



Handbook of Family-Adaptive Sport Activities



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Credits

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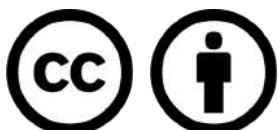
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Introduction



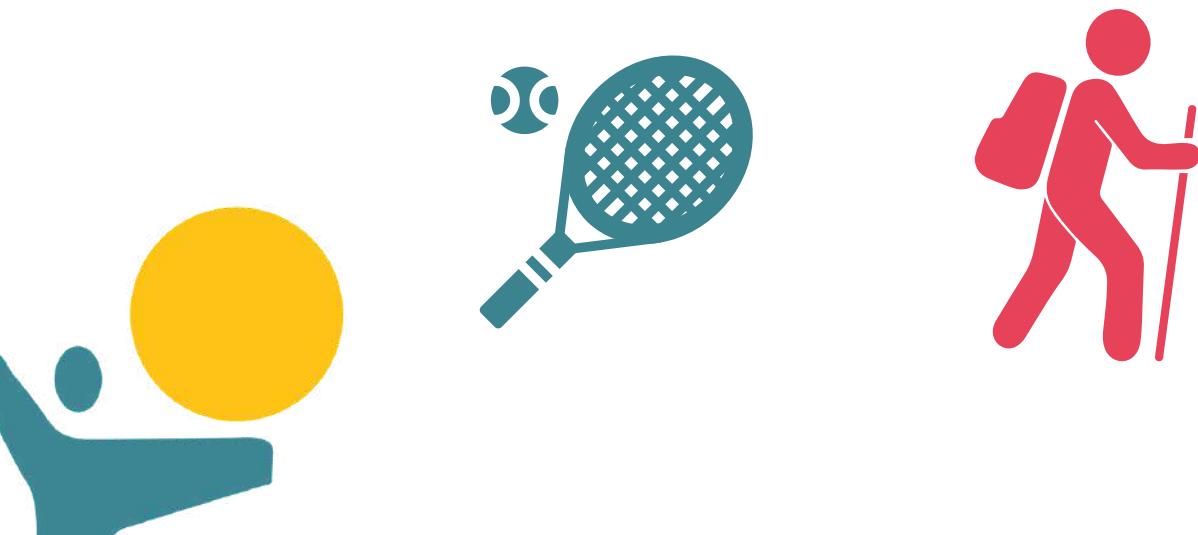
In the context of the BONTS project- Building Family Bonds Through Sports, a Handbook of Family-Adaptive Sport Activities was designed. It contains **12 adapted sport practices and activities** aimed at enhancing family connections among younger and older family members, promoting a healthy lifestyle. The handbook serves as a comprehensive guide for sport experts and youth workers interested in incorporating adapted sports and outdoor activities for the whole family, fostering an inclusive environment where everyone can participate regardless of their physical condition. To this respect, each activity described in the handbook has been carefully designed, adapted, and tested to accommodate the needs of various age groups and fitness levels, ensuring inclusivity, entertainment, and enjoyment for all.

In today's world, where technology dominates and digital devices and virtual interactions often take precedence over face-to-face communication, meaningful family connections have become more challenging. The "Handbook of Family-Adaptive Sport Activities" addresses this issue by encouraging professionals and families to embrace a more active lifestyle through adapted versions of conventional, mainstream, and traditional sports activities. By following the activities suggested in this Handbook, families can discover unique and innovative ways to promote teamwork, communication, and mutual support. This approach highlights the importance of quality time together, strengthening bonds and relationships among family members.



The activities included in the Handbook were selected based on desk research and needs analysis conducted among the participating countries- Austria, Slovenia, Bulgaria, Cyprus, Croatia and Serbia. The aim was to explore the current needs, challenges and interests of families in participating in sports and games with their children. The implemented research showed that the national and geographic contexts impact the preference of parents regarding particular sports.

Hiking, (indoor) swimming, cycling, and football were the most preferred activities among the consortium, while beach and sea sports (e.g. beach tennis) were particularly popular in Cyprus due to its Mediterranean climate characterised by long dry summers and short winters.



Introduction

In addition, parents who responded to the survey prefer facilities which are provided for free as the place where the activities are executed is an important factor to encourage or discourage parents in engaging with their children. The survey also indicated that the activities should be enjoyable and engaging for all participants as well as accessible and inclusive for all members of the family and to this respect, a person with low to medium physical fitness level should be able to actively participate. Finally, the activities should not be expensive to practice and to this vein, they should not require special equipment or be implemented only under professional guidance and instructions.

In addition, a set of criteria has been defined during the assessment of the activities to be included in the Handbook in order to guarantee their acceptance and applicability by end users. In this case, each activity should have met at least seven of the following nine criteria:

- **Enjoyment and engagement:** The activity should be enjoyable and engaging for all participants ensuring that everyone has a good time and stays interested;
- **Accessibility and inclusivity:** The activity must be accessible and inclusive for all family members, irrespective of age, physical abilities, or any other characteristics;
- **Gender equality:** Gender-based equality should be ensured in a way that the activity should not favour or disfavour any gender;
- **Affordability:** The activity should not be expensive, making it accessible to all families without causing financial difficulties;
- **Physical condition:** The activity should be suitable for individuals with a low to medium level of physical condition, especially taking into account older family members;
- **Equipment:** The activity should not require any special equipment that could be difficult to find or buy;
- **Rules:** The activity should have straightforward and easy-to-understand rules to ensure that everyone can participate without confusion;
- **Safety:** The activity should be prepared with safety in mind to minimise the chances of accidents or injuries;
- **Outdoor setting:** The activity should have the possibility to take place outdoors allowing families to benefit from the connection with the natural environment.

Introduction

In particular, the Handbook of Family-Adaptive Sport Activities brings together the following twelve activities. These activities have been developed as part of the meetings and sport labs held during the project implementation in 2023 and 2024 and have also been tested in the partner countries to receive immediate feedback from participants: mindful family hike, outdoor family adventure, water relays games, holeball, football, padel, family hoop challenge, memory obstacle relay, beach tennis, orienteering, drop the handkerchief, frisbee.



beach
Tennis



ADVENTURE



Whom is the Handbook for



The handbook is meant to be used primarily by youth workers in sports, practitioners and sport enthusiasts on the long run and of course the main beneficiaries of all the outputs of BONTS project who are considered to be sport experts and educators. Secondary target groups are families including the youngest and also the older members as well as families with fewer opportunities.

How to use the Handbook

To facilitate the design and implementation of any kind of family-oriented sport and outdoor activities, the consortium has developed a dedicated document, entitled "Recommendations for Intergenerational Adapted Sport Activities for Families". For the purposes of this Handbook, a brief summary of the most significant elements to be considered in the planning and execution of these activities is provided with emphasis given on competition, rules and safety. These elements have been taken into consideration in the adaptation of the activities demonstrated in this Handbook and for this reason, all activities follow the same instructional structure enabling end users to easily understand the objectives and benefits of the activity as well as how the activity can be adapted to serve the needs of the target groups.

Competition

There is a great amount of research investigating the positive and negative aspects of competitive sports for children. While competition in sports can be a determinant factor leading to excessive pressure, performance anxiety and bullying among children (Bean et al. 2014), the development of self-esteem, learning to cope with pressure and failure as well as mastering a sense of achievement are among the positive aspects of competitive sports identified in the literature (Eime, 2013). Therefore, the engagement of the whole family in a sport which has a competitive character, in the sense that the members will compete either as teams or as individuals against each other in order to determine the winner, should prioritise the positive aspects of the sport and eliminate the associated negative dimensions. Shifting the emphasis from winning to participation is a key element to help children understand that the goal of the activity is not ultimately to be the winner but to have fun while acquiring new skills, competences and knowledge. In addition, competitive sports can also be enriched with educational elements appropriate for the age groups of the participants. For example, a set of distinctive educational questions addressing children and adults (i.e. parents, grandparents) can be embedded in a treasure hunt activity giving the opportunity to the contestants to test, acquire and improve their knowledge while participating in a physical activity.

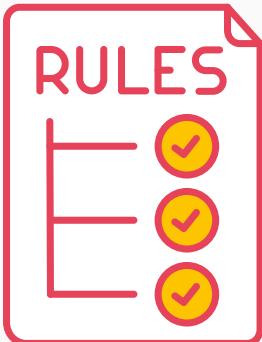
Adaptation to known Abilities/disabilities

As the goal in adaptive family sport activities is to develop activities which do not stigmatise individuals on the basis of their gender, abilities, skills, age etc, the physical abilities of the individuals, and the children in particular, should be identified by the person in charge of the activity at an early stage in order to create the activity in a way that all members can participate and succeed. Therefore, before implementing the activity, consider whether the activity can be performed by all family members and if not, identify parameters which could be adapted for the benefit of each individual (e.g. rules, equipment, duration).





