



INCLUSION Through SPORT

1ST - 8TH April 2012
GRUNDTVIG LEARNER WORKSHOP



ECORYS



Education and Culture DG
Lifelong Learning Programme



Date	Morning 09.30 – 12.30	12.30	Afternoon 14.00 – 17.30	18.15	Evening 20.00
Sunday 1st April					Arrivals and settle in to accommodation Local tours and orientations arranged
Monday 2nd April	9.30 - Official Opening, Welcome, site tour introductions, Get to know each other. 11.00 - Workshop Methodologies Discussion around participants learning outcomes .	Lunch and Language Lab – opportunity for participants to take part in optional linguistic activities, games and study.	14.00 – Team building games and trust activities including a climbing wall session – learn the meaning of trust in sport	Evening Learner Reflections followed by Dinner in training centre or restaurant	20.00 - Intercultural evening, presenting participants countries, customs and foods
Tuesday 3rd April	9.30 – Design a sport for inclusion, participant groups to develop a new sport inclusive to able bodied & disabled participants.		14.00 - Learn skills of gymnastics and trampolining in a focused workshop on fitness for gym, professional coaches to support learners in theory and practice of this diverse sport		20.00 – Sports offer from Germany & UK – introduce participants to a sport typical from participant’s country or region. 45mins each group
Wednesday 4th April	10.00 – Hockey workshop lead by Sport Scotland coach. Opportunity to develop team work skills as well as skills in this specific sport.		Nutrition for sport practical activity on how what the body needs differs for sportsmen and women to the general population		20.00 - Sports Movie night or sporting activity as agreed with participants
Thursday 5th April	9.30 Transfer to Cumbrae Island by boat for a watersports day, learn to sail a dingy, power-boating.		14.30 – Windsurfing basics followed by an afternoon crash-course		20.00 –Sports offer from France introduce participants to a sport typical from participant’s country or region. 45mins followed by free time
Friday 6th April	9.30 - Gym session, theory & practice followed by weight training and (aerobics class, spinning, boxersice etc.)		14.30 – Presentation of Lifelong Learning programme for future opportunities. Opportunity to share future plans of learners and introduce participants to other international learning opportunities.		20.00 - Italy – introduce participants to a sport typical from country or region. 45mins followed by a sporting movie
Saturday 7th April	9.00 - Scottish Football museum and Stadium Tour World sports and community		14.30 – Sports Unlimited clothing and footwear for sport – use various machines to understand different running styles and techniques and how this effects which footwear people should use for which type of activities		20.00 - Visibility and Celebration event - Opportunity to celebrate the achievements & present Learner Certificates, evaluation and closure of the workshop
Sunday 8th April	Cultural visit depending on departure time Learner departure				

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