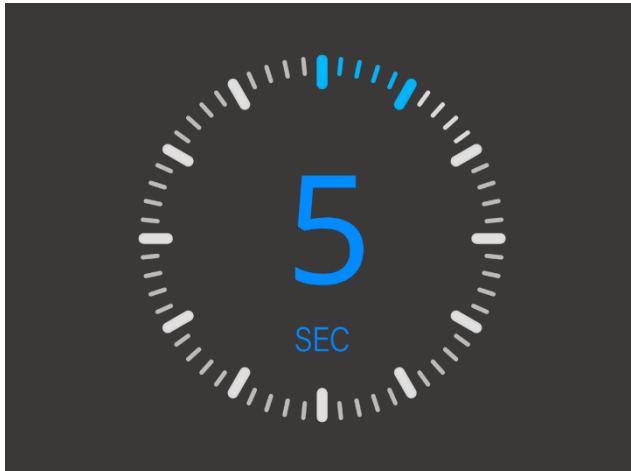
- **2 points**
Inside or
on the 3-point line

1



- **1 point**
Free throw

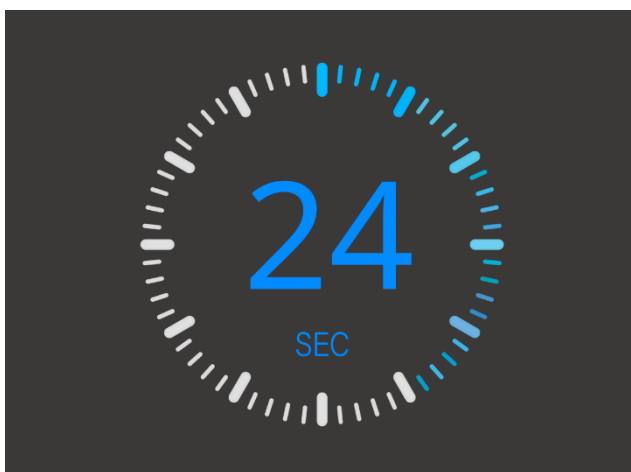
Time limits



You have 5 seconds to either pass or advance the ball toward the hoop.

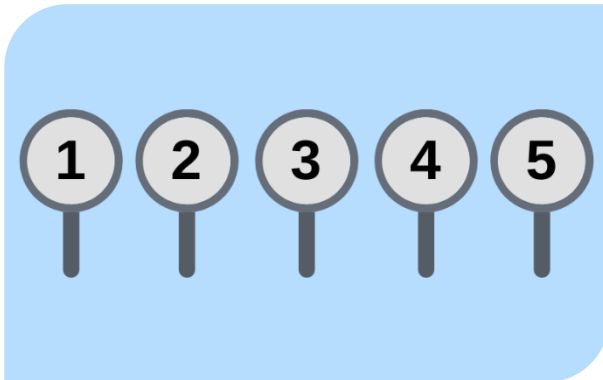


You have 8 seconds to pass the ball after the center line.



After your team gains possession of the ball, you have 24 seconds to shoot.

Fouls



Players must commit no more than 5 fouls to remain in the game.



Do not hold the player.



Do not block the path of a moving player.

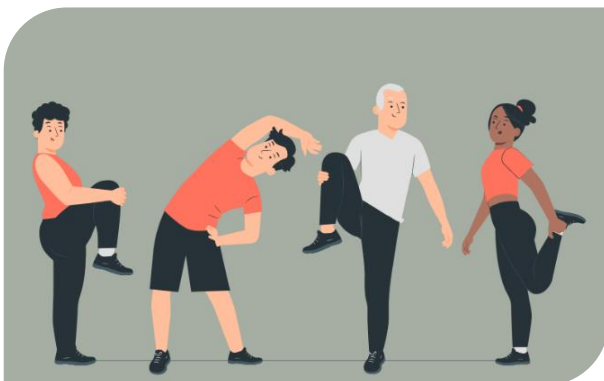
Safety Tips



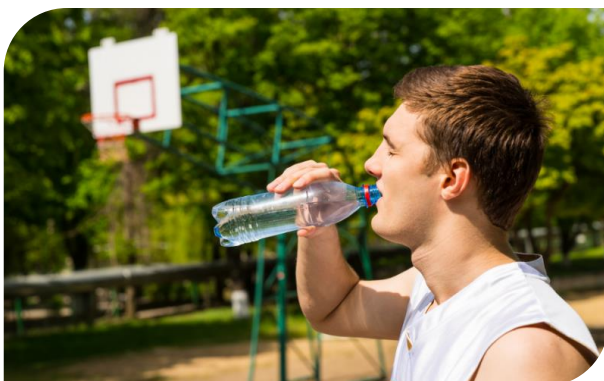
Play on a clean and dry surface.



Wear sports shoes that are comfortable and are non-slip.



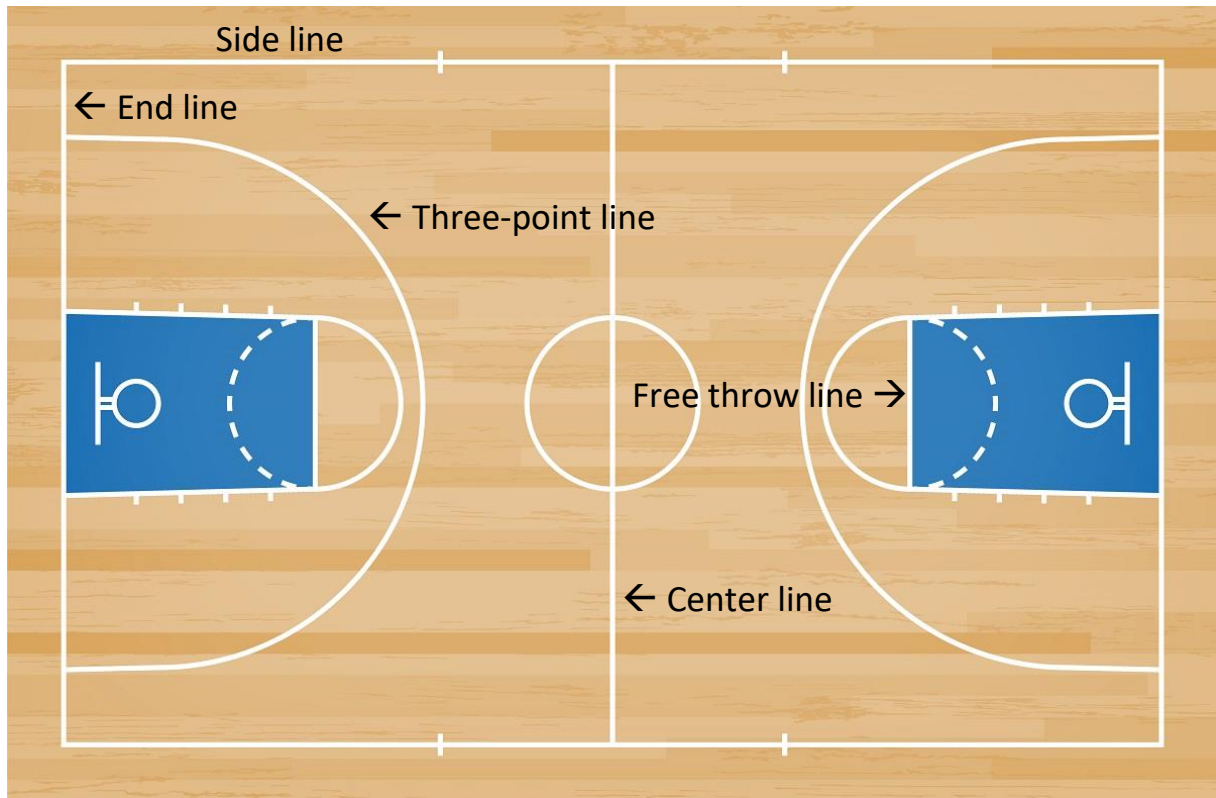
Warm up and stretch before and after each session.



