

## Green Tools for a Bright Future

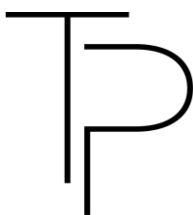
### Project: GFUTURE

101182760 - ERASMUS-SPORT-2024-SCP

**DELIVERABLE 1.3 – GUIDE OF SUSTAINABLE SPORT BEST PRACTICES to increase the level of sport activity of young children and promote green learning examples with focus on those with learning disabilities.**



*Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.*



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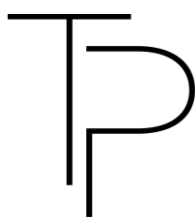


## INTRODUCTION

The GFUTURE project, short for Green Tools for a Bright Future, is designed to integrate green education and sports into primary education, fostering sustainability, inclusion, and physical activity among children aged 6 to 13. With a strong emphasis on social inclusion, the project particularly supports children with learning disabilities, ensuring they have equal opportunities to participate in outdoor learning and sports activities. By promoting environmental awareness and encouraging physical activity, GFUTURE addresses the challenges posed by sedentary lifestyles and limited access to inclusive educational methodologies. The project will develop a Handbook of Green Education & Sport Methodologies, offering innovative teaching strategies that blend physical movement with sustainable learning. The handbook will include sport methodologies that will be implemented in regular educational programs in primary schools, the sport activity will be implemented in all educational programs as a learning tool to teach different subjects. The other important point of the handbook will be the transformation of the classroom to transfer it from the schools in the green outdoors. This process will incorporate green learning methodologies that will be taught to children to foster a more sustainable development. The handbook will be structured for the use of teachers, trainers, volunteers and also for parents. Through a combination of teacher and volunteer training, outdoor sports events, and structured educational materials, GFUTURE aims to increase the participation of children in physical activities while fostering a deeper connection to nature. Partners collected best practices from their countries on how to increase the level of sport activity with the use of sustainable sports or green learning initiatives from their countries. The Guide is a collection of good practices and concepts in the field of motivating children for increasing sport activity. Identify already existing solutions to be more physically active and

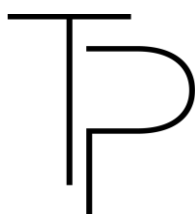


promote sustainability in sport from each partner country. Each partner presents 5 practices min. The created Guide of Sustainable Sport Best Practices will be published and a part of the comprehensive methodology "GFUTURE". The project will also include the organization of GFUTURE Events in public spaces across Slovenia, Croatia, and Italy, engaging at least 1,200 children and 120 volunteers. Beyond direct engagement, GFUTURE ensures long-term impact through the creation of an online learning platform, allowing educators, trainers, and organizations to access and implement its methodologies beyond the project's duration. By focusing on Erasmus+ priorities such as inclusion, digital transformation, and environmental sustainability, GFUTURE contributes to building a healthier, more active, and environmentally conscious generation, reinforcing the idea that education and sports can work together to create a brighter, more sustainable future.



TEMPLATE USED FOR COLLECTION OF BEST PRACTICES:

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
...
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
...
<b>Website</b> (Link of the project/programme, if available )
...
<b>Description</b> (description should be detailed enough so that it can be implemented)
...
<b>Goal of the Best Practices</b> (if applicable)
...
<b>Requirements</b> (as equipment needed, location, ... if applicable)
...
<b>Number of participants &amp; rules</b> (if necessary and relevant)
...
<b>Pictures</b>
...
<b>Contacts:</b> (if available)
...