How to use the Handbook



Acknowledging that individuals of different ages possess a diverse range of physical and mental abilities as well, modifying the rules of the activity can be a helpful mechanism to ensure that everyone will participate and enjoy the activity. To this respect, the rules of the existing activity should be identified at the beginning and modifications to the rules should be included and be applied either for the whole activity or for different age groups in order for the activity to become interesting and not boring for any of the participants. Once the rules have been established, they should be communicated and explained to the participants. Modifications can be considered for the following elements:

- **Time:** In sport activities in which players have time constraints to perform an action (e.g. basketball), different time rules could apply to children and grandparents as opposed to rules applicable for parents;
- **Scoring system:** A different scoring system to assess performance occurs in various sports, ranging from net sports such as football and basketball and racket sports such as tennis and volleyball. In order to foster inclusion and active participation among all members in the activity, consider introducing different scoring systems for different age groups. For example, while in a tennis game the player loses a point if the ball bounces twice in his/her court, this rule can be modified in an adaptive family tennis activity and allow the child to hit the ball even if the ball has bounced twice in the court.

In addition, modified rules can be applied for all members in team sports, such as volleyball, in which multiple attempts can be allowed during the activity. For instance, more hits can be performed by each player or by the team before the ball passes the net in volleyball. Finally, in order to eliminate the competitive nature of the activity, the scoring system can be entirely removed;

Environment: Consider modifying the size of the playing area to adjust to the abilities and physical condition of the participants. For example, you could decrease the size of the football or tennis field according to the number of players and their condition in order to extend the duration of the game and eliminate risks of fatigue by children or elderly. Also, regarding net sports, such as beach tennis, volleyball and basketball, consider reducing the net height to provide an equal and inclusive opportunity for children to play and enjoy;

Equipment: An important factor to consider in the design and implementation of family sport activities is the appropriateness of equipment for children. For instance, a soccer and basketball might be too hard for children while a tennis racket is too heavy for them to lift and play. Using equipment which is not adjusted to the physical abilities of the children will lead to unsuccessful results as the children might be unwilling to play adding to the increased risk and injury factor. As a result, consider replacing standard equipment with alternative options as for example, low air pressure balls, lighter rackets, etc.

*** These rules should be reviewed during the actual implementation of the activity and modifications should be considered to reinforce active participation of the members.**



How to use the Handbook

Safety

Sport activities and safety go hand by hand and ensuring that the designed family oriented activities are aligned with some basic safety conditions is mandatory. To this respect, the following steps should be considered during the design and implementation of the activities with the whole family:

- Appropriate activities: Identify activities which are suitable for all family members regardless of their age, physical abilities and competences. Activities with high risk should be avoided;
- Risk factor: During the design of the activities, a risk assessment activity should be undertaken in order to identify, on the one hand, potential risks and, on the other hand, mitigation measures to avoid or eliminate them. In addition, potential risks should be classified in terms of likelihood and severity;
- Equipment: The equipment to be used in the activity should be of good quality and condition and appropriate for all family members according to their age and subsequent body structure and size;
- Rules and boundaries: The rules of the sport activity as well as core principles and guidelines regarding proper behaviour during the implementation of the activity should be communicated and discussed prior to the commencement of the activity in order to ensure that all participants have clearly understood what is expected;

- Warm-up and stretch: Regardless of the physical intensity of the activity, the participants should be engaged in a warm-up and stretching session in order to get their bodies ready for the activity allowing their body temperature to increase, their brain to engage with the body and thus preventing any injury;
- Listen to your body: Acknowledging the different condition of physical activity for each of the diverse family member, the participants should be encouraged to pay attention at their body during the implementation of the activity and take a break or stop playing if they feel tired, fatigued or injured.



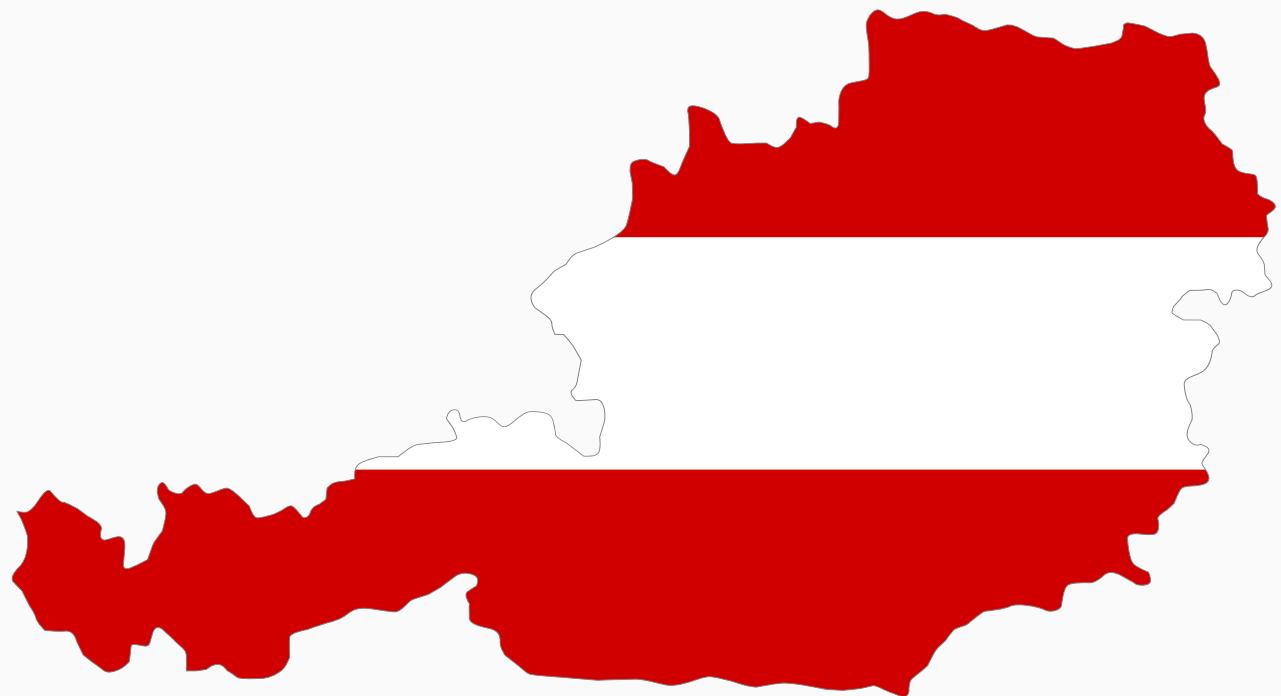
Evaluation

The activity should be regularly evaluated in terms of its effectiveness, adaptability, engagement and success either through a non-formal peer or self evaluation session after the completion of the activity or by simply observing the participants' reactions during its implementation. Collected feedback should be respected and considered for the improvement of the activity.



Family-Adaptive Activities





Austria



Mindful Family Hike

Objective

To encourage families to spend quality time together outdoors engaging in relaxing and bonding exercises with the purpose of reducing stress levels and improving their physical condition together as well.

Materials Needed



Yoga mat (optional - depending on weather)



Outdoors

Indoors / Outdoors

Age & Number of Participants

8+ years old

Minimum 10



Yoga exercises serve as a motivational tool to attract people to the event and encourage participation in hiking. This combination of activities is an adaptation strategy. Various exercises and energizers are incorporated to make the experience more enjoyable for children and to prevent the boredom that often occurs during hikes.

The chosen path should be flat, suitable for strollers and people with mobility issues. The hike should include several yoga/mindfulness stops and exercises, starting with couple yoga, then observation exercises and finally reflection and gratitude exercises. These exercises can be modified or changed for different ones, depending on the age of the participants (younger children need more playful exercises such as couple yoga).

Rules & Adaptation Guidelines

Mindful Family Hike

Description of the activity:

At the beginning of the hike, make sure to check if all participants are ready and adequately equipped for the difficulty of the hike. Start with an energizer or a short, small talk to bring the group together and then proceed with the hike. Depending on the length, plan in advance where you want to execute yoga exercises, with an easy hike and flat surface. You should stop every 10-20 minutes and have a break while doing some exercises.

The first exercise is couple yoga that requires participants to make couples, preferably an adult with a child, and then proceed to create different yoga poses which require them to keep their balance and rely on each other to succeed. The selection of exercises is up to the instructor, depending also on the surface and possibility to sit on the ground or not. For inspiration, some links can be provided with online sources, e.g.: <https://kidsyogafun.com/partner-yoga-poses-for-kids-and-teens/>

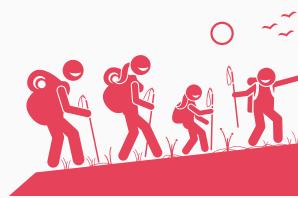
The next exercise involves the entire group. Everyone forms a small circle and randomly takes the closest hand within reach. Once everyone is holding hands, the group steps back and must untangle themselves without letting go of the hands they are holding. This exercise promotes teamwork and sometimes requires a bit of flexibility.

