

SUMMER PROGRAMME

A range of free fun and social multi-activity session for young people P1-S6 with disabilities and additional support needs.

Levenmouth Academy

Tuesdays

7th, 14th, 21st, 28th July

4th, 11th August

Parasport Gold/Rise 1-1:45pm

Parasport Stars 2:15-3:15pm

Dunfermline High

Thursdays

23rd, 30th July

6th, 13th August

Parasport Gold/Rise 10-11am

Parasport Stars 11-12pm

Castlehill Primary, Cupar

Thursdays

9th, 16th, 23rd, 30th July

6th, 13th August

Parasport Gold/Rise 1:30-2:15pm

Parasport Stars 2:30-3:30pm

Templehall Community Centre, Kirkcaldy

Thursdays

13th, 30th July

13th August

Parasport Mixed 12-1pm

For a full list of dates or to book a place:

<https://forms.cloud.microsoft/e/mFPGprvBfw>

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Frequently Asked Questions...

Active Schools is delighted to deliver Parasport sessions for young people with a disability or additional support needs.

What is a Parasport Session?

A Parasport session is a fun and social multi-activity session for young people P1-S6 with a disability or additional support needs. In bigger localities, Active Schools often hold targeted sessions to meet the needs of the individuals. In smaller localities, we may host one session, then based on the needs of the individuals will shape the session to suit. The three types of sessions are generally targeted as follows (however participants can try different sessions to find the one that suits their needs best):

- **Parasport Stars** for children and young people with a physical or learning disability, vision impairment or hearing loss. This session will typically follow a multi-sport format.
- **Parasport Gold** for neurodiverse children and young people who may require more tailored strategies to encourage participation. This session will typically include more movement skills and free play.
- **Parasport Rise** for wheelchair users and those with coexisting complex needs. This focus of this session is socialisation through boccia and target sports.

What type of activities are on offer?

We model these to whoever is attending. We often start and finish with some fun parachute games. We also have activities like boccia, floor curling, racquet sports and ball skills which can all be adapted to the needs of the individuals. There is the opportunity to join in both structured and unstructured activities and play.

Do I need to be physically active to attend?

No you don't have to be physically active...but this is a brilliant way to get active!

Does my parent or carer need to stay?

We do ask parents or carers to stay. However don't worry, they can join in or if you are happy on your own, they can watch and have a blether with other parents and carers.

I'm not always confident joining in or following instructions?

That's OK, you can come and watch, join in, or just play independently. We provide activities that are inclusive for all, and you can join in as little or as much as you wish.

Do I have to stay for the full session?

No you can stay for as little or as long as you are comfortable with.

My siblings would like to come too. Is that OK?

If there is space then absolutely.

This sounds great...how do I sign up?

Click on the QR code overleaf and we will be in touch.



More questions?
contact
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