Stay hydrated at practice and during games.

Place

In the picture below you see the parts of a basketball court.



← Basket board

← Basket



Indoor basketball court



Outdoor basketball court

Equipment



T-shirt



Athletic shorts



Socks



Basketball shoes



Ball



Towel



Backpack



Water bottle

Basic Techniques

Pass

How to perform a chest pass

1



Hold the ball in front of the chest with both hands.

2



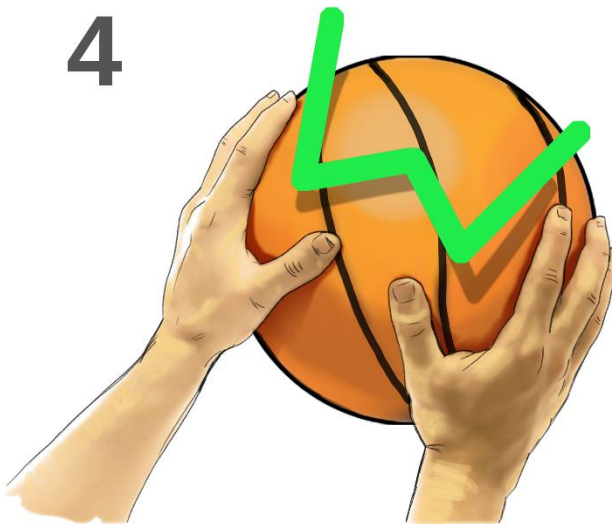
Take a step with your dominant foot.

3



Throw the ball
by rotating your wrists.

4



When receiveing the ball
the fingers form
the letter W.

How to perform a bounce pass



Hit the ball
on the ground.

The ball must bounce
in a spot near
your teammate's feet.

Try to make the ball
bounce towards
your teammate's
chest.

How to perform an overhead pass

1



Bring the ball up over your head.

2



Step forward with your dominant foot.

3



Release the ball by bringing your arms down and snapping your wrists forward.

Dribble

How to perform a control dribble



Bend your knees.

Bounce the ball from your knee height with your fingers.

How to perform a speed dribble



As you move, hit the ball forward and away from your body.

When bouncing, the ball reaches about waist height.

Shoot

How to perform shoot at stance

1



Hold the ball with two hands slightly lower than your chest.

Bend your knees.

2



Raise the ball at about head height.

Turn your shooting hand to face the basket.

Keep the other hand to the side of the ball.

3



Raise your elbow
with the ball.

Bend backward the wrist
of your shooting hand.

4



Stretch your hand completely
and push the ball
with your wrist
to aim towards the basket.

If you want to know more:



To find more information
about basketball rules
click the link below

<https://www.youtube.com/watch?v=oyjYgmsM00Q>

To find more information
about basketball skills and techniques
click the links below

<https://www.youtube.com/watch?v=XIHqHouUHoY>

<https://www.youtube.com/watch?v=foxgBVF3LwM>



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Easy-to-Read

Hiking



Book 3



What is Hiking?



Hiking is a physical activity.

Hiking is going for long walks in nature.



Physical activities are exercises that make us move our body.



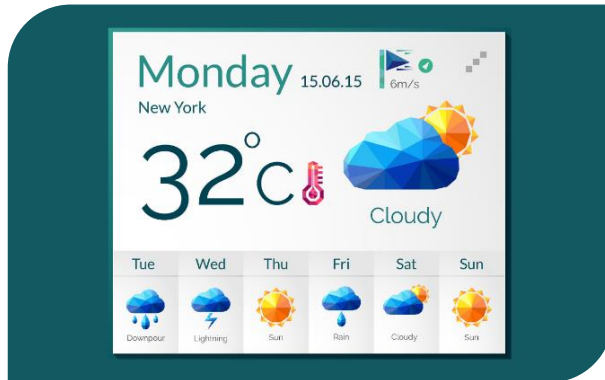
Exercising regularly, improves your health.

What is the aim of Hiking?



The aim of hiking is to enjoy doing exercise in nature.

Rules



Plan ahead, and check the weather forecast.



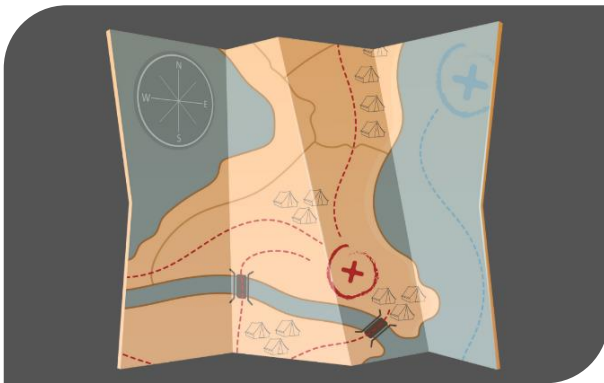
Take your phone, and make sure it is charged.



Bring a friend, or friends along!



Start with an easy hike.



Download a map
of the route.

Know your route and
stick to it.



Tell someone
where you will be.

Safety tips

What to bring: the 10 essentials

Carry these items to ensure you are safe and comfortable.



Place



Simple Hiking



Mountain Hiking



Hiking on trails
by the sea

Equipment



Shirt



Jacket



Trekking pants



Hiking poles



Backpack



Trekking shoes



Waterproof pants



Rain coat



Base layer top



Wool socks



Fleece layer



Gloves



Sun glasses



Camera



Sun cream



First aid kit



Water bottle



Flashlight

Basic Techniques

How to walk downhill



- Take smaller steps to keep your balance.
- Do not lean forward.

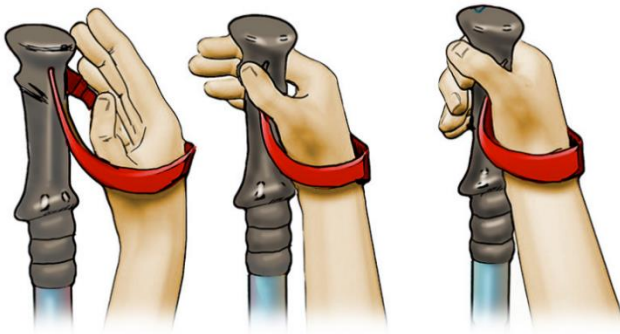
How to walk uphill



- Follow a zigzagging route.
- Keep the pace steady but shorten your steps.
- Lean with your chest only slightly towards the hill.
- Do not swing your arms.

Nordic Walking Technique

1



Wear the hiking poles on your wrists.

2



As you step,
let your arms hang
loosely.

As you walk,
drag the poles
lightly behind you.