During other breaks, participants can engage in exercises such as observing their surroundings and grounding exercises, both narrated by the instructor. At the end of the hike, a gratitude exercise is conducted, possibly accompanied by light stretching if the weather permits.

Benefits

Benefits of hiking:

- Increased stamina, strengthened muscles, improved balance
- Decreased stress levels and anxiety due to time spent outdoors
- Hiking allows people to talk while hiking and spend quality time together as a family in a quiet and calm environment



Benefits of yoga and mindfulness exercises:

- Good body posture, flexibility, balance
- Mental health benefits
- Strengthened bonds among family members
- Space awareness, relaxation, reduces stress and anxiety

Mindful Family Hike



The Mindful Family Hike was a wonderful way for families to bond with and meet new people. Being out in nature and practising yoga together made us all feel more connected and at ease. It's an inclusive experience that truly welcomes everyone.



Patricia

Testimonials



Being part of this event was a great experience. It was a great way to slow down, be present, and appreciate the moment. The mix of yoga and nature helped everyone, regardless of age to participate.



Alice

Tips for Success

Depending on the age of children joining this activity, it is important to include playful exercises that will keep their attention since hiking itself can sometimes be too boring or uneventful for them. Incorporation of funny yoga poses or games can entertain them.

As this activity includes hiking outdoors, it is important to make sure the weather forecast is good, that the path includes facilities, it is easily accessible and whether a loop or A-B hike is more suitable.

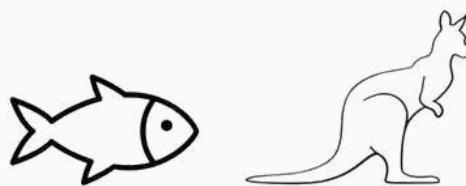


Outdoor Family Adventure

Objective

To spend quality time with small children in a playful and relaxing way outdoors.

Materials Needed



- Printed papers with animal images
- Scissors, elastic (app. 10m long), cones or other objects to create an obstacle course
- Natural materials - pine cones



Outdoors (e.g. a park)

Indoors / Outdoors

Age & Number of Participants

Toddlers & preschool children (2-6 years old)

No limit for adults and seniors

Minimum 10



Rules & Adaptation Guidelines

Elements of adaptation are represented by various games which are combined with hiking/trekking activity. Games are designed for smaller children, and include some more physical activities and relaxing ones as well. These games can be incorporated into any kind of sport or exercise to make it more appealing to children and peak their interest.

Outdoor Family Adventure

Description of the activity:

The activity starts with a simple hike/trek along a path chosen in advance, suitable for strollers since this activity involves small children too. Stopping at a suitable and open space with some shade, the group come together in a circle and talk about their favourite animals if they all don't know each other. Then they are divided into 2 groups with equal numbers of children and adults and play the following games:

- The leader sets a starting point for both groups and defines a line in distance with a colourful elastic or a branch. Then they call out a colour easily found in nature (yellow, brown, green, etc.) and one person from each group needs to find it and bring it back in the shortest time (flower, leaf, piece of wood etc.). They have to run from the starting point and only collect things which are behind the defined line in distance. The leader counts the points to motivate participants to run as fast as possible;
- The second activity is an obstacle course consisting of a few pieces of cones (if not available it is possible to use participants' stuff like strollers, backpacks to define the course). Participants have to run through it, getting to the "spider web" (a piece of elastic tied around 2 trees in an intricate way to create a challenge to pass it) and they need to get to the other side of the web without touching it. After, they pick up one pine cone from an already prepared pile and need to throw it into a designated circle or any shape (within reasonable distance). When they hit the target, they can pick one piece of paper the leader shows them. The papers show outlines of common animals which need to be printed in advance. Animals are a prize for fulfilling the activity;
- The last activity is more relaxing; children go back to their parents and together they fill in the animal shapes (printed on the paper and received in previous activity) with the natural materials they managed to get in the first activity. This activity is calming and encourages, allowing them to relax.

After these activities, the hike continues. A loop hike is recommended so participants can reach their cars or for easier accessibility because of the smaller children

Benefits

Time spent outdoors has a positive effect on mental health and relaxes the mind.



Walking and hiking improves body posture, stamina, balance and strengthens the body.

Other activities include a variety of different benefits. They include more physical games which positively affect physical health (running, jumping) and flexibility (spider web).

These games also serve to bond family members, show them how they can be active together and give them an opportunity to be creative. Relaxation and peace of mind are other additional benefits.

Outdoor Family Adventure

Testimonials



The Family Outdoor Adventure event was fantastic! The short track in the park was perfect for young families and the games and fun activities kept the little ones entertained and engaged. It was a great way to spend quality time together and enjoy the outdoors. Myself and my family enjoyed it a lot!

”

Marino

Tips for Success

When creating the games, it is important to keep in mind the young age of the children. Obstacle courses can be very simple and include some jumps for example. For the spider web it is good to find a place with two trees where an elastic can be tied. The web doesn't have to be too intricate so that the children can pass it and not feel discouraged.





Slovenia



Water Games – Relays

Objective

The value of cooperation lies in working together towards a common goal. It involves solving tasks collaboratively, enhancing communication skills, supporting one another, especially the youngest members, and fostering better relationships. Cooperation also leads to shared enjoyment, quality free time, and stronger connections with family members.

Materials Needed

Small water toys
Swim noodles



Outdoors – open water or open pool
Indoors – swimming pool

Indoors / Outdoors

Age & Number of Participants

4+ years old
2 – 16 in one activity group



The original rules of the relay are:

- Swim as fast as you can to the other side of the pool and touch the wall. At the moment of touching the wall, the next swimmer starts to swim.

Rules & Adaptation Guidelines

Elements of adaptations are:

- More instructions,
- Only two swimmers in one relay
- A swim noodle for help
- Use of toys for motivation
- Faster swimmers can be parents or child
- Social value – they can choose by themselves with whom they will swim on the noodle
- If we have good swimmers, they can pass the toys to another side of the pool without the noodles – maybe bypassing the toy, like in water basketball.

Water Games – Relays

Instructions:

- First, we give instructions (we can use some pictures too for kids with autism) about teamwork, helping each other, and helping older people, the meaning of friendships. Some kids, depending on their age, self-esteem, self-confidence, prefer doing sports with their parents;
- Warm up outside the pool – neck, arms, and legs. Then we form pairs. Each pair must be together using one swim noodle;
- Each pair has to transfer one toy to another side of the pool. On the way back, they are going without the toys;
- Each pair repeats the assignment as long the toys are available. The older and better swimmers are supposed to help younger or swim beginners;
- They need to talk to them and show them the direction. If they swim too fast they will pull the other all the time, so they need to adjust their speed to the slower swimmer.

Variations of the game:

- If they finish too soon, we ask them to bring all the toys back to the box at the start;
- If we mix pairs again they will gain new experiences;
- We can put three swimmers in one noodle in the middle of a paraplegic boy (or someone with poor skills or strength in the leg). The other two are dragging him through the water. They have to do stronger kicks, a boy in the middle is getting a better feeling for drag;
- Instead of toys, we can use a puzzle, of 3-4 pieces. Each piece should be transferred to another side where they have to put puzzle pieces together. Maybe in this game can be the “winner” even the slowest swimmer;
- Small kids can transfer to the other side a duck, together with the parent;
- For the gala relay, the slowest family member starts first, followed by the second, third, and fourth members. Each member’s start time is based on a predicted time for that member. The goal is to reach the other side of the pool with the smallest difference from the predicted time.

Benefits

Team work:

Faster swimmers (parent or kid) must cooperate with slower (in some cases there will be a child and, in some parent – it does not matter – both have to come together on the noodle to the other side of the pool.



Socialisation:

Swimmers can choose a partner they want. If someone has not been chosen, the teacher can help that no one is being forgotten. Families support each other.



Water Games – Relays



The adaptive instructions of the coaches made the rules clear and easy to follow, which was especially helpful for our younger children. We loved that the relays were simplified to just two swimmers, making it less overwhelming for our little ones.

”

Danie

Testimonials

Tips for Success

- The instructor must be well prepared
- Define the maximum number of participants
- Check the swimming accessories
- Clear rule games
- Choose the depth of the water – (the surface of the water to the chest of the swimmer) especially if all members in the family are non-swimmers



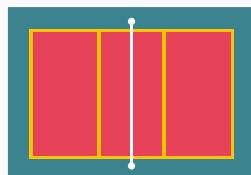
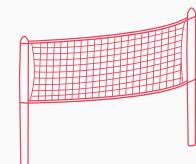
HOLEBALL

Objective

- Improvement of coordination and accuracy
- Encouragement of physical activity
- Teamwork
- Social interaction
- Inclusive fun

Materials Needed

Volleyball ball,
Volleyball net,
Coloured self-adhesive tape/chalk for marking the
playground



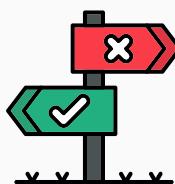
Indoors & Outdoors

Indoors / Outdoors

Age & Number of Participants

7+ years old

5-10 per team, 2 teams, maximum
20



Rules & Adaptation Guidelines

HOLEBALL is a game which in Slovenia is usually played in the first years of elementary school, as a simplified game of volleyball.

