



# SPORT FOR INCLUSION TRAINING



P21 Jordan, Azraq Camp 2018

## BACKGROUND

Plan2Inclusivize is a program that believes in the power of sport as a medium to bring positive change. Through a partnership between Plan International and the UNESCO Chair in Inclusive Physical Education, Sport, Recreation and Fitness an active and participatory approach has been developed to promote social inclusion of children with disabilities through inclusive sports and play. The approach has been successfully piloted in both development and humanitarian settings.

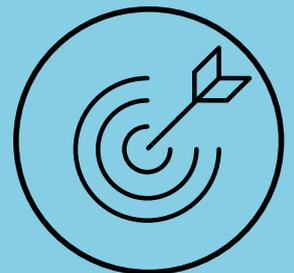


Maximising the contribution of sport to sustainable development and peace

## AIM & OBJECTIVES

### AIM

- To encourage and contribute to mainstreaming inclusion in development and humanitarian programming with the objective of building inclusive societies.



### OBJECTIVES

- To improve the inclusion of children with disabilities in education and communities by increasing the capacity of practitioners and volunteers to deliver inclusive physical education and sport & play programmes.
- To facilitate children with disabilities to empower themselves, by providing them with opportunities to experience inclusive sport and play.

# THE P2I TRAINING



The P2I training is a **generic 5-day training** that can be universally applied by any organisation or institution interested. It can be facilitated in a disability specific context as well as in projects or initiatives that aim to mainstream disability. The P2I training is primarily designed for **practitioners** who work directly with children and young people of mixed abilities.

The P2I training can also be facilitated as a training of **master trainers** who will train others by replicating and facilitating further P2I trainings.

**P2I can be applied in any thematic area involving children and young people, such as:**

- Formal – or Non-formal Education Programmes
- Child Protection Programmes
- Youth Empowerment Programmes
- Humanitarian Responses, particularly Child Friendly Spaces & Safe Learning Spaces



## PILLAR 1 CHANGING PERCEPTIONS

**Pillar 1 (day 1)** provides the basic understanding and knowledge on the concept of disability. By unpacking the concept of disability, this pillar explores common approaches/definitions of disability. It introduces the most common impairment categories and how disability intersects with other social identities, particularly gender. Participants will reflect on their own perceptions towards people with disabilities as well as the perceptions of the community.

## PILLAR 2 LEARNING FOR INCLUSION

**Pillar 2 (day 2-3)** provides the basic knowledge on how to include children with disabilities in and through sport and play. Participants will get to know key-concepts for inclusion in sport and play activities in a participatory way and will reflect on their role as a facilitators. Additionally, participants will learn about child protection and develop guidelines for working with children with disabilities.

## PILLAR 3 TAKING ACTION

**Pillar 3 (day 4-5)** is the most practical part of the P2I training. Participants will put their acquired knowledge and skills on how to include children with disabilities in and through sport and play into practice. They will facilitate sport and play activities for children with and without disabilities and reflect on it after. Barriers that hinder inclusion will be identified and discussed. Relevant International policies and guidelines will be introduced. A very important part of pillar 3 is the development of action plans following the P2I training.



P2I Togo, Sokode 2015



P2I Uganda, Buikwe 2017



P2I Pakistan, Punjab 2017

# RESOURCES

The P2I training package contains the following resources:

- P2I Sport for Inclusion training manual for master trainers in print
- P2I Sport for Inclusion participant handout booklet in print

**P2I USB-Sticks for master trainers and participants, including:**

- P2I Sport for Inclusion training manual/participant handout booklet as interactive PDF
- P2I PowerPoint Slides
- P2I Physical Activities/Games
- Additional resources: articles, documents, policies, selection of inclusive games, videos, pictures, etc.

**Training materials:**

- Regular stationery
- Sport equipment



P2I Guinea, Gueckedou 2017

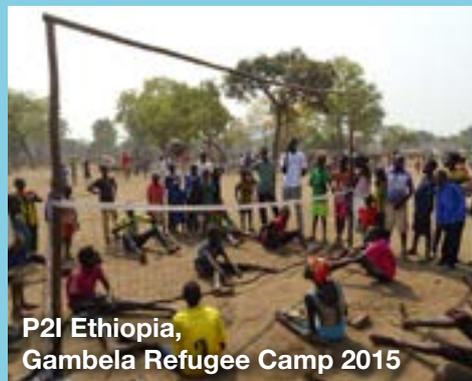




P2I Guinea - Gueckedou 2017



P2I Togo, Sokode 2015



P2I Ethiopia, Gambela Refugee Camp 2015



P2I Jordan, Azraq Camp 2018

## Interested?

**Don't hesitate to contact us for more information!**



The UNESCO Chair "Transforming the Lives of People with Disabilities, their Families and Communities, Through Physical Education, Sport, Recreation and Fitness" based in Tralee, Ireland advocates for inclusion using physical education, sport, recreation and fitness. The core purpose is Mainstreaming Diversity in these domains. The mission centres on changing minds through influencing policy and changing lives through innovative practice and partnerships.

UNESCO Chair, Institute of Technology Tralee, Ireland  
**Email: [katharina.schlueter@staff.ittralee.ie](mailto:katharina.schlueter@staff.ittralee.ie)**



Plan International is an independent development and humanitarian organisation that advances children's rights and equality for girls. Plan International strives for a just world, working together with children, young people, supporters and partners. Plan's strategy is to work with vulnerable and excluded children and especially girls so that they can learn, lead, decide and thrive with the ambition to transform the lives of 100 million girls. One of Plan's core values: "We are empowering and inclusive".

Plan International (Finland - Ireland)  
**Email: [Barbara.Scettri@plan-international.org](mailto:Barbara.Scettri@plan-international.org)**