

## **FAMILYSPORT***inclusive* – an experienced way of inclusion for the future

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### **Family and Sport**

An active and healthy family life with sport activities with children, parents, grandparents ... Sport activities within the family are a symbol of togetherness, fasten relationships between family members and are a way to a healthy life for all – physically, emotionally, socially.

 **The family that plays together stays together !** (American proverb)

- ✓ Active parents and grandparents in sports are the best model for their children to become active in sports as well.
- ✓ Parents and grandparents are the first “teachers” for their children in sports, e. g. they teach cycling, swimming, table tennis, hiking, skiing etc.
- ✓ But parents shouldn’t be too ambitious, their children might be frustrated, they need patience, attention, encouragement and loving care.
- ✓ Parents may learn from their children – e. g. ideas, creativity, enthusiasm, sport techniques and strategies they learned in school or in sport clubs.
- ✓ Parents should communicate and cooperate with P. E. teachers and coaches.

### **Family groups and sport activities**

Sport activities with several families are possible

- < in different kinds of sports with adapted rules;
- < with a wide variety of sport activities in adaption to the heterogeneous family groups;
- < with simple materials, like e. g. balloons, beach balls, soft balls, towels, swinging sheets...
- < with the complete group, e. g. in a circle, in a line, in a curly line ...
- < with changing partners and smaller groups ...
- < Fitness exercises with music, with rhythmical accompaniment or different exercise stations
- < in gyms, parks, open landscape, on lawns, in and at lakes, seas or rivers ...
- < with well trained group leaders or coaches.

### **Together with special families in a family sport group**

Families with handicapped children often feel “handicapped” in the social life. In different situations they are often too shy to participate. E. g. they are seldom in public swimming pools, in summer and winter sport areas or in public sport clubs.

Therefore we started at the University of Würzburg/Germany 1982 a family sport project in cooperation with the **Lebenshilfe** organization – meanwhile an international parents initiative to create and open e. g. Kindergarten and Schools for children, Homes and Workshops for youth and adults, all of them with mental retardation and additionally often with physical handicaps. Finally we founded 1985 the “Family Sportclub Lebenshilfe Würzburg e. V.” After 25 years we had more than 50 member families including families without disabled children as well. We met weekly on one early evening for sport activities and we spent together summer and winter sport holidays.

The excellent results out of the evaluation 2010 motivated to a following project – supported by the Bavarian Social Ministry – with the title “**FAMILYSPORT***inclusive*”. Therefore we establish cooperation networks on the local level between families, kindergarten, schools, communities and sport clubs and networks on the regional levels between e. g. family organizations and sport federations.



The collage consists of 18 individual photographs arranged in a grid-like fashion. The top row features three indoor scenes: a large group of people in a gymnasium, a group of people on a blue mat, and a group of people in a circle. The second row shows a tug-of-war match, a group of people sitting around a table with balloons, and a large crowd of people with balloons. The third row contains three different scenes of people playing flag football on a grassy field. The fourth row includes a group of people in a canoe labeled 'Chechaquo', people swimming in a pool, and a group of people on a beach. The bottom row shows a woman and child on a sled, people skiing down a snowy slope, and a group of skiers on a snowy field.