Instead of hitting the ball over the net, the ball must be thrown and caught. The goal is to find an undefended space (hole) of the opponent's field and throw the ball they can't catch.

A team consists of a minimum of 6 players. A system of substitutes allows the number to be expanded to 10. This allows more participants to take part, including those who cannot last the entire match.

VOLLEYBALL ADAPTATION RULES

Generally, all volleyball rules are valid:

- Net & high of the net
- Ball
- Player position and rotation

HOLEBALL

ADAPTATIONS

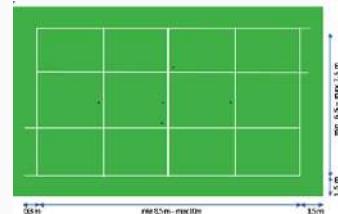
Court measures

Length: min. 8,50 m – max. 10,0 m

Width: min 6,50 m – max 7,50 m

The free space above the court should be at least 3,80 m.

A free space of 1,50 m around the entire court is recommended.



Court lines

Zone lines: Each half of the playing field is divided in six equal squares by three zone lines. Each player covers one zone and does not interfere playing in other zones.

The serve

Adults start to play serving from behind the last line. Smaller children may serve closer to the net.

The server holds the ball in both hands, takes up his position in the service area and throws it over the net into the opposing team's playing area, with both hands.

Catching the ball

The ball has to be caught by hand. Every part of the body other than the feet can be used as an aid.

Throwing the ball

The ball has to be thrown with both hands. Throwing the ball two-handed is the only offensive action allowed.

Passing the ball

Each team must pass the ball two times before throwing it through the net. A single (same) player is allowed to touch the ball multiple times if that player does not have control of the ball. Once the ball is fully under control the player is forced to either pass or throw the ball across the net.

Points

Point is reached if the ball touches the ground on which the team is.

Ball

Instead of using a volleyball ball, a softer ball may be used, depending on children's age and physical possibilities.

For the rest of the general rules volleyball rules are valid.

Benefits



- Spending family time together in a fun way;
- Improvement of interpersonal relationships;
- Socialisation;
- Emotional and physical development of children;
- Greater family bonding.

HOLEBALL



It was a fantastic experience for our family and a perfect introduction to volleyball for both us and the children! The simplified rules made it easy for everyone to understand and participate.

”


Anna

Testimonials

Tips for Success

- Start with basic rules and follow them; later, add more rules to allow for competitions.
- Allow children to make mistakes and don't cover their space.





Croatia



Football

Objective

Make football accessible to girls to encourage family time together. As a team sport, it allows more family members to be involved. In this way football can provide a very good cardio workout suitable for all genders and ages.

Materials Needed

A pair of sneakers and a football ball (can be softer ball for small children)

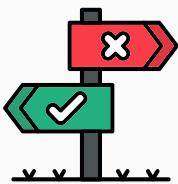


Indoors & Outdoors

Indoors / Outdoors

Age & Number of Participants

5-11 years old
Minimum of 9



Rules & Adaptation Guidelines

Football, also known as soccer, is a popular sport played worldwide. The game involves two teams, each consisting of 11 players. The objective is to score goals by getting the ball into the opponent's goal post. Players can use any part of their body except their arms and hands to control and move the ball.

The game is divided into two halves, each lasting 45 minutes.

- **Offside:** A player is offside if they are nearer to the opponent's goal line than both the ball and the second-to-last defender when the ball is played to them.
- **Fouls and Penalties:** Infractions such as tripping, pushing, or handball result in fouls and penalties.
- **Yellow and Red Cards:** These are used to caution or dismiss players for serious offenses.

The team with more goals at the end of the game wins. In case of a tie, additional time or a penalty shootout may be used to determine the winner.

Football

Victoria

Victoria is a soccer game with the same rules as in soccer, except that it is played on one goal. So for a fun game of Victoria you need a school playground, a goal, a goalkeeper and two teams of at least four players.

The game is designed so that four families are divided into two teams of four people each, with two parents and two children in each team. After the division, the team starts the game after the goalkeeper throws the ball with his back to the team. After the throw, the goalkeeper turns to the teams fighting for possession of the ball. The team that scores five goals first wins.

Variations:

1. Inside the nine, parents may not shoot with their dominant foot
2. Within the sevens, parents can score a goal only with the heel of the non-dominant foot

Zuja:

A circle of players is formed with one or two people in the centre. Players in the circle pass the ball to each other while those in the centre try to intercept the pass. If someone in the centre intercepts the ball, they switch places with the person whose pass was intercepted. If the ball is passed 20 times without interception, the people in the centre must perform additional activities or challenges such as push-ups, squats, or sit-ups.

Adaptation:

Children can touch the ball up to three times, while parents can only touch it once.

Benefits

Both children and parents should have a lot of fun.

Motor skills should diverge.

Very good cardio workout.



Football

Testimonials



We really liked the Victoria game because it is very simple and easy to play for both parents and children. The children met new friends and had a lot of fun

”

Danko

Tips for Success

Encourage boys to play with girls as well and also to encourage girls that it is not only a male sport.



Padel

Objective

The game aims at facilitating quality time and strengthening relationships among family members by engaging in a fun, cooperative activity which increases physical activity for all family members, contributing to overall health and well-being through cardiovascular exercise, coordination, and agility.

Materials Needed

Special padel racket and balls



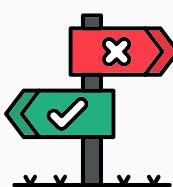
Indoors & Outdoors

Indoors / Outdoors

Age & Number of Participants

9-13 years old

Minimum of 4 persons



Rules & Adaptation Guidelines

Padel is a racquet sport that combines elements of tennis and squash. Padel is usually played in doubles on a 10 by 20 metre court. Singles use a 6 by 20 metre court instead. The court is surrounded by 4 metre high walls made of glass or brick, or a fence when outside. There are balls designed for padel (smaller and softer) but the ones for tennis can also be used.

Serves are always underhand and hit below waist level. Balls should hit the ground first then bounce on walls.

Scoring is similar to tennis.

Padel

Adaptations:

- Divide the family into two teams, ensuring a mix of ages and skill levels on each team for balanced play;
- The game begins with a serve from behind the service line. Alternate serves between teams after each point;
- Instead of finishing the point, the goal is to keep the ball in play as long as possible. Therefore, encourage family members to take turns hitting the ball over the net, aiming to sustain the rally;
- Instead of traditional scoring, the focus is on how many consecutive hits (rallies) the family can achieve together. Each successful hit over the net counts as one point for both teams;
- After some hits, rotate players so everyone gets a chance to play different positions and interact with all family members;
- Introduce fun challenges such as playing with the non-dominant hand, hitting the ball with a bounce, or setting specific target areas on the court for added variety.

Benefits

Good fun for parents and children.

Cardio workout for whole body, improved coordination of upper and lower parts of a body



Padel

Testimonials



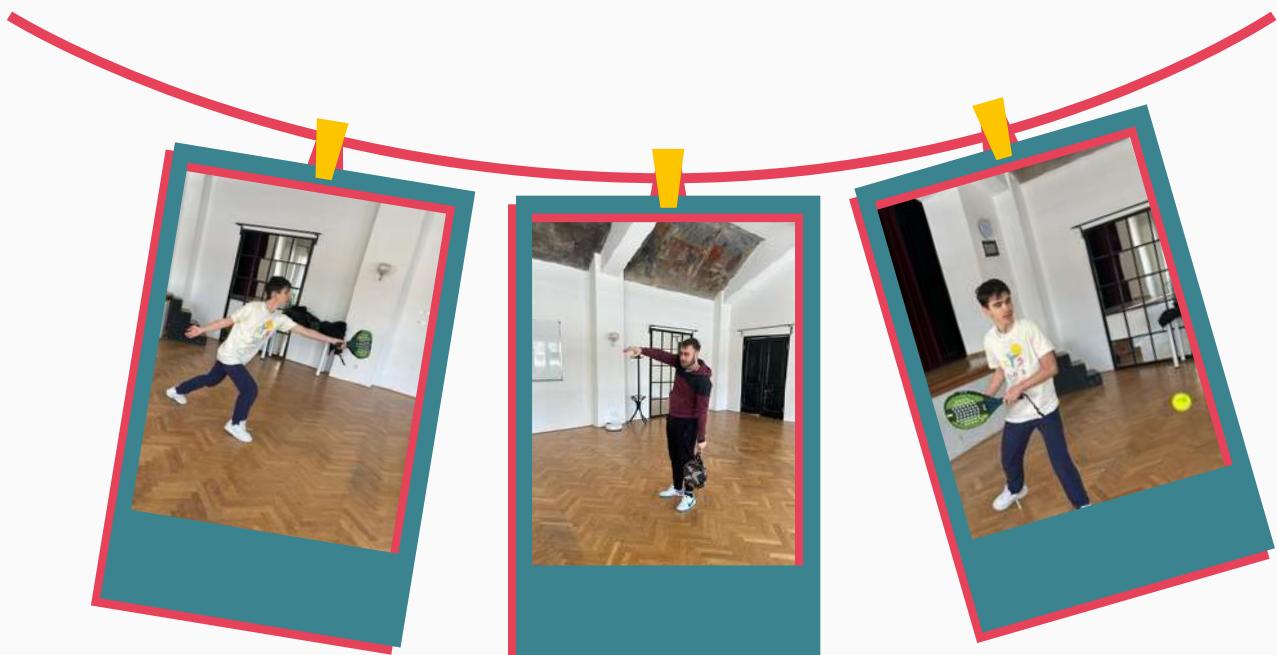
We really liked padel because it is a relatively new sport. You don't get the chance to play it often. I think that the children really liked it because it is a similar sport to tennis. They enjoyed shooting the ball into the wall.



