



# POLICY RECOMMENDATIONS



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## HERITAGE & SPORT

Erasmus+ SPORT PROGRAMME

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## **Disclaimer**

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## POLICY RECOMMENDATIONS

1. **Physical Education in Schools and Sport Clubs.** Implementing policies such as improving the PE curricula, materials and staff development, as well as having specialist-led PE instruction, may increase physical activity levels of children with intellectual and developmental disabilities through improved quality and quantity of physical education in schools and sport clubs. Minimum three days of sport activity per week to reach one of the WHO physical activity recommendations.
2. **General Physical Education for Children with Intellectual Disabilities.** Implementing physical education curricula and instruction that emphasize enjoyable participation in physical activity and that help children with intellectual disabilities develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles.
3. **School, sport clubs and NGOs Environmental Support.** This policy domain includes providing a range of developmentally appropriate community sports and recreation programs that are attractive to all children with intellectual disabilities. Increasing teacher, trainer and youth workers training, increasing game/sport equipment of organizations and employing student leaders as advocates for physical activity. Use of schools, sport clubs and NGOs to offer regular weekly sport programs for children with ID that are free and available. Special focus on rural areas with lower access to facilities and sport programs.
4. **Active Urban Design that is Accessible.** Importance of building healthy local communities with sport facilities that are available in the local environment. Incorporation of urban planning that includes bike and walking accessible access to regular commute as schools and other organizations.
5. **Sport and Health Promotional Events.** Organization of regular sport events and health promotional events to promote the importance of sport and health for children with disabilities. This can be organized as different types of sport events that include children or whole families to promote a healthy lifestyle for all.