3



Start to heel-toe as you walk and lengthen your stride.

4



Grip the poles and place them into the ground.

Push down the poles to push off with each step.

Increase your speed.

If you want to know more:



To find more information
about how to walk uphill
click the link below

https://www.youtube.com/watch?v=XziSvo_6X4

To find more information
about how to walk downhill
click the link below

<https://www.youtube.com/watch?v=HOI9FcuAY>



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Easy-to-Read

Swimming



Book 4

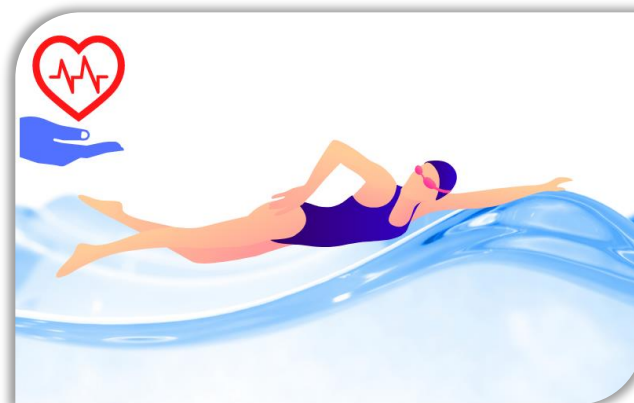


What is Swimming?



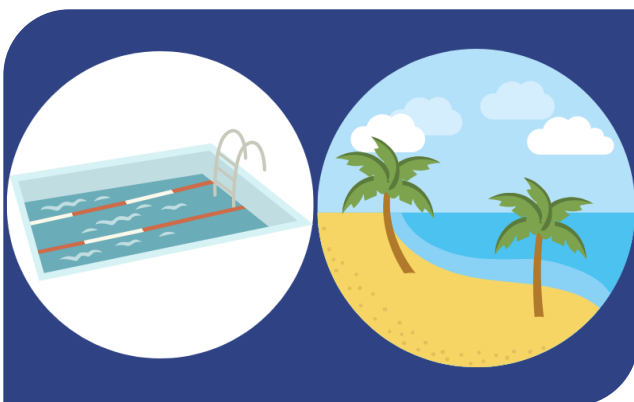
Swimming is a physical activity for individual or teams.

In swimming, your entire body moves through water.



Physical activities are exercises that make us move our body.

Exercising regularly, improves your health.



Swimming takes place in a pool or in the sea.

What is the aim of swimming?



The aim of swimming is to get familiar with the water, and to acquire the basic floating and movement skills.

Rules



Get in and out of the pool using the stairs.



Do not run around the pool (yellow area).



Wear flip flops around the pool.

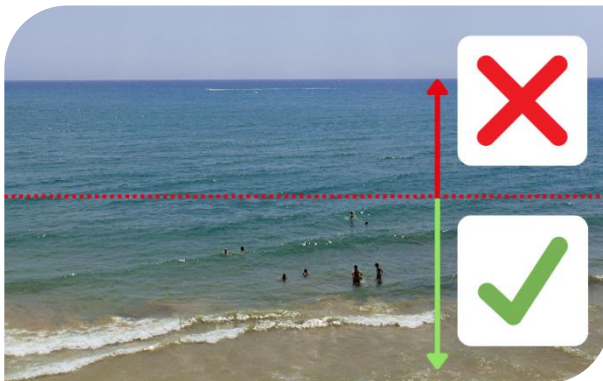


Always wear
a swimming cap.



Take a shower
before entering the pool.

Safety tips



Do not move away from the shore.



Do not dive from the rocks.



Do not swim until 3 hours after your last meal.



Do not swim if you have drunk alcohol.

Place



Outdoor swimming pool



Indoor swimming pool



Sea

Equipment



Women's swimsuit



Man's swimsuit



Swimming Cap



Life jacket



Goggles



Towel



Bathrobe



Flip flops



kickboard



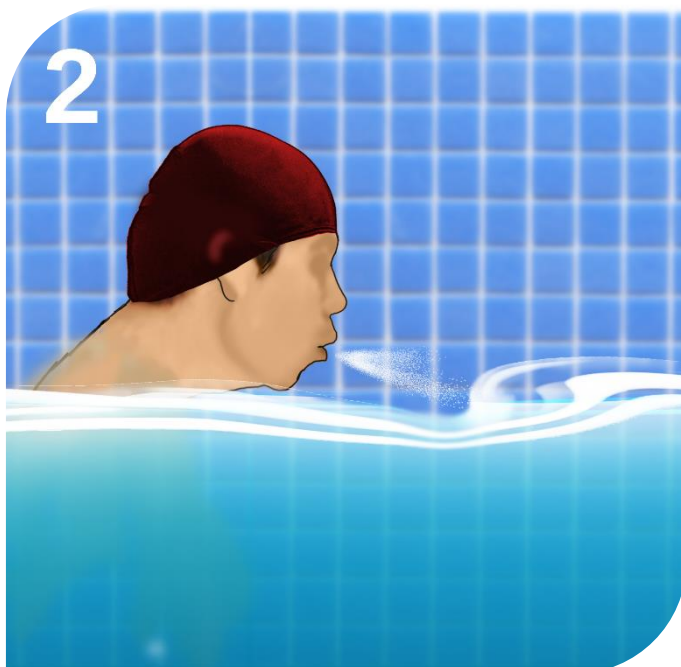
Bag

Basic Techniques

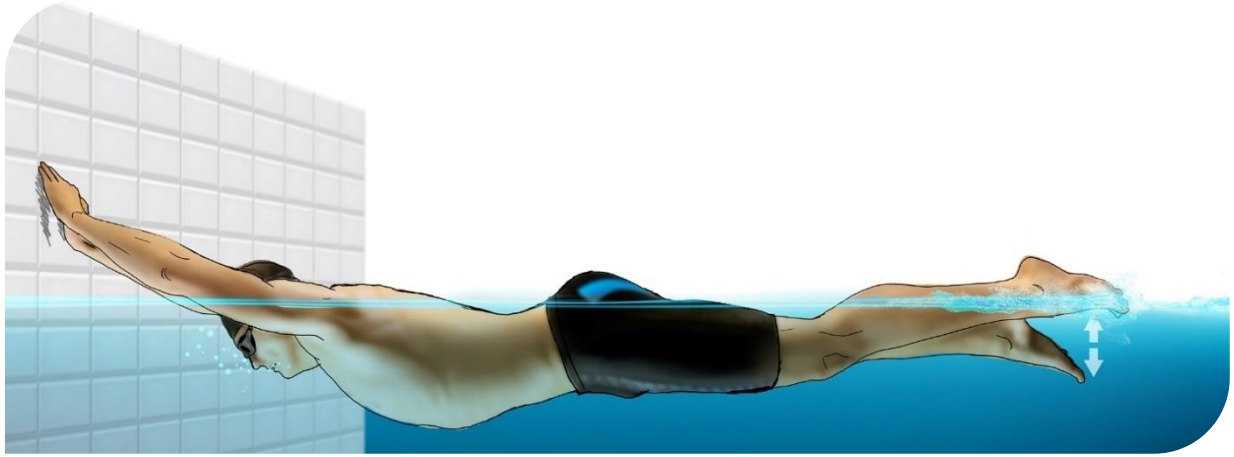
Breathing Exercises



Blow a ball
along the surface.