Tomislav

Tips for Success

A padel match can be loud because of the ball hitting the wall. When the children realise that the wall will not be torn down, they start to enjoy padel and activities.





Serbia



Family Hoop Challenge

Objective

In this exciting game, everyone works together to dribble a basketball through a series of checkpoints and take shots at small hoops. The objective is to complete the relay, passing the ball and taking turns, to reach the finish line. It's a fun way for families to bond, enjoy the outdoors, and share positive moments while being active together. The activity encourages laughter, friendly competition, and a sense of accomplishment, creating lasting memories for everyone involved.

Materials Needed

- Basketball: A regular basketball or a smaller and lighter ball, if necessary.
- Cones or Markers: To designate the starting point and checkpoints.
- Small Hoops or Baskets: For shooting.



Indoors & Outdoors

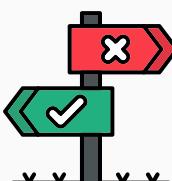
Indoors / Outdoors

Age & Number of Participants



Any age

The number of participants in the Family Hoop Challenge can vary based on the family or group size. Aim for at least two teams with a balanced number of players on each team to promote teamwork and engagement. Adjust the teams according to the specific family or group dynamics.



Rules & Adaptation Guidelines

Setting up the court

- Mark a clear starting point for all teams. This can be a designated spot on the ground, and you can use cones or markers to make it visible.
- Scatter several checkpoints (cones or markers) across the playing area.
- The distance between checkpoints should be reasonable for all participants and can be adjusted based on the available space, the distance can vary but should be around 4.5-6 metres to make the relay challenging yet accessible.
- At each checkpoint, set up a small hoop or basket.

Family Hoop Challenge

- The height of the hoops can be adjusted based on the age and skill level of the participants. Ensure the hoops are stable and won't easily tip over.
- The total playing area can vary based on available space, but a rectangular area of about 15 metres by 9 metres should provide enough room for engaging the activity.
- For the main equipment as mentioned we are using regular size basketball, but if we have participants for whom the standard size ball is too big and heavy, it can be replaced with a smaller and lighter ball.
- Divide the families into two or more teams. Aim for a mix of ages and physical abilities in each team to encourage collaboration.

Rules:

1. One member from each team starts at the designated starting point.
2. The first player dribbles the basketball to the first checkpoint.
3. At each checkpoint, the player must attempt a shot at the hoop/basket before retrieving the ball.
 - If the shot is successful, they can move on to the next checkpoint.
 - If not, they must keep trying until they make the shot.
4. After successfully shooting or after a certain time limit, the player returns to the starting point to tag the next family member in line.
5. Rotate the roles within the team after each round. For example, the player who shot the ball becomes the next in line to dribble, ensuring everyone gets a chance to participate in different aspects of the relay.
6. Points can be awarded for successful shots. Establish a scoring system based on the difficulty of the shots or provide bonus points for creative plays and teamwork.

Game Developments:

- To add excitement and inclusivity, include optional challenges at certain checkpoints. For instance:
 - Require players to spin around before shooting.
 - Dribble using their non-dominant hand.
 - Make a shot from a specific spot for extra points.

The first team to successfully navigate all checkpoints and return to the starting point wins the relay. Emphasise the importance of teamwork and encourage positive interactions among family members.

Benefits

The game encourages physical activity through dribbling, shooting, and running, promoting cardiovascular fitness and overall health. The activity is designed to accommodate participants of all ages and abilities, promoting inclusivity by ensuring everyone can join in the fun. The friendly competition adds an element of excitement, creating a lighthearted and enjoyable atmosphere for family members. Being an outdoor activity, the Family Hoop Relay allows families to enjoy fresh air and nature, contributing to a healthier lifestyle.



Family Hoop Challenge



Being a fan of ball games myself, playing this game with my two sons was such a cool experience! It was such a joy to see their skills.

Testimonials



Dragan



We had a great time. I am playing similar games with my kid on a regular basis and I am very happy that you guys recognised the importance of this type of activity and started organising such events. Well done and keep it up!



Stefan

Tips for Success

To ensure the success of the Family Hoop Challenge, start by providing clear instructions and adapting the rules based on the ages and abilities of participants. Prioritise safety, choose a hazard-free outdoor space, and foster a positive and supportive atmosphere among diverse teams. Celebrate individual and team achievements during the relay, and introduce optional challenges to keep the activity engaging. Rotate roles within the teams, capture memorable moments through photos or videos, and conclude with a brief post-game reflection to gather feedback and ensure a positive experience for future activities.



Memory Obstacle Relay

Objective

The main objective of the Memory Obstacle Relay is to make a fun and active game for families that brings them together. The game has a few important aims: first, to get everyone moving and having a good time by running and tackling simple obstacles. Second, it's about working together and helping each other out. Families need to plan and communicate to overcome obstacles and solve memory challenges, like remembering colours. Third, the game is meant to make you think a bit, adding a puzzle aspect to the fun.

Materials Needed

- Open outdoor space
- Markers (chalk or cones)
- Low hurdles
- Large cards or posters (as checkpoints during the relay)
- Clipboard and paper
- Whistle or signal device
- Comfortable footwear
- Optional: Timer or stopwatch



Outdoors

Age & Number of Participants

All ages

The activity is flexible and can accommodate varying numbers of participants. It can be organised with as few as two families or expanded to involve larger groups. The key is to ensure there are enough family members to form teams of 4-6 individuals, maintaining a mix of generations within each team. This allows for collaborative and enjoyable interactions during the relay. The activity's adaptability makes it suitable for both smaller and larger family gatherings, fostering a positive and inclusive experience for all participants.



Memory Obstacle Relay



Rules & Adaptation Guidelines

The Memory Obstacle Relay is a dynamic and inclusive family activity designed to promote physical fitness, teamwork, and cognitive engagement. Tailored for families of all ages, this relay combines running, obstacle challenges, and memory tasks to create an entertaining and enriching experience. In what follows, a detailed set of rules and setup instructions for instructors looking to implement this activity with diverse family groups is provided:

Team formation:

Divide the participating families into teams, each consisting of 4-6 members. Aim for a mix of generations within each team to emphasise intergenerational cooperation and enjoyment.

Course design:

Select an open outdoor space, such as a park, and establish a running course. Clearly mark a start and finish line, and strategically place three to four obstacle stations along the course to add an element of physical challenge.

Designate a straight running section for the participants. This section should be long enough to allow for a brisk run, approximately 20 to 30 metres, depending on the available space.

Obstacle stations:

Integrate simple yet engaging obstacles along the course. Examples include low hurdles, cones for weaving, or a zigzag path outlined with chalk. Ensure that the obstacles are accessible to participants of varying physical abilities.

Place obstacle stations along the running course, ensuring there is enough space for each obstacle and a smooth transition between them. Aim for a distance of about 5 to 10 metres between each obstacle station.

Memory checkpoints:

Position memory checkpoints at specific locations on the course. Create visual or written memory challenges, such as sequences of colours or numbers, using large cards or posters. The challenges should involve memory tasks that require participants to observe and remember details. For instance, participants may need to memorise and recite a sequence of colours or numbers displayed at the checkpoint. These challenges should be entertaining yet manageable for participants of different ages.

Position memory checkpoints at strategic locations along the course. These can be spaced out every 10 to 15 metres to integrate cognitive challenges seamlessly into the relay.

Relay format:

Implement a relay structure where each team member takes turns running through the course. Before reaching the finish line, participants must successfully navigate the obstacles and complete the memory challenge at each checkpoint. The relay format ensures that every family member actively contributes to the team's success.

