



WHEELCHAIR SPORTS

DISABILITY AWARENESS
PROGRAMME

**FOR CHILDREN
& YOUNG PEOPLE**



It's a great leveller, giving those that don't usually consider themselves as sporty the chance to take part in a fun, accessible activity.



DISABILITY AWARENESS

Active Lincolnshire's Wheelchair Sports programme is the largest of its kind in the UK, with over 40,000 participants since its inception in 2009.

Created to raise awareness of disabilities, sessions bring together children of any fitness level or sporting ability, disabled or non-disabled, to all take part in wheelchair based activities and skills, often culminating in playing wheelchair basketball.

By using reverse integration to encourage people of all ages and abilities to participate in the same sport, the sessions break down barriers and promote inclusivity.



WHY WHEELCHAIR SPORTS?

Our wheelchair sports programme can support your school (at any level; primary, secondary, FE & HE) by acting as a tool of engagement for all students in PE and school sport, helping encourage pupils to take part who are disengaged, overweight, or who have SEND, behavioural, long term health conditions.

- Help your students understand what it is like to have certain disabilities through the power of wheelchair sports.
- It builds friendships, helps social interaction and breaks down the stigma that some people may have around people with disability.
- Inclusivity is at the heart of the programme to allow barriers of participation to be broken down to extend provision for all individuals to take part.
- It can help develop confidence, knowledge and skills.
- It contributes to offering students a broader range of experiences and activities through school sport.
- Improve and extend your provision for all young people to take part in sport & physical activity.

WHAT TO EXPECT

We tailor each package to your school and pupil needs, and have options ranging from half day sessions through to 6 week programmes. Sessions are delivered by our qualified coaches, but we can also upskill your staff to deliver sessions safely with the equipment yourselves to enable longer programmes.

All activities can be delivered at your school; our team brings the wheelchairs and equipment to you.

Children are introduced to the chairs and their features before being paired with the best sized chair before taking them through a series of games to help them learn different skills.

With the basics mastered you'll move onto a mix of races, challenges, progressing into playing wheelchair basketball where appropriate and introducing games and tournaments.



*“A fantastic experience
for everyone, regardless of their age.”*

T.D - Lincolnshire Scouts

If you would like more information and to discuss a tailored package, please get in touch with our wheelchair sports team.



ActiveLincolnshire.com/WheelchairSport
WheelchairSport@ActiveLincolnshire.com
01522 730 325