## COLLECTION OF BEST PRACTICES PER COUNTRY

### SLOVENIA

#### Best practices from Slovenia – TREND-PRIMA

1.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Outdoor Sport Days</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Implemented by schools in Slovenia
<b>Website</b> (Link of the project/programme, if available )
<a href="https://www.osnovna-sola-polzela.si/sportni-dnevi/">https://www.osnovna-sola-polzela.si/sportni-dnevi/</a> <a href="https://scfm-smlednik.si/sola/dnevi-dejavnosti/sportni-dnevi/">https://scfm-smlednik.si/sola/dnevi-dejavnosti/sportni-dnevi/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
Outdoor Sport Days are organized throughout the school year, offering students opportunities to engage in various physical activities in natural settings. These activities include hiking, swimming, skiing, orientation walks, and survival games. Each event is tailored to different age groups and is designed to promote physical fitness, teamwork, and an appreciation for the outdoors. Educators plan these days to align with the curriculum and to encourage active lifestyles among students.
<b>Goal of the Best Practices</b> (if applicable)
To instil lifelong physical activity habits and a connection to local environments without reliance on artificial facilities.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
Access to natural environments (mountains, forests, rivers), appropriate equipment for specific activities (e.g., hiking boots, skis), and coordination with local guides or instructors.
<b>Number of participants &amp; rules</b> (if necessary and relevant)
Entire classes or school grades participate, with activities tailored to age and skill levels. Safety protocols and environmental guidelines are emphasized.
<b>Pictures</b>





**Contacts:**  
(if available)

2.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Green School Playgrounds</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Schools like Osnovna šola Prežihov Voranc and Osnovna šola Mirana Jarca Ljubljana.
<b>Website</b> (Link of the project/programme, if available )
<a href="https://www.os-prezihov-voranc.si/">https://www.os-prezihov-voranc.si/</a> <a href="https://osmi.si/">https://osmi.si/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
These schools have transformed traditional asphalt schoolyards into green spaces with trees, gardens, climbing structures made from natural materials, and sensory paths. These areas are used daily for physical education and free play. The green playgrounds serve as dynamic environments that stimulate physical activity, creativity, and environmental stewardship among students.
<b>Goal of the Best Practices</b> (if applicable)
To encourage spontaneous physical activity, interaction with nature, and support sustainability education
<b>Requirements</b> (as equipment needed, location, ... if applicable)
Investment in landscaping and natural play equipment, ongoing maintenance of green spaces, and integration into the school curriculum.
<b>Number of participants &amp; rules</b> (if necessary and relevant)
All students have access during school hours, with supervision during structured activities. Rules focus on safety and respect for the natural environment.
<b>Pictures</b>






**Contacts:**  
(if available)

...

3.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Movement Hours in Nature</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Community-led initiatives and schools across Slovenia, including Osnovna šola Rakek.</b>
<b>Website</b> (Link of the project/programme, if available )
<a href="https://osrakek.si/sportni-dnevi-in-sola-v-naravi/">https://osrakek.si/sportni-dnevi-in-sola-v-naravi/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
Movement Hours in Nature involve short sessions (30–45 minutes) several times per week, where children participate in playful exercises like animal movements, balancing on logs, or cooperative games in parks or woods. These sessions are designed to build routine and improve coordination and endurance. They are low-cost and replicable across Slovenia’s many green spaces.



<b>Goal of the Best Practices</b> (if applicable)
To integrate regular physical activity into children's routines through engaging, nature-based exercises.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
Access to safe outdoor spaces, minimal equipment (e.g., natural obstacles), and trained facilitators or educators to guide activities.
<b>Number of participants &amp; rules</b> (if necessary and relevant)
Groups of 10–15 children, with activities adapted to age and ability levels. Emphasis is placed on participation, enjoyment, and safety.
<b>Pictures</b>

<b>Contacts:</b> (if available)
...

4.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Eco-Schools Program</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Coordinated by the DOVES-FEE Slovenia association, involving numerous schools across the country.
<b>Website</b> (Link of the project/programme, if available )
<a href="https://ekosola.si/">https://ekosola.si/</a>