Memory Obstacle Relay

Clearly mark the start and finish lines at the beginning and end of the course. This can be achieved using markers like chalk or cones.

Scoring:

Assign point values to each completed obstacle and memory challenge. For instance, one point for each obstacle and two points for each memory challenge. The team with the highest accumulated points at the end of the relay is declared the winner.

Strategic planning:

Encourage teams to strategize on the best order of participation based on individual strengths. This planning adds an extra layer of teamwork and communication to the activity.

Rotation:

To ensure a well-rounded experience, consider rotating the order of team members in subsequent rounds. This allows everyone to engage in both running and memory challenges, promoting inclusivity.

Adaptability:

Recognize the diversity within family groups and be prepared to adapt to the difficulty of obstacles and memory challenges. This flexibility ensures that the activity remains accessible to participants of all ages and physical conditions.

Benefits

Participating in the Memory Obstacle Relay brings not only joy but also health benefits to families. It encourages everyone to move their bodies, promoting physical activity that is enjoyable. This active engagement is good for our bodies and can contribute to better overall health. Beyond the physical aspect, the relay also brings teamwork among different generations, creating positive interactions. It's a chance for families to share experiences, with grandparents offering their wisdom, parents leading, and kids showcasing their skills. In essence, the relay is not just about having fun together but also about staying active and healthy as a family.



Memory Obstacle Relay



Running the obstacle race with my boys was awesome! We had fantastic tackling challenges together and cheering each other on. It was such a fun way to bond and spend quality time. Plus, we met some great people along the way. Can't wait to do it again!



Testimonials

Adrijana



Running with my dad and brother in the obstacle race was super cool! I loved seeing my dad laugh and cheer us on. And meeting other kids who love running was awesome too.



Andrea

Tips for Success

- Clear Instructions
- Adaptability
- Encourage Communication
- Create a Positive Atmosphere
- Ensure Safety
- Provide Demonstrations
- Emphasise Inclusivity





Cyprus



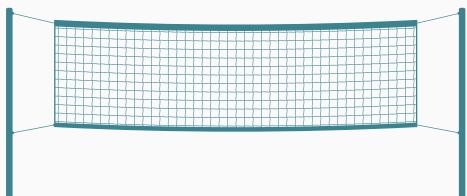
Beach Tennis

Objective

The primary goal of this activity is to offer an enjoyable and accessible year-long sport for every member of the family. Through a fun and easy-to-learn sport which takes place on a sandy surface, the activity not only facilitates muscle strength and endurance development but also emphasises the importance of teamwork and trust, as family members play together in pairs. By combining physical fitness with the joy of shared play, the objective is to create a lasting and positive family experience.

Materials Needed

- Beach tennis rackets (one racket per participant)
- Beach tennis balls (Stage 2 soft tennis balls)
- Net and poles
- Lines
- Sandy surface



Outdoors

Indoors / Outdoors

Age & Number of Participants

8-14 years old

4 (per court)



Court and equipment

A beach tennis court is a rectangle of sandy terrain with dimensions of 16 metres long and 8 metres wide. The net is 1.7 metres high for women and 1.8 metres high for men. The game is played with a Stage 2 (low compression) ball, which is softer than a tennis ball, as well as a specialised racket with holes made of carbon.

Rules & Adaptation Guidelines

Basic rules and scoring system

The primary objective of beach tennis is to score points by successfully hitting the ball over the net and into the opponent's side of the court, within the boundaries, before the ball touches the ground. Beach tennis is scored in the same way as tennis, with points awarded as follows:

- 15 points for the first point
- 30 points for the second point
- 40 points for the third point
- The fourth point wins the game.

If the score is tied at 40-40, it is called "deuce" and the team which scores the next point wins the game. Each point starts with a service behind the baseline and the server must pass the ball over the net into the opponent's team court. Each team has only one attempt to hit the ball with the racket and send it back to the opponent's court.

Beach Tennis

Elements of adaptation

- In case that a beach tennis court is not available in your area, choose a safe and level playing area, such as a sandy beach or a park with a grassy field;
- Set up the court according to the age and abilities of the children by decreasing its size accordingly;
- Adjust the net height to a suitable level for children (e.g. keep the net higher than 1 metre in any case)
- If the beach rackets are heavy for children, you could replace them with beach rackets or paddles suitable for children
- Form mixed teams with parents and children, promoting inclusivity and collaboration. Rotate the teams during the activity in order to ensure a fair and equal competition
- Start the game by allowing each team to make more than one contact (hit) of the ball - either by one player or between the players before lifting this rule, if necessary
- Start the game by simplifying scoring to a point system where each successful exchange over the net after the service earns a point and gradually implement the normal scoring system. The first team to reach a predetermined number of points (e.g. 20 points) wins
- In addition, consider establishing a scoring system in which the two teams do not compete with each other but rather play in collaboration. In this case, consider some of the following adaptations: the whole team earns a point (a) if all four players have a contact with the ball before the ball touches the ground; (b) if there are more than 5 contacts with the ball before touching the ground
- In overall terms, consider changing the scoring system at the beginning of the activity by avoiding following the standardised beach tennis scoring with points, games and sets as it might complicate the activity and discourage children to actively follow the process. To this respect, allow the server to rotate after 1 or 2 points giving the opportunity to all players to serve more often
- The service can be executed closer to the net rather than from the baseline
- Skip the traditional deuce and advantage system. Instead, continue play until one team reaches the predetermined winning points.

Benefits

- Beach tennis is a great way to get everyone moving, helping to maintain overall health and well-being. It's also a low-impact sport, making it suitable for people of all ages and fitness levels;



- It encourages communication, coordination and enhances motor skills development
- It creates a supportive and encouraging environment that strengthens family relationships.
- Beach tennis can be an enjoyable introduction to sports and physical activity;
- Success in hitting the ball and participating actively can boost children's self-confidence
- The sport provides an opportunity for the family to enjoy the outdoors and sunshine
- It offers a break from daily routines and provides a stress-relieving recreational activity for both parents and children, especially if the activity takes place during a sunny day. Sun exposure is related to an increased production level of Vitamin D, the "sunshine vitamin" which plays an important role in regulating mood



Beach Tennis



It's a proud moment for a parent to see her daughter gradually advancing her skills in less than an hour of playing the game. From not being able to hold the racket properly at the beginning to reaching the level of hitting the ball and playing a rally with us is amazing!



Testimonials

Anastasia



Our children nowadays miss getting dirty on the sand. We are overprotective as parents and we often don't let children play with the sand! Beach tennis ensures that your feet, hands and face will be sandy after a couple of minutes!



Beatrice

Tips for Success

- Treat the game as a fun activity rather than a competitive sport
- Encourage children by acknowledging and celebrating their attempts
- Be open to further adaptation and adjustment of the rules according to the real needs and levels of the participants and include some fun activities at the beginning to get children familiarised with the equipment.
- Engage the family in a beach clean up activity after finishing the beach tennis event in order to understand the importance of keeping the natural environment clean
- Enhance the atmosphere by playing music in the background



Orienteering

Objective

The adaptive orienteering activity for the whole family aims to strengthen familial bonds through collaborative problem-solving and navigation challenges, fostering effective communication and teamwork. Participants will develop and enhance basic navigation skills such as map reading and compass use, engaging in mental and physical activity. The activity encourages critical thinking and problem-solving while providing an opportunity for families to enjoy outdoor exploration together.

Materials Needed

- Orienteering map
- Markers
- Compass
- Cards
- Checkpoints
- Pencils



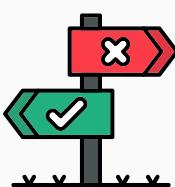
Outdoors

Indoors / Outdoors

Age & Number of Participants

8+ years old

No limit



Rules & Adaptation Guidelines

The goal of orienteering is to navigate to several checkpoints marked on a map in a specific order in the fastest possible time. Participants use a map and compass to navigate through the course and the use of GPS devices is not encouraged in order to enhance map-reading skills. At each checkpoint, there is a marker or some indication that the participants have reached the correct location (e.g. plastic structures with a unique control number and a punch or stamp). Once they arrive at the checkpoint, the participants register their visits on a punch card that they are possessing.

Elements of adaptation

- If the activity is organised in an unmapped area, choose a location that ensures a safe, enjoyable, and accessible experience for the whole family. Ideally, choose natural settings like parks or forests with flat terrain and minimal hazards, avoiding steep or difficult areas. Identifying areas with amenities such as picnic areas, seating, and shaded spots for relaxation before and after the activity is an added value to the whole experience.
- Shorter orienteering courses could be designed by reducing the course length, allowing children to take a more active role.