Blow to make a hole
in the water.



1. Hold your hands against the edge of the pool.
2. Put your face in the water and push your feet off the bottom.
3. Open your eyes, blow bubbles, kick your legs.

Floating



Try to float
by tapping your feet.

Tap your feet
as you prefer.

Practice kicking

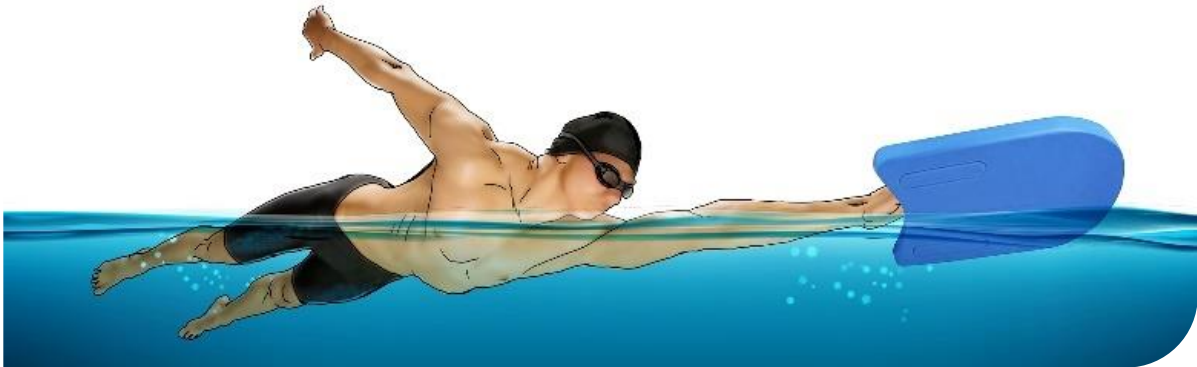


Grip a kickboard firmly
with one hand
on each edge.

Extend your arms ahead
of them as far as
possible.

Kick your feet.

Arm strokes



1. Pull one hand back, bring it forward like you make a circle and grip the kickboard.
2. Do the same with the other hand.

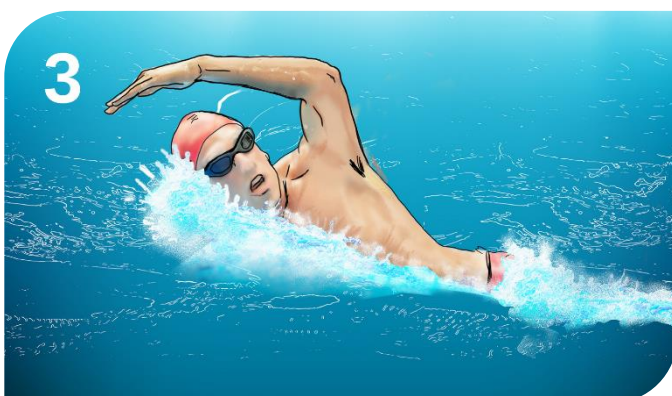
Free style stroke



Turn your head to the right and breathe in.

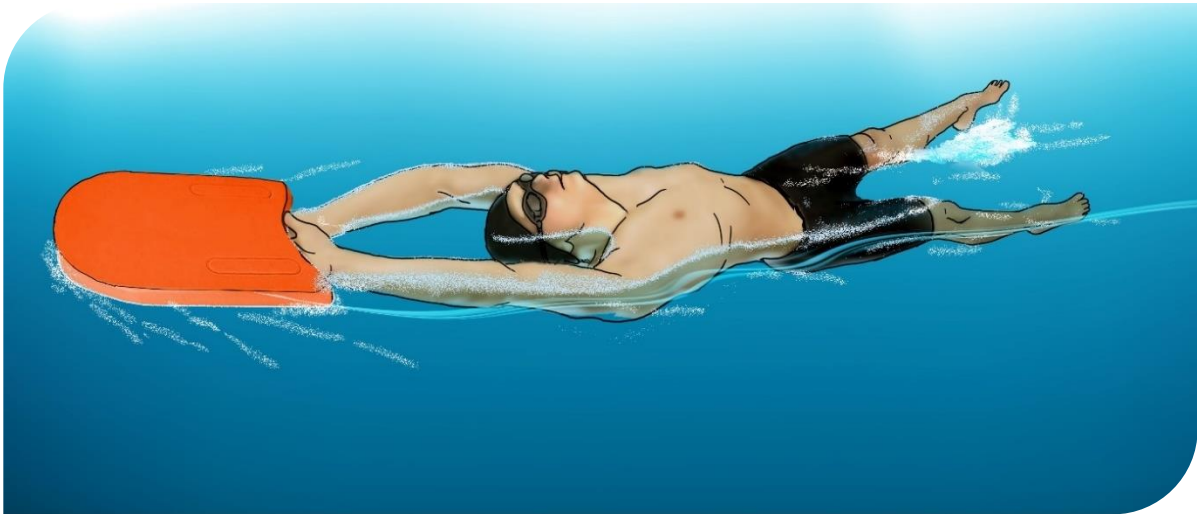


Turn your head backdown and breathe out under water.



Turn your head to the left and breathe out.

Backstroke kick



1. Lie on your back.
2. Hold a kickboard and extend your arms straight behind your head.
3. Start kicking.

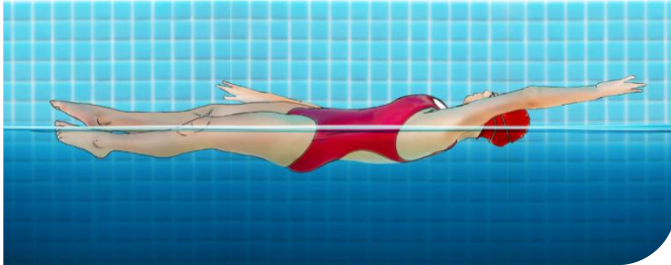
Backstroke arm movement



1. Hold a kickboard against your chest.
2. Extend one arm straight behind your head.
3. Lower it into the water,
bring it forward
as you make a circle
and grab the board.

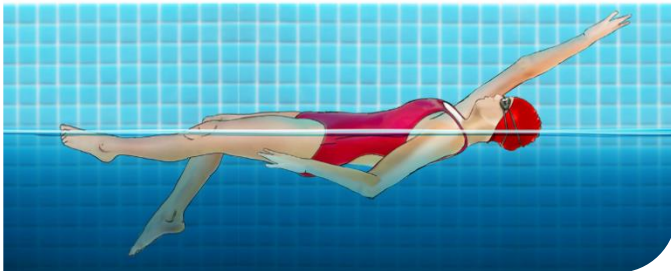
Backstroke style

1



Enter your left hand into the water so that it is in line with your shoulder.

