



**Day Centers Without Walls**  
No. 2019-1-EL01-KA204-062516

Good practice

<b>Title</b>	Sports. "Don't sit on the sofa - move!"
<b>Implementation date</b>	From March 2020
<b>Institution</b>	Jaunuoliu dienos centras(JDC)
<b>Target audience</b>	Youth day center PWD (Person With Disabilities )
<b>Objective</b>	Involve the service recipient in active sports activities, promote a healthy lifestyle, increase his independence, self-confidence, improvement in the use of IT. This approach is a great motivator for young people with intellectual disabilities to achieve higher results and promotes healthy competition.
<b>Location /geographical coverages</b>	Panevezys city, Lithuania
<b>Context</b>	
Young people with intellectual disabilities often lack motivation to play sports and live more actively. Not encouraged, they prefer to sit in front of the TV or other low-effort activities. Both boys and girls participate in this program on an equal footing.	
<b>Stakeholders and Partners</b>	The target group of the program is the PWD of the Youth Day Center. We shared best practices with IDOSPORT, U.A.N. sport project partners and during a webinar with project DCWW participants. We believe they will really test this methodology and share their insights on how their target group has managed to use this innovative six-step program.
<b>Methodological Approach</b>	SPORTING ACTIVITIES INCLUDING INFORMATION TECHNOLOGY  During the implementation of the project and the development of a new methodology for the implementation of the increase of sports activity, we decided to include information technologies.  Using this methodology of clear and easy-to-understand information, an interesting way of presentation, the ability to use a popular information technology device to achieve results independently and quickly, we believe that the key to promoting the motivation of a person with an intellectual disability to play sports.  There are 6 steps to using this methodology:  1.SPORTS REMINDER  PWD receives a reminder to exercise on their mobile phone.

	<p style="text-align: center;"><b>2.QR CODE SCAN</b></p> <p>The PWD scans the QR code on an interactive whiteboard or in an individual sports program.</p> <p>You can see how to create a QR code in the links below:</p> <p><a href="https://support.teamgate.com/hc/lt/articles/208439615">https://support.teamgate.com/hc/lt/articles/208439615</a></p> <p><a href="https://www.digitalcitizen.life/simple-questions-what-are-qr-codes-and-why-are-they-useful">https://www.digitalcitizen.life/simple-questions-what-are-qr-codes-and-why-are-they-useful</a></p> <p>If the PWD does not have his own personal telephone he can pick it up from information technology activities. A social worker helps the person who is unable to use the phone.</p> <p style="text-align: center;"><b>3.EXERCISE OBSERVATION, MEMORY</b></p> <p>After scanning the QR code on the screen of the mobile phone, the service recipient watches a video of the sports exercise, which shows exactly how the exercise is performed.</p> <p>You can watch the video by clicking the link below.</p> <p><a href="https://www.youtube.com/results?search_query=%23IDoSport">https://www.youtube.com/results?search_query=%23IDoSport</a></p> <p style="text-align: center;"><b>4.PERFORMING THE EXERCISE</b></p> <p>After watching the video, the PWD performs an exercise. The exercises are short, uncomplicated, taking into account everyone’s physical abilities.</p> <p style="text-align: center;"><b>5.SELF - ASSESSMENT</b></p> <p>After performing the exercise, the PWD indicate if the exercise has been performed or not. Put your photo on the board next to a specific QR code as proof of the task completed. One photo is equal to one point. Do the same in your individual program by marking for weekends or holidays.</p> <p style="text-align: center;"><b>6.PROMOTION</b></p> <p>Recipients with the highest number of points will be promoted with weekly, monthly and annual awards. Creating healthy competition between people with intellectual disabilities who exercise makes it possible to achieve better results.</p> <p>This methodology is great for both girls and boys because the sports program is tailored to each individual based on his or her physical abilities.</p>
<b>Impact</b>	
By integrating information technology into sports, this method has a significant positive impact on many visitors to the Youth Day Center.	

It has been shown to increase:

- independence;
- punctuality;
- responsibility;
- assuredness;
- improvements in the use of IT;
- healthy competition;
- interest in sports.

PWD learned:

- use the QR code app;
- exercise techniques;
- orientate in time;
- monitor your body's capabilities.

This method has a positive effect on the physical and emotional health of PWD:

- improves muscle and joint elasticity;
- training coordination is developed;
- relieving nervous tension;
- improves physical and emotional well-being;
- arousing positive emotions;
- strengthening the work of the cardiovascular and respiratory systems;
- strengthening the mobile support apparatus;
- small and large motor skills are developed.

Because PWD already know what QR codes are, they will be able to use QR codes not only in sports in the future, but also in various museums, information stands and other places marked with QR codes.

We believe that this innovative approach will be effective and motivating, encouraging us to expand the limits of our possibilities not only in the field of sports or IT, but also in other areas of life.

Replication Factors and  
Replicability

The expansion of good practice would require a change in the infrastructure of the premises, as there is no gym in the Youth Day Center with much greater opportunities for sports. This would increase the variety and choice of sports activities. In order to develop good practice and improve its quality, it would be useful to have a sports worker-coach, instructor, who has acquired more competencies, has a higher degree in physical education and is able to work competently with people with intellectual disabilities. Involve other institutions working with young people with intellectual disabilities and offer to try this easy-to-use, six-step approach. Organize discussions, share success stories about how you are using this program and what impact you notice on the development of your PWD. This way, sports and an active lifestyle will not become a routine, but will promote healthy competition - "If you can and I can!". Involve family members of PWD to participate in this program. Family members would help their son / daughter with an intellectual disability to follow an individual plan on weekends or

	<p>holidays. They could spend time with their son / daughter actively and motivate them not to lie on the couch during the whole holiday or weekends.</p> <p>Because PWD have learned to use the phone's QR code app, they can be trained in the future to use simple other sports program apps that promote an active lifestyle.</p>
Lessons learned	<ul style="list-style-type: none"> <li>• Self-confidence is developed;</li> <li>• learn to plan their time;</li> <li>• gain experience using the QR code app;</li> <li>• there is an understanding that sport is health;</li> <li>• developing responsibility;</li> <li>• acquired skills to perform physical exercises correctly;</li> <li>• learns to work individually.</li> </ul>
Summary	<p>This method was started to develop in order to involve the PWD in active sports activities, to promote a healthy lifestyle, increase his independence, self-confidence, and improvement in the use of IT.</p> <p>Learning to plan your time through an individual sports program. The PWD is already starting to orientate when to do the exercise because a certain habit has emerged.</p> <p>The use of the QR code gadget has broadened the understanding of the possibilities of using phone gadgets.</p> <p>Increased motivation of service users to follow an individual sports plan as good achievements are encouraged.</p>
Contact details	<p>Jaunuoliu dienos centras  Kranto 18, LT-35173, Panevezys, Lithuania</p>
Related resources that have been developed	<p>Created:</p> <ul style="list-style-type: none"> <li>• a six-step sports program;</li> <li>• created individual sports programs for PWD;</li> <li>• brochure "Don't lie on the couch - move!" was created;</li> <li>• create videos on how to do the exercises and upload them to the Youtube channel.</li> </ul>
Keywords	<p>#idosport  #jdc sport</p>