Orienteering

- Design large scale and easily readable maps with clear and limited use of symbols and visual cues
- Place control points in easily identifiable locations, such as trees or landmarks, with minimal obstacles around, to minimise navigational challenges for children and seniors
- In certain control points, create educational challenges suitable for the age group of children (e.g. riddles, puzzles, questions related to history, geography, languages). The challenges must be answered by the children themselves without the interference of parents
- In addition, create teamwork challenges that require collaboration and communication among the team members (e.g. from control point 5 to control point 6, the navigator (parent) must be blindfolded and solely reliant on verbal communication from the Guide (child) who should keep a distance of no less than 1 metre from the navigator)
- To enhance family bonding, the activity should be played in pairs; however, children should have the leading role in navigating on the map with the assistance from the parent
- Before starting the activity, offer a brief introduction on how to use the compass and how to read the map
- Regarding the scoring system of the activity, consider the following elements:
- Emphasise the completion of control points over speed in order to avoid any injuries while running from one check point to another
- Give points for the completion of each control point (e.g. 5 points for each control point)
- Give bonus points for the completion of challenges (e.g. 10 points for each completed challenge)
- Implement a point deduction system for families deviating from the designated course

Benefits

- Navigating through the orienteering course enhances effective communication within the family allowing the members to improve their verbal communication, listening skills, and overall teamwork
- Participants can improve their problem-solving skills, map reading skills and critical thinking
- Trust is built as family members take on different roles, such as navigating or guiding while blindfolded
- Incorporating educational elements, such as nature identification, history, or environmental challenges, offers learning opportunities for both parents and children.



TRUST

Orienteering



The game has similarities to the treasure hunt we used to play when we were kids! It brought to me many memories from my childhood!

Testimonials

Niki



We play orienteering at school but the addition of the educational aspects makes the activity even more interesting and challenging!



Marios



The activity is a wonderful way to teach children problem-solving skills and the importance of teamwork!



Giorgos

Tips for Success

- Before the orienteering activity, provide a brief map reading tutorial allowing all participants to practise reading maps and understanding basic symbols to boost their confidence during the activity
- Participants should be encouraged to work in teams as collaboration is the key element to finish the course
- Promote aspects of environmental protection before, during and after the activity





Bulgaria



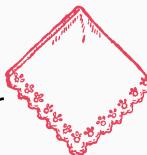
Drop the handkerchief

Objective

The primary goal of this activity is to include every member of the family. This funny and easy game is important for teamwork and trust between parent and kid, as they play together in pairs.

Materials Needed

- Handkerchief or a small stone
- Grass surface is preferred when outdoor



Indoors & Outdoors

Indoors / Outdoors

Age & Number of Participants

Up to 2 years old
Minimum 4 or 5 pairs



Rules & Adaptation Guidelines

The difference between original and adapted rules is that the original version of the game requires the participation of children of similar age. In the adapted version, the activity becomes inclusive by bringing together families.

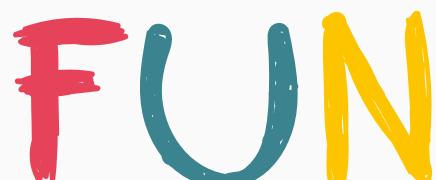
Drop the handkerchief

Adapted rules

1. Players: Gather a group of players and form a circle
2. Handkerchief: Designate a small handkerchief or another small item as the "handkerchief" to be passed around during the game
3. Starting Player: One pair (children and parent) starts as holders of the handkerchief
4. Passing the handkerchief: The "holders" walk around the outside of the circle, discreetly dropping it behind one of the players (in adapted case pair) without them noticing
5. Discovery: The player who receives the handkerchief must quickly pick it up and try to tag the person who dropped it before they sit down in the empty spot in the circle
6. Outcome: If the players successfully tag who dropped the handkerchief before they sit down, the dropper must perform a task. If the player fails to tag the dropper, they become a holder of the handkerchief for the next round.
7. Repeat: The game continues with the new holder of the handkerchief starting the next round.

Benefits

- Ultimately, this is a fun and entertaining game that provides enjoyment for participants of all ages
- It creates a supportive and encouraging environment that strengthens family relationships
- Working together as a team encourages communication, coordination, and a sense of shared goals
- The game encourages social interactions among players. It provides opportunities for bonding, laughter, and friendly competition, fostering positive relationships among participants.
- The game encourages quick reflexes and coordination as players react to the movement of the handkerchief and try to catch or evade each other. This helps to improve motor skills and hand-eye coordination.
- It also encourages observation skills and enhances situational awareness.
- The game also improves problem-solving skills as players think of creative actions.
- The game "Drop the handkerchief" involves elements of anticipation, decision-making and spatial awareness. These cognitive challenges stimulate mental agility and contribute to cognitive development, particularly in younger players.
- The game offers a healthy outlet for emotions such as excitement, anticipation and amusement. It can help players learn to regulate their emotions in a dynamic and engaging environment.
- Working towards achieving goals in the game can help children develop patience, perseverance, and a sense of accomplishment
- It provides an opportunity for the family to enjoy indoor or outdoor activities.

The word "FUN" is written in a large, bold, stylized font. Each letter is a different color: F is red, U is teal, and N is yellow. The letters have a hand-painted, brush-stroke appearance.

Drop the handkerchief

Testimonials



I thought Emily is too young, she is just 2, to play a game in a big group, but since the rules of the game were adapted and I could accompany her, she really enjoyed it. Me too!



Ana

Tips for Success

- If you are caught holding the handkerchief, stay calm and try to think quickly.
- Create distractions or diversions to throw off other player's focus and increase your chances of passing the handkerchief unnoticed. This could involve making sudden movements or noises to attract attention elsewhere.
- Pay close attention to the movements of the handkerchief and the actions of other players.



Frisbee

Objective

Frisbee is a fun adaptive orienteering activity, perfect for the entire family, focusing on strengthening familial bonds through collaborative problem-solving and navigation challenges. It encourages effective communication and teamwork in a playful setting. Participants will develop and improve basic navigation skills such as map reading and compass use, engaging both mentally and physically. This activity promotes critical thinking and problem-solving, offering families a fantastic opportunity to explore the outdoors together.

Materials Needed

- Orienteering map
- Compass
- Checkpoints
- Markers
- Cards
- Pencils



Outdoors

Indoors / Outdoors

Age & Number of Participants

5+ years old

No limit



Rules & Adaptation Guidelines

The rules of "true" ultimate frisbee sport are rather difficult to understand and apply by beginners and younger players. That's why it is better to start with simple exercises and increase the complexity when players are more confident in the game.

Exercise 1. Make two lines of players (adult and a kid) facing each other at a distance of two metres from each other and passing the frisbee from one player to the other. This is a way to try the throw and the grab when receiving the frisbee. Symbols: X – players, O – frisbee.

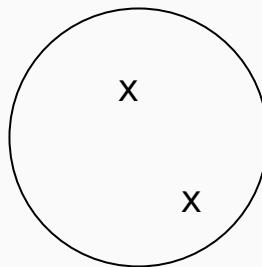
X	O	X
X	O	X
X	O	X
X	O	X
X	O	X

Frisbee

Exercise 2. Do exercise 1 increasing the distance between the players.

X	O	X
X	O	X
X	O	X
X	O	X
X	O	X

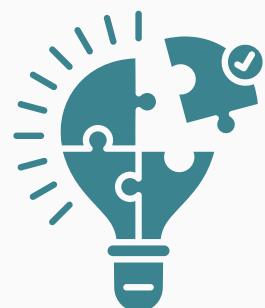
Exercise 3. Do a circle of players and inside the circle put two players – one kid and one adult. The players in the circle are passing the frisbee to each other and the two players in the circle are trying to catch the frisbee. If one of them catches the frisbee, the couple gets out of the circle and those who lost the frisbee get in the circle.



Exercise 4. If players feel confident with frisbee, they can be divided into two teams with equal number of kids and adults and play frisbee football – the same rules as football played with frisbee! It can be great fun!!!

Benefits

- Frisbee provides a full-body workout and improves health, muscles, and helps with coordination
- Frisbee requires concentration and teamwork, as players need to coordinate their movements and strategies to score points
- Frisbee can be played with larger groups, giving the opportunity for a game with more family members, friends, or neighbors.
- Frisbee games often involve strategizing and adapting to changing circumstances, which can help develop problem-solving abilities in children and adults alike.
- It allows families to connect with nature and appreciate the beauty of what surrounds them.



Frisbee

Testimonials



I had a hard time understanding the adaptation idea at first, but when I went through it as a personal experience, I really enjoyed it and I regret not taking my other daughter with me because she would have had a lot of fun too!



Nikolay

Tips for Success

- Before the frisbee activity, provide a brief introduction of the exercises and final game frisbee football, so that participants know what to expect and are motivated to improve for the final game
- It's advisable to run the activity together with other families in order to have a more socializing and funny experience
- Ensure that everyone in the family is actively involved by adapting the difficulty, challenges, and pace to accommodate the age and abilities of all participants, promoting inclusivity



About



Sports play a crucial role in contemporary society, providing not only physical health benefits but also enhancing emotional well-being for millions of people worldwide. Recent studies highlight that beyond these physical benefits, sports can significantly contribute to building social bonds within families (Smith et al., 2021; Jones & Brown, 2022). The BONTS project is designed to enhance family relationships through sports, emphasising the importance of creating stronger and more resilient family units through active participation in physical activities.

