



# TRAINING COURSES



# Disability Sports NI Training and Sports Leadership Framework

## Inclusive Games

This course is designed for those currently working or planning to work with children or adults with disabilities. The course provides participants with the knowledge to run activity sessions in a range of games/sports in which disabled and non disabled adults and children can participate in. The games included in the course are: Boccia, Goalball, Table Top Games, New Age Kurling, Zone Hockey, Zone Football and Tee Rounders.

## Inclusive Skills

Based on the fundamental stage of the Long Term Athlete Development Framework, the course focuses on developing core skills with emphasis placed on how to adapt the activities for children with physical, sensory or learning disabilities. The course is specifically designed to meet the needs of teachers and leaders with little or no sporting background as well as those with formal PE or coaching backgrounds.

## Disability Inclusion Training

This course has been designed by the four UK Disability Sports Organisations and has been tailored for a range of audiences including National Governing Bodies, Coaches, Volunteers, Teachers/Assistants, Administrative Staff, Leisure Personnel and Sports Development Officers. The course has both a theory and practical element and will provide attendees with the knowledge and understanding to deliver services and opportunities which are more inclusive of people with disabilities.

**Please note that there are no entry requirements onto any of the courses. Course can be completed in sequence or as a stand alone.**

# Disability Sports NI

Disability Sports NI is Northern Ireland's main disability sports organisation. Established in 1997, the organisation is representative of the vast majority of Northern Ireland's disability sports clubs and organisations and works to promote equality of opportunity for people with disabilities to take part in sport and physical activity at a level of their choice. Further information on the work of Disability Sports NI is available at [www.dsni.co.uk](http://www.dsni.co.uk)



## Why run a Disability Sports NI training course?

Despite traditionally negative misconceptions about people with disabilities, the reality is that the vast majority of people with disabilities are ready, willing and able to participate in sport and physical activity – but only where the facilities and appropriately trained staff required are available to support this.

Disability Sports NI has developed a range of innovative training courses, combining practical elements and theory, to help build the knowledge and skills required to begin to include people with disabilities into programmes and services. The courses can be completed in sequence or as a standalone. In addition, any of the courses can be tailored to meet the specific needs of the group.

Disability Sports NI would encourage you to begin to create a more inclusive sports environment by booking a training course now.

# Disability Inclusion Training (DIT)

**Overview:** This 6 hour course has been designed collaboratively by the 4 UK Disability Sports Organisations (Disability Sports Northern Ireland, English Federation of Disability Sport, Scottish Disability Sport and Federation of Disability Sport Wales), with resource packs funded by Typhoo Tea Limited, to provide attendees with the knowledge and understanding they need to make their particular programmes, facilities and activities more inclusive of people with disabilities.

The course can be tailored for a range of audiences including **National Governing Bodies, Coaches, Volunteers, Teachers/Assistants, Administration Staff, Leisure Personnel and Sports Development Officers.** The course can also have a 'sport specific' focus. Through a range of interactive exercises sports club administrators, coaches and volunteers are made aware of the main barriers to participation, and are provided with practical advice and guidance to develop their ability to adapt games and activities to include all ability groups.

## Session 1 - Theory

- Perceptions & Experiences
- Language & Etiquette
- Barriers & Solutions
- Disability Discrimination Act:  
Leisure based case studies
- Including People with Disabilities –  
Practical steps
- Local Contacts



*NB: The 'sport specific' DIT course includes sport specific case studies, sport specific information on classification and sport specific information on pathways.*



# Disability Inclusion Training (DIT)

## Session 2 - Practical

- The principles of S.T.E.P.S (Space, Task, Equipment, People, Speed)
- Warm-ups/General Games
- Fundamental Skills – Running, Jumping, Throwing
- Striking and Fielding Games
- Net/Court/Wall Games
- Invasion Games



On completion of the course all participants will receive a Disability Sports NI Certificate of Attendance and an innovative set of course resources.

**Duration:** 3 hrs (theory) and 3 hrs (practical)

**No of participants:** Minimum 12, Maximum 24

**Venue requirements:** Suitable access; classroom for presentation including access to a power socket and a suitable screen/wall to project onto; and a dedicated indoor sports hall/area approximately the size of a standard 5-a-side football court.

**Course fee:** £70 per person, reduced rates available for educational establishments, youth clubs and DSNI member groups.

“ The course gave me good ideas which I can use to include children with special needs in PE in my school. ”

“ Everything covered in the course was very relevant to our needs. It allowed issues to be discussed and solutions identified. ”

“ Made me realise a lot of things that I wasn't aware of... ”

# Inclusive Skills

**Overview:** This 3.5hr course provides teachers and leaders with the knowledge and resources required to run a series of warm up activities, core skills sessions and fun games for disabled and non-disabled children 5yrs+. The course has been specifically designed to meet the needs of teachers and leaders with little or no sporting background as well as those with formal PE backgrounds.

Based on the Sport Northern Ireland (SNI) approved **Long Term Athlete Development (LTAD)** model, the course focuses on the **FUNDamental** stage of the model developing skills such as: movement; balance; catching and throwing; hitting and striking; and kicking. Emphasis is placed on how to adapt the activities for kids with physical, sensory or learning disabilities. On completion of the course all participants will receive the 'Inclusive Skills' resource pack containing 31 colourful resource cards as well as a Disability Sports NI Certificate of Attendance.

**Duration:** 3.5 hrs

**No of participants:** Minimum 12, Maximum 24

**Venue Requirements:** Suitable access; classroom for presentation with access to a power socket and a suitable screen/wall to project onto; and a dedicated indoor sports hall/area approximately half the size of a standard 5-a-side football court.

**Course fee:** £60 per person, reduced rates available for educational establishments, youth clubs and DSNI member groups.

“ Very informative. It promoted inclusion but also provided me with great tasks to use with all of our children. ”

“ Great ideas to use in the classroom for all children. ”



# Inclusive Games

**Overview:** This 3.5hr course is designed for those currently working with or planning to work with children or adults with disabilities. Through a series of practical hands on sessions participants are provided with enough knowledge to run activity sessions in a range of inclusive games/sports in which disabled and non disabled children and adults can participate. No previous sports experience is necessary.

The Inclusive Games included in the course are:

- Boccia
- Goalball
- Table Top Games
- New Age Kurling
- Zone Hockey
- Zone Football
- Tee Rounders

On completion of the course all participants will receive an 'Inclusive Games' resources pack as well as a Disability Sports NI Certificate of Attendance.

**Duration:** 3.5 hrs

**No of participants:** Minimum 12, Maximum 24

**Venue Requirements:** Suitable access and a dedicated indoor sports hall approximately the size of a standard 5-a-side football court.

**Course fee:** £60 per person, reduced rates available for educational establishments, youth clubs and DSNI member groups.

“ A very enjoyable interactive course. ”

“ Great fun but also learnt lots. ”



## To book a course...

Contact DSNI to discuss your requirements, then simply complete and return the DSNI 'Training Course Booking Form'. The booking form is available on our website at [www.dsni.co.uk](http://www.dsni.co.uk)

Courses can be run in any part of Northern Ireland. It is the organiser's responsibility to promote the course through their own networks, manage participant registration, book a suitable venue and make any catering arrangements.

For further information or to discuss your training needs please contact:

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Adelaide House,  
Falcon Road,  
Belfast BT12 6SJ

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Textphone: 028 9038 7064  
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[www.dsni.co.uk](http://www.dsni.co.uk)