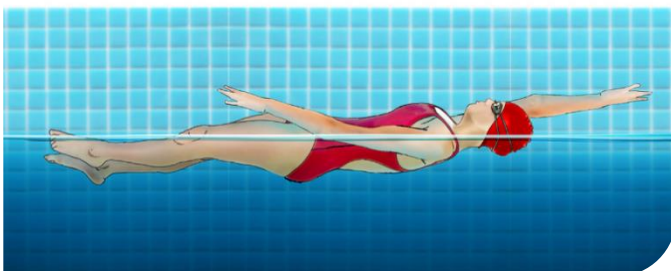
2



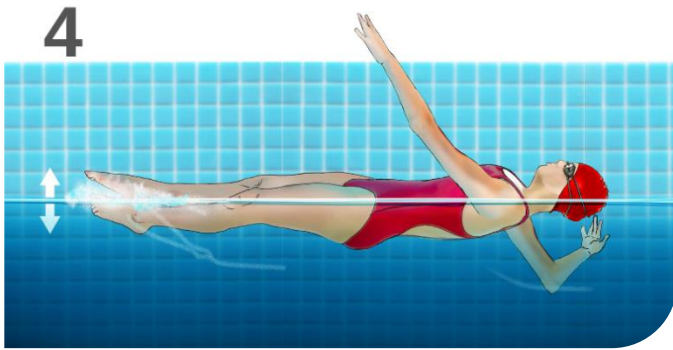
Pull your left arm under the water, slightly bending your elbow.

Push the water with your hand.
Raise up your right arm.

3



Straighten your left arm and lift it out of the water.



Move your arms continually.

When one arm sweeps up out of the water, the other arm pulls underneath the water with the elbow.

Kick your legs.

If you want to know more:



To find more information
about how to swim freestyle
click the link below

<https://www.youtube.com/watch?v=OHjzgwUtfvU>

If you want to see
how to perform backstroke style
click the link below

<https://www.youtube.com/watch?v=rLBxLUF1jil>



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Easy-to-Read

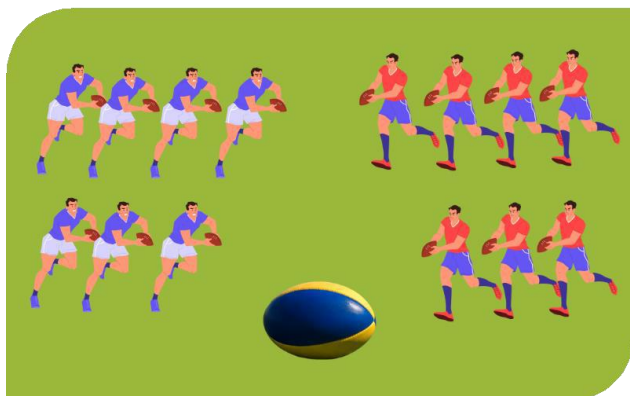
Tag Rugby



iNSIDE

Book 5

What is Tag Rugby?



Tag Rugby is a game played by 2 teams with a rugby ball.



Each player wears a belt with 2 straps.

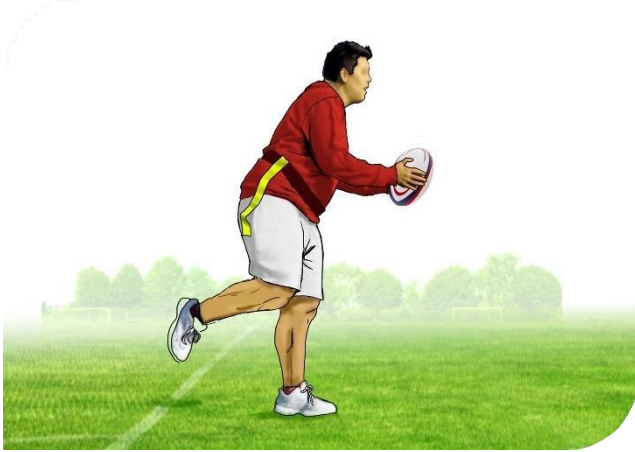
A strap is called tag.



- **Attacking players**
try to escape from the opponent
and pass the rugby ball.

- **Defenders**
try to prevent attackers from scoring.
They do this by pulling a tag
from the player carrying the ball.

What is the aim of the game?



The aim is to score a try.
You score a try when
you cross the opponent's
try line
with the ball in your hands.



The team
with the most tries
at the end of the game
wins.

Rules

Players



Mixed teams
(men and women)
of **7** players.

5 play on the field
and **2** sit on the bench.

Scoring



1 point is scored
for **each try**.

Duration



2 periods of 5 minutes
with a -1 minute break.



After being tagged,
you have 3 seconds
to pass the ball.

Fouls



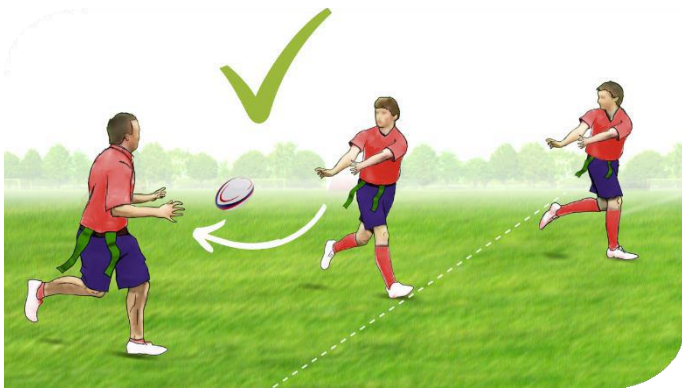
You cannot dive over the line.



Do not throw the ball over the line.



You cannot pass the ball to a teammate who is ahead of you.



You must always stay behind the ball.



When the opponent tries to remove the tags you cannot push him.

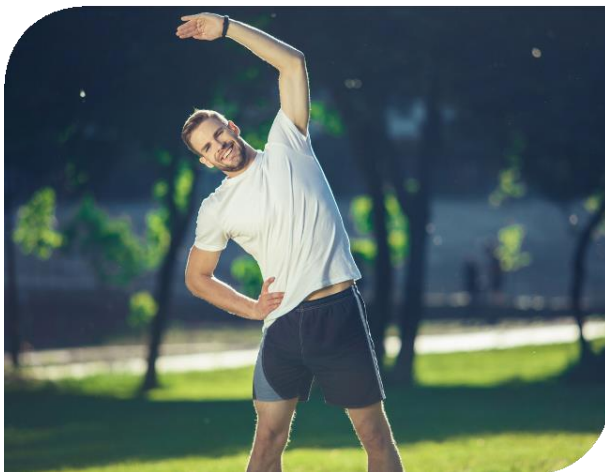


A foul results in a free kick awarded to the opposing team.

Safety tips



Remove your watch and jeweleries (necklaces, bracelets, earrings).