Recognized as the bedrock of society, the family unit's strength is crucial for the well-being of both children and parents (Taylor & Johnson, 2020). Building robust family bonds requires meaningful interactions characterised by mutual respect, trust, and shared values (Anderson, 2019). The BONTS project acknowledges this fundamental need and has developed a framework to support and facilitate these positive interactions.

The project's primary objective is to encourage physical activities that bring family members together, allowing each member to engage in sports and fostering the development of deeper, more meaningful relationships (Miller & Garcia, 2021). Funded by the Erasmus+ Sport program, the BONTS project aims to create a supportive network that promotes a positive family environment, with sports playing a central role in nurturing and maintaining healthy relationships (EU Commission, 2022).

Dedicated to strengthening family bonds through sports, the BONTS project focuses on promoting healthy physical activity and fostering closer relationships among family members. It aims to inspire and motivate families to participate in interactive sports programs, thereby creating a positive and supportive family environment (Harris & Clark, 2023).

Partners

The partnership of this consortium comes from Austria, Slovenia, Cyprus, Serbia, Bulgaria and Croatia. More specifically:



Association for Active Life and Education (ACTIVE Austria) is a diverse team of sports enthusiasts, nature lovers, and culture aficionados. With their extensive experience in organising outdoor sports and activities, ACTIVE Austria has a significant contribution to Erasmus+ Sport projects. Besides, they boast a broad spectrum of physical and cultural activities, including intercultural events, outdoor sports training, language classes, eco-friendly courses, and recreation programs for all family members. Whether you are a small child, senior citizen, migrant, or a family, there is something for everyone in their hikes across Vienna, where safety and expertise are always a priority.



Partners



APGA
AGENCIJA ZA PROMOCIJO
GIBALNIH AKTIVNOSTI

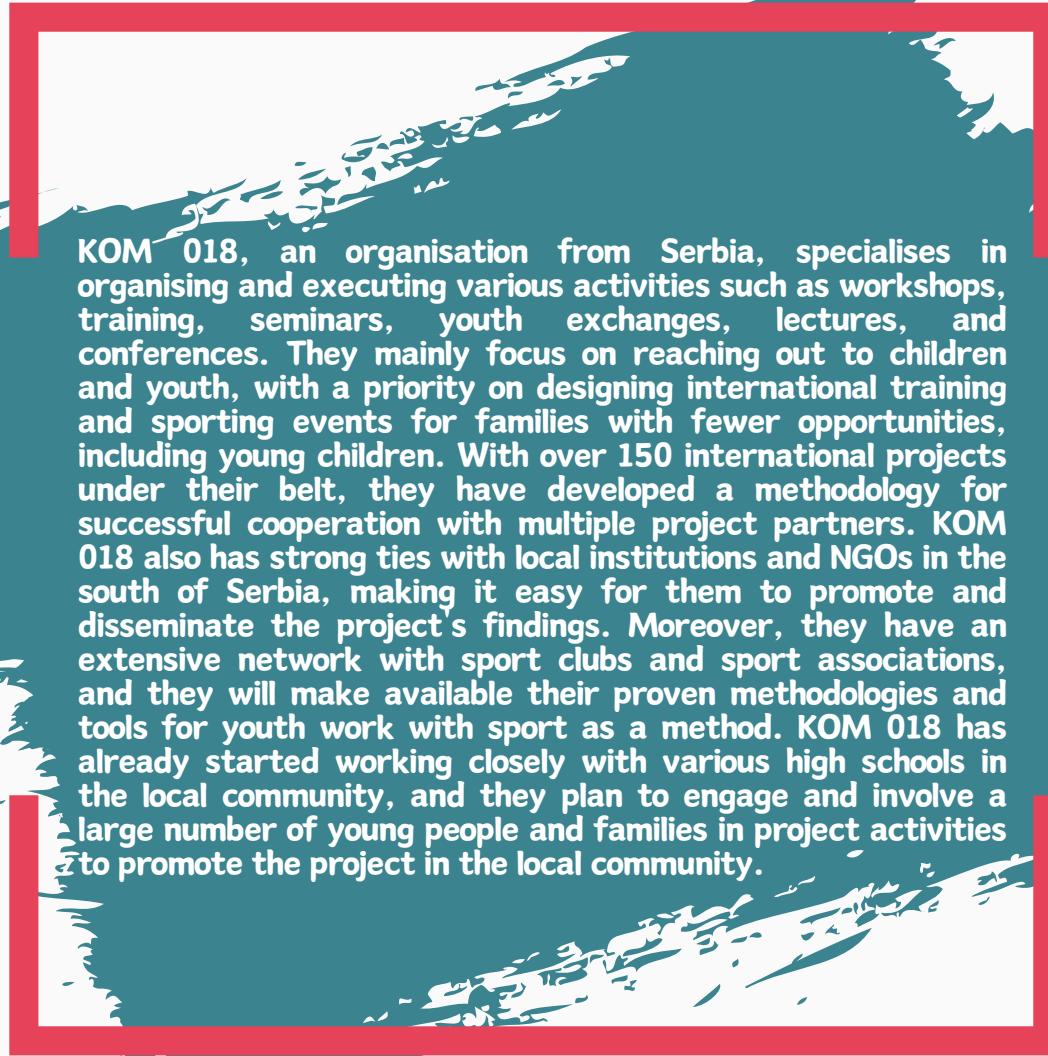
Agency for Promotion of Physical Activity (APGA) is an organisation from Slovenia, specialised for research, development, and applicative activities in the field of health promotion and physical activity. APGA uses sports as a tool to promote social inclusion, intercultural and intergenerational dialogue, capacity building, key competencies development, mobility, health and wellbeing. APGAs' experienced team has implemented various sport projects and organised training, workshops, seminars, and other activities for diverse social groups, including school children, youth, and those with fewer opportunities. APGAs' members have extensive experience in fields such as kinesiology, pedagogy, human resource management, economics, and social science, making their knowledge a valuable asset to any project.

Partners



Active Zone Outdoor is an organisation dedicated to facilitate the enhancement of mental and physical health of young people through outdoor and sport activities, with a particular focus on youth with limited opportunities. AZO's experienced members are experts in a variety of sports such as rock climbing, beach tennis, yoga, sailing, Stand Up Paddle and cycling and will contribute to international sporting events and the collection of good practices in our project handbook. AZO adapts sports activities to ensure inclusivity for all participants, both adults and children with experience and expertise in the adaptation of sport activities for people with visual impairment and other (dis)abilities.

Partners



KOM 018, an organisation from Serbia, specialises in organising and executing various activities such as workshops, training, seminars, youth exchanges, lectures, and conferences. They mainly focus on reaching out to children and youth, with a priority on designing international training and sporting events for families with fewer opportunities, including young children. With over 150 international projects under their belt, they have developed a methodology for successful cooperation with multiple project partners. KOM 018 also has strong ties with local institutions and NGOs in the south of Serbia, making it easy for them to promote and disseminate the project's findings. Moreover, they have an extensive network with sport clubs and sport associations, and they will make available their proven methodologies and tools for youth work with sport as a method. KOM 018 has already started working closely with various high schools in the local community, and they plan to engage and involve a large number of young people and families in project activities to promote the project in the local community.



Partners



COURAGE FOUNDATION

FON is dedicated to supporting and expanding opportunities for disadvantaged individuals, such as the unemployed, women, adults, people in difficult social conditions, those with disabilities, and youth. They have a wealth of experience working with diverse target groups and have successfully completed projects focused on elderly individuals. FON can offer expertise in engaging with older family members, organising seminars, training, study visits, cultural and sports activities for vulnerable groups, and facilitating international sports events. Furthermore, FON has extensive knowledge on implementing non-formal education (NFE) activities and has completed over 100 successful Erasmus+ projects. During the dissemination and impact phase of the project, FON's involvement will be crucial. They have a strong partnership with local TV operators, ensuring a wide reach and dissemination of the project's results to stakeholders and citizens alike.

Partners



LOTA'S BOX



Lota's Box bases its activity on two pillars: lifelong learning and sports, occasionally combining them in order to bring out the best out of both, especially in supporting digital transition in sport organisations and virtual exchanges as a means of intercultural learning. The organisation actively promotes youth involvement, engagement, and empowerment by encouraging mobility, volunteering, diversity, equality, tolerance, and participation of young people and youth workers.

Through the ambassadorship of the European Citizens' Initiative we are stressing the European dimension of our work and promoting participatory democracy.



<https://bonts.euactive.org>



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