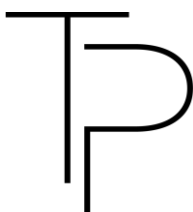
<p><b>Description</b> (description should be detailed enough so that it can be implemented)</p>
<p>Eco-Schools program integrates environmental education into the school curriculum, promoting activities such as eco-trails, green scavenger hunts, gardening combined with movement, and ecological clean-up walks. These activities combine physical activity with environmental responsibility. The program follows a seven-step methodology, encouraging schools to develop action plans, monitor progress, and involve the whole school community in sustainable practices.</p>
<p><b>Goal of the Best Practices</b> (if applicable)</p>
<p>To foster environmental awareness and sustainable habits among students through active participation in eco-friendly initiatives.</p>
<p><b>Requirements</b> (as equipment needed, location, ... if applicable)</p>
<p>Commitment from school staff, integration into the curriculum, and resources for implementing various environmental activities.</p>
<p><b>Number of participants &amp; rules</b> (if necessary and relevant)</p>
<p>Participation varies by school, often involving entire classes or school-wide initiatives. Activities are structured to be inclusive and educational.</p>
<p><b>Pictures</b></p>

<p><b>Contacts:</b> (if available)</p> <p>...</p>



5.

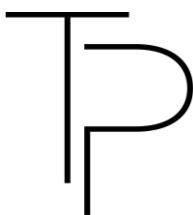
<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>SLOfit &amp; Healthy Lifestyle Program</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Implemented by the Faculty of Sport at the University of Ljubljana, in collaboration with Slovenian primary schools and the Ministry of Education.
<b>Website</b> (Link of the project/programme, if available )
<a href="https://en.slofit.org/">https://en.slofit.org/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
The SLOfit system is a comprehensive national program that monitors the physical and motor development of all school-aged children in Slovenia. Initiated in 1987, it collects annual data on students' fitness levels, providing valuable insights into their health and physical activity. Building upon this data, the "Healthy Lifestyle" program was introduced to address declining fitness trends. This intervention adds two to three additional physical education (PE) lessons per week, emphasizing high-intensity activities conducted by specialist PE teachers. The program not only enhances physical fitness but also fosters a culture of regular physical activity among children.
<b>Goal of the Best Practices</b> (if applicable)
To improve children's physical fitness, prevent obesity, and instill lifelong healthy habits by integrating additional structured physical activity into the school curriculum.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
Schools need access to trained PE specialists, appropriate facilities (indoor and outdoor spaces), and commitment to integrating additional PE sessions into the weekly schedule. The SLOfit system requires tools for fitness assessment and data management.
<b>Number of participants &amp; rules</b> (if necessary and relevant)
The program is implemented nationwide, involving all primary school students. PE sessions are structured according to age and development levels, ensuring inclusivity and safety. Regular assessments help tailor activities to individual needs and track progress over time.
<b>Pictures</b>





Contacts:  
(if available)

...



## ITALY

### Best practices from Italy - CUS PALERMO

1.

<b>Name of Best Practices</b> ECO-ORIENTEERING
...
<b>Who is using it</b> Federazione Italiana Sport Orientamento
...
<b>Website</b> <a href="https://www.fiso.it/notizia/ecostenibilita-e-orienteeing-16332">https://www.fiso.it/notizia/ecostenibilita-e-orienteeing-16332</a>
...
Description
<p>Orienteering is called the Sport of the Woods, because its ideal competition field is the forest, but it can also be practised in other environments such as historical centres, public parks, the countryside, etc. The Eco-Orienteering route consists of a route in stages. Sixty-four questions (32 orange for children and 32 green for adults) on environmental issues, sustainable mobility and knowledge of the park are hung in the park. In addition to the questions, there is a dance station, two reading stations and two play stations.</p>
...
<b>Goal of the Best Practices</b>
<p>Orienteering takes place in close contact with the environment, which very often becomes an integral element of the sport itself. Competitions often take place in places of particular naturalistic value and can involve critical masses of participants and spectators. It is therefore of paramount importance to minimise the impacts that this type of competition can have on the environment itself. Orienteering has also long since acquired good environmental credentials: by its very nature, this sport sets goals of good practice and environmental sustainability and places particular emphasis on environmental awareness and education.</p>
...
<b>Requirements</b>
<p>Orienteering is generally practised in woods, forests, mountains, or green areas.</p>



To practise orienteering on foot, the most common and widespread type, it is advisable to wear sporty and comfortable clothing, such as trousers, a jersey and a technical, breathable raincoat, and hiking shoes.

...