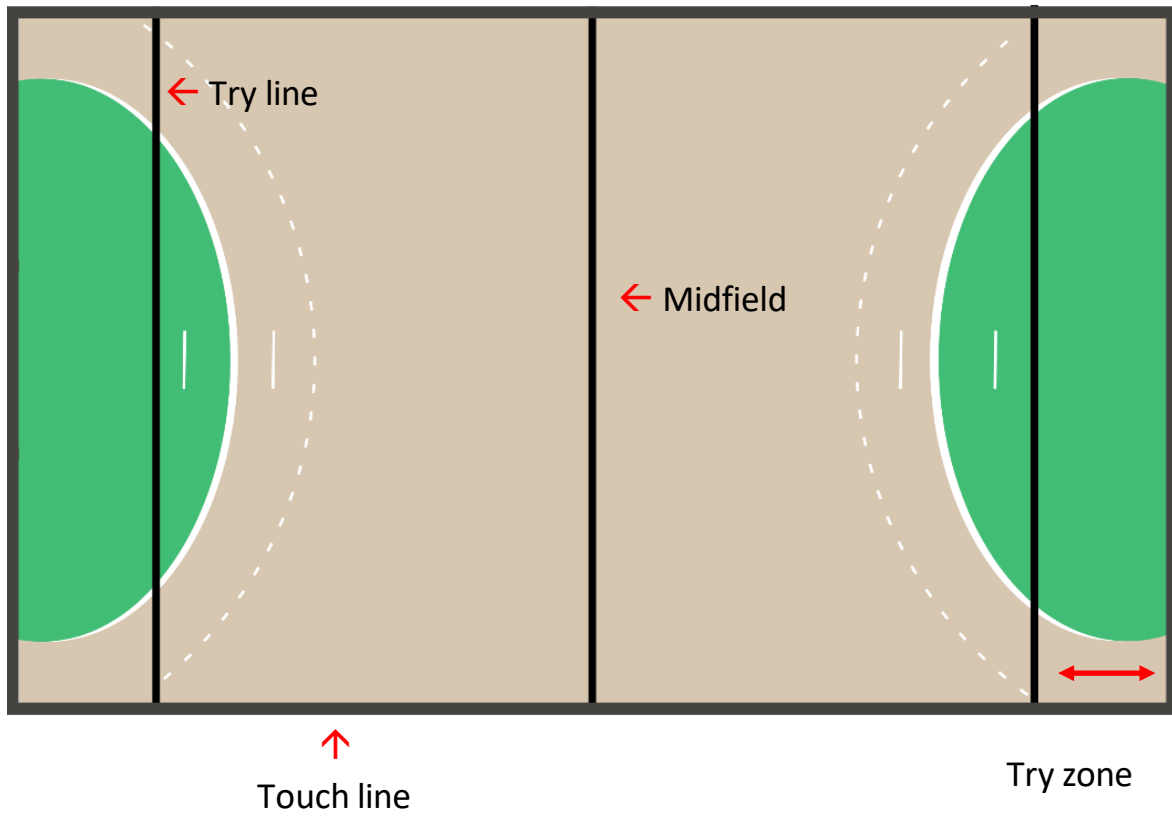


Before match,
do a warm up.

After match
do a cool down.

Place

In the picture below you can see the parts of a tag rugby field.



Equipment



Ball

size 4 preferably.



Tag belt

2 straps on each side.

The straps are called tags.



Apply the tag belt
as shown in the picture.

Basic Techniques

The “tag action”

1



Get close to the opponent ball carrier.

Grab and remove his tag.

2



Shout TAG.

Raise your arm.

3



Return the tag.

The Free Kick



Hold the ball
in your hands.



Drop the ball
so it touches the
toe of your foot.



Flip the ball back up
into your hands.

Score a Try



Cross the try line by running with the ball in your hands.

If you want to know more:



To find more information
about basic tag rugby
click the link below

<https://www.youtube.com/watch?v=v7e8Y8g3sGY>

To find more information
about the tag rugby rules,
click the link below

<https://www.youtube.com/watch?v=A6y5XjuzEyY>



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Contact information: info@organizationearth.org

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Easy-to-Read

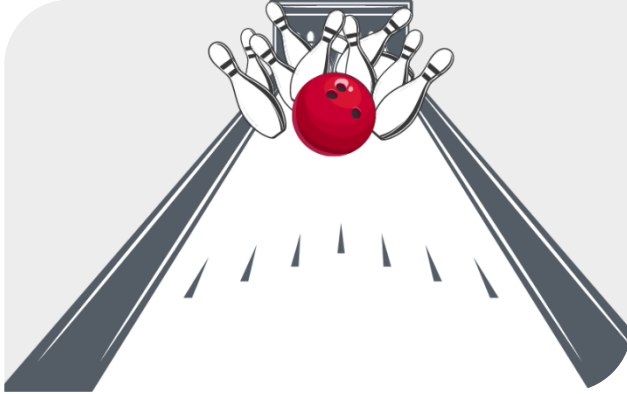
Bowling



iNS!DE

Book 6

What is Bowling?



Bowling is a game.
In bowling you roll
a heavy ball
in a narrow lane.

Pins are placed
at the end of the lane.



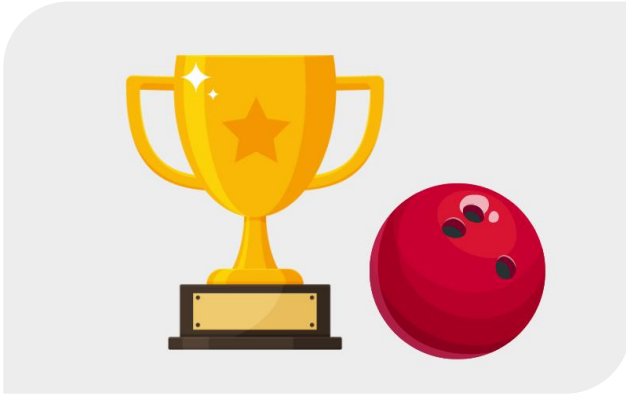
A game is
an entertaining activity.

In a game
you can play alone
or in a team.

What is the aim of the game?



The aim of bowling is to knock down all pins.



At the end of the game, you win if you have knocked down more pins than your opponent.

Rules

Players



Bowling is a simple game that can be played individually or in teams.

3 or 5 players can form a team.

A team can be male-only, female-only, or mixed.

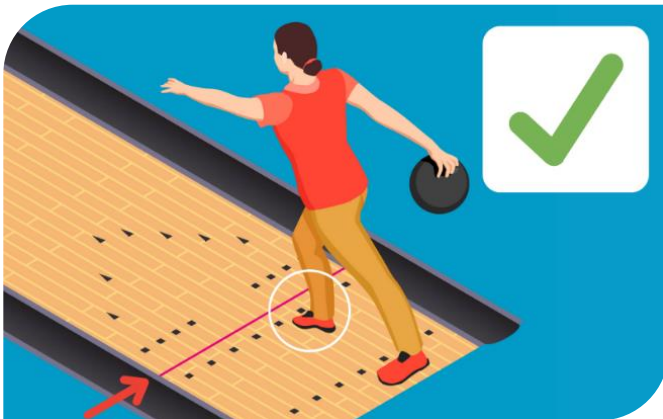
Fouls

1. Bowling crossing foul line



You must not cross the line.

You must not step on the line.

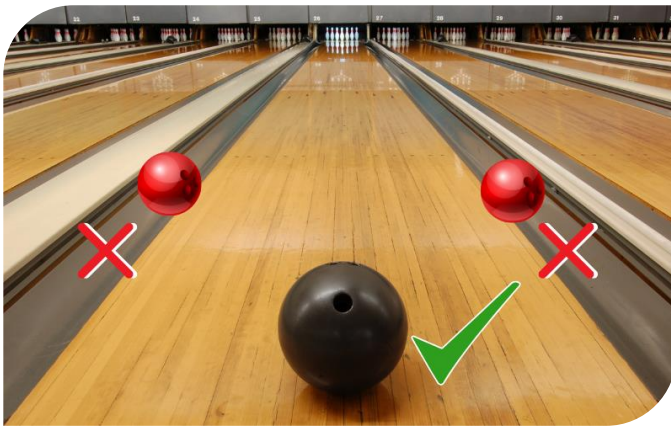


You must remain behind the foul line.

