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## Sport as a tool for social inclusion

Sun, 19/10/2014 - 18:26 -- STRATONE LAURA-...

### **Type of tool:**

Activity

### **Duration:**

120+ min

### **Topics addressed:**

Personal development

Social inclusion

Communication

Sport, as a tool for education, development and peace, can promote cooperation, solidarity, tolerance, understanding, social inclusion and health at the local, national and international levels.

### **Aim:**

Sport can play an important role in reducing social tensions and conflicts at the community and national level by addressing the sources of this exclusion and providing an alternative entry point into the social and economic life of communities.

Experience has shown that sport has on the one hand had an impact on the participation of youngsters with disabilities and on their rehabilitation on the other.

Sports activities play indeed a vital role in promoting social integration, particularly among young people. Sport opens up real prospects for participation in society, for it enables individuals, whether they have disabilities or not, to communicate, to experience togetherness and to find out what they are capable of doing. In addition, sport encourages youngsters to make efforts and enhances their competitive spirit; it prevents them from withdrawing into themselves and becoming isolated.

Sport can also be used to reduce tensions and prevent conflict on a broader, community-wide level. Violence has many causes – including lack of opportunity arising from social and economic exclusion. Excluded populations vary greatly, as does the extent of their exclusion. However, excluded teenagers often include indigenous teenagers, members of minority ethno-cultural groups, asylum seekers and refugees, girls, persons with disabilities, homeless people, and out-of-school unemployed youth. All people living in extreme poverty suffer from exclusion.

### **Methodology:**

methodology: outdoor education, healthy life, cooperative learning.

### **Step by step process:**

Because of the fact that most of the minors withheld in the re-education center has abandoned school, they are almost illiterate and it's very hard to cooperate with them sometimes; firstly, we tried to play different logic games with them, but for them our activities were boring and useless, as they felt excluded, inferior. Then, we tried other methods such as: drama therapy, hand-made activities,

origami and other activities that involve dance and music, and in the end all of them gave us big results. At the end of the activities, youngsters from the reeducation center are more openminded, learn how is to be part of a group, learn to cooperate and to express themselves. But, the most effective results we obtained through sport activities, and that's how the ideas of Sport as a tool for inclusion" and „Active Participation, a Key to Inclusion" were borned.

### **Materials and resources:**

materials: balls, sport equipment

resources: sport hall, playgrounds, human resources (volunteers from our NGO and the target group)

### **Outcomes:**

Experience has shown that sport has on the one hand had an impact on the participation of youngsters with disabilities and on their rehabilitation on the other.

Sports activities play indeed a vital role in promoting social integration, particularly among young people. Sport opens up real prospects for participation in society, for it enables individuals, whether they have disabilities or not, to communicate, to experience togetherness and to find out what they are capable of doing. In addition, sport encourages youngsters to make efforts and enhances their competitive spirit; it prevents them from withdrawing into themselves and becoming isolated.

Its capacity to create links between humans and communities is another factor which helps unite teenagers of different origins and contributes to social cohesion. Its transversal nature, combined with its media power, gives it an active role in vital development questions: health, education, the construction of peace, emergency situations and humanitarian aid.

"It is important that we give this encouragement to sport not only for its own sake but because, as many people now recognise, it is one of the best anti-crime policies that we could have. It is also as good a health and education policy as virtually any other."

We know the reasons why a young person turns to crime. They include having no role models, no self respect, no self discipline, and nothing better to do. Achieving good educational standards is one of the most powerful positive forces to ensure that young people remain socially engaged, find purposeful employment and avoid the risk factors associated with delinquency and crime. 'Fit to Succeed' has demonstrated also that active children are more alert, display less behavioural problems and show better patterns of attendance, than less active children. Similar results have been observed The increasing rates of childhood obesity are largely due to poor diet and an increase in sedentary behaviour. Playing sport, can have a positive impact on attendance, behaviour and attainment.

### **Evaluation:**

At the end of every sport activity we all expect some results, so we are organising different kind of evaluation activities, such as: we all discuss about what was hard and what was easy, how everyone felt during the activity, how they cooperated with the others.

### **Rating:**

Average: 2 (1 vote)