2. Bowling gutter

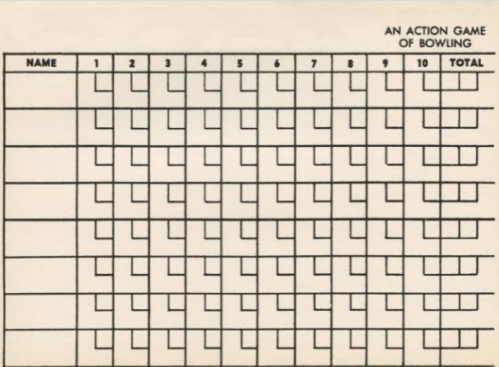


On each side of the lane there are 2 gutters.



The ball must not fall in the gutter.

Scoring



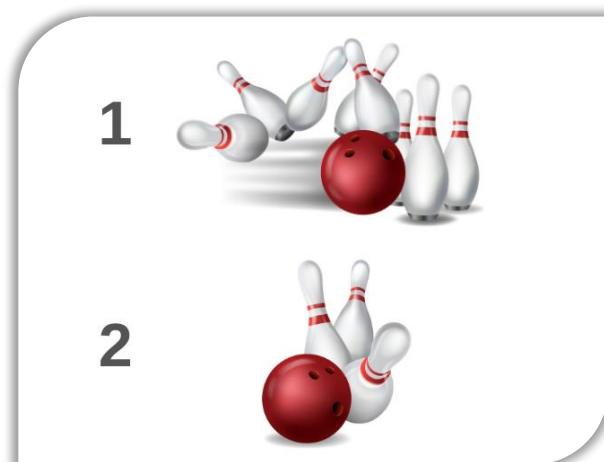
NAME	1	2	3	4	5	6	7	8	9	10	TOTAL

A game of bowling consists of 10 rounds.

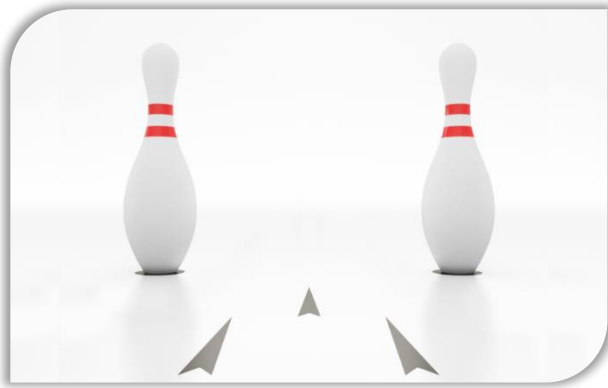
In each round you have **2 attempts** to knock down **all the pins**.



You make a **strike** if you knock down all the pins on your **first try**.



You make a **spare** if you knock down all the pins on your **second try**.



You make a **split** if you leave standing 2 or more pins that are not next to each other.

Safety tips



Wear sports clothing to facilitate movement.



Pick up the bowling ball with both hands, so you have one hand on either side of the ball being lifted.



Do not pick up the ball with your fingers in the holes.



Make sure your hands are completely dry before you pick up the ball.

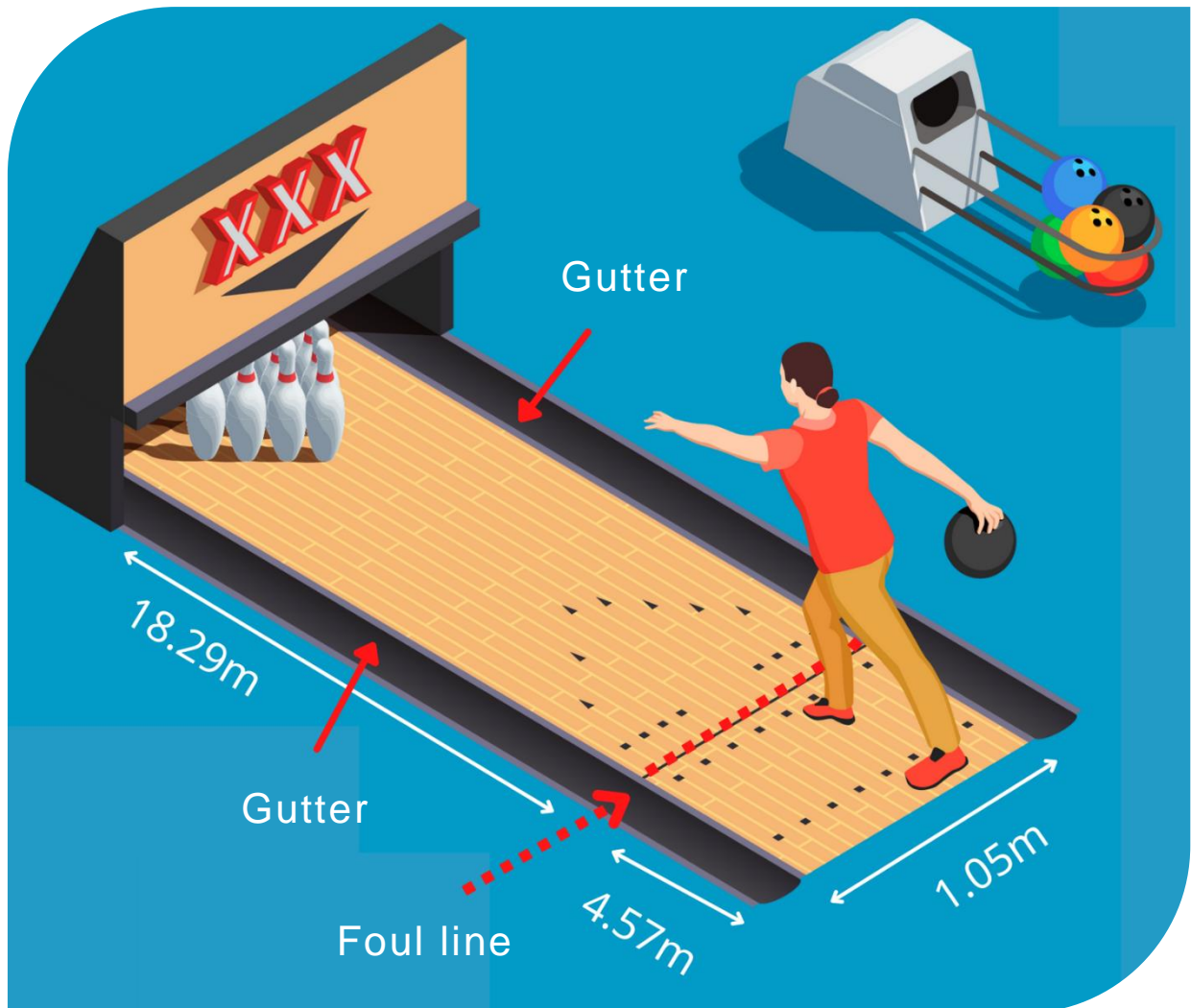


You need to find a ball that is

- **right** weight for you
- **right** size of hole for your fingers.

Place

In the picture below you can see the parts of a bowling alley.



Equipment



Ball



Pins



Bowling shoes



Gloves

Basic Techniques

How to hold a bowling ball



1. Place your middle and ring finger in the top 2 holes.
2. Place your thumb into the bottom hole.

How to drop the ball



1

Hold the ball with 2 hands.

Place your fingers in the holes.

Use whichever hand you prefer.



Stretch your hand
down to the side.

Bring forward the foot
that is opposite to your
bowling arm.



Swing the hand holding
the ball backwards.
Extend the other hand
forward.

Lean forward slightly.

4

Bend your knees and swing the ball downwards.



Aim to release the ball as it swings past your leg.

5

Roll the ball down the lane with force.



If you want to know more:



To find more information
about the basic bowling techniques,
click the link below

<https://www.youtube.com/watch?v=hjbXpnKFByA>

To find more information
about the proper bowling hand position,
click the link below

<https://www.youtube.com/watch?v=q921f42q7eE>



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<https://www.projectinside.eu>
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Easy-to-Read

Healthy Lifestyle Tips



Book 7

iNSIDE

Healthy Lifestyle Tips



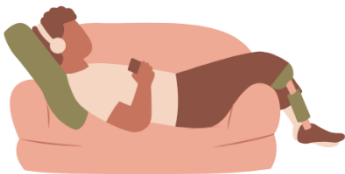
Healthy Diet



Hydration



Sleeping Habits



Relaxing

Healthy Diet

How to eat well?



Good nutrition
is very important
for a healthy lifestyle.

Make sure you eat from all 5 food groups!



- Fruit
- Vegetables



- Potatoes
- Bread
- Rice
- Pasta
- Cereals



- Beans
- Pulses
- Fish
- Eggs
- Meat



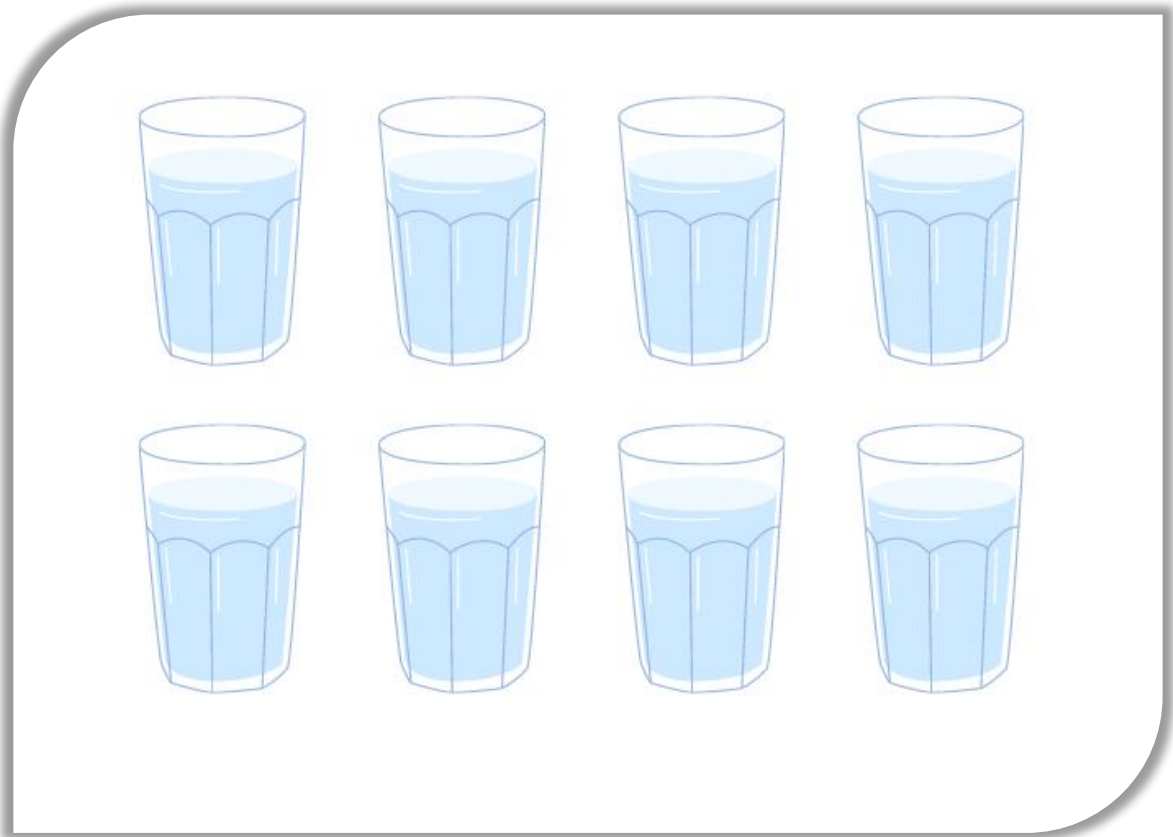
- Milk
- Cheese
- Butter
- Yoghurt



- Seeds
- Nuts

Hydration

How much water should you drink during the day?



You should drink
is **6 to 8 glasses**
per day.

Sleeping Habits



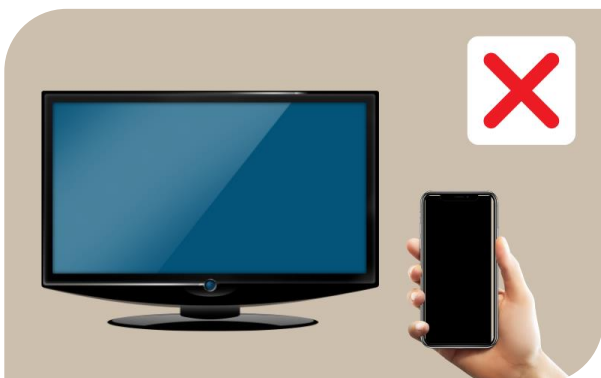
Sleep for 7-9 hours



Wear comfortable pyjamas



Keep your bedroom dark and quiet



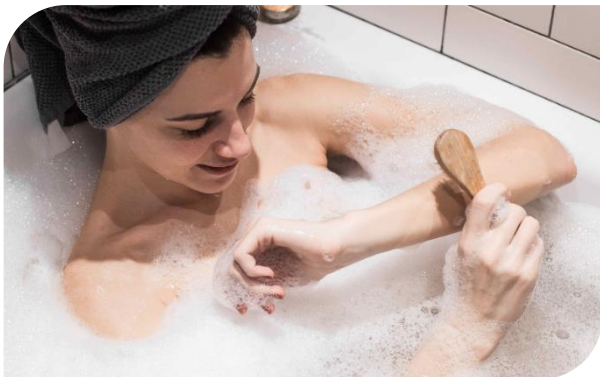
Switch off you TV and phone 1-2 hours before sleeping



Get a comfortable bed and pillow



Limit food and drink late at night



Take a bath or shower before sleeping



Brush your teeth

Relaxing

Ways to relax



Listen to calming music



Drink herbal tea



Ask for a hug



Stretch



Light candles



Take a bath



View some art



Sit in nature



Spend time with friends

If you want to know more:



To find more information
about how to eat well
click the link below

<https://www.youtube.com/watch?v=7MIE4G8ntss>

If you want to know more
about hydration
click the link below

<https://www.youtube.com/watch?v=P8c9DliAFz8>



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