#### Number of participants & rules

The participants, equipped with a map and compass, are tasked with reaching the various control points of a given area to be explored, i.e. the stages of the route.

The stages are marked with a white and orange flag (known as a “lantern”), on which is a signal -such as a chip or a punch- to validate the competitor's arrival at the checkpoint.

The winner is the one who manages to complete the course by reaching the destination, in the shortest possible time, while reaching all the control points marked on the map.

...

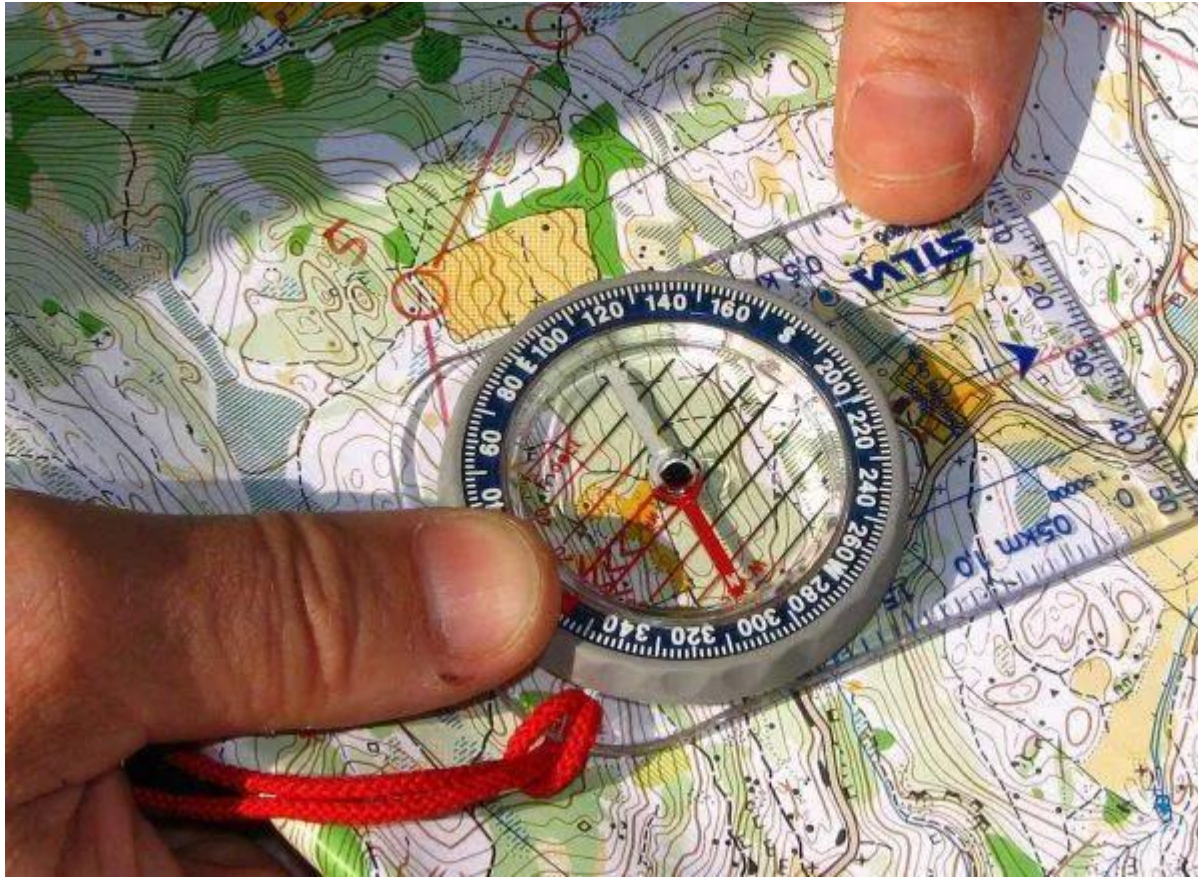
#### Contacts:

info@fiso.it

...

#### Pictures:





...

2.

<b>Name of Best Practices</b> ARBORING ...
<b>Who is using it</b> Parco Avventura Cerwood ...
<b>Website</b> <a href="https://www.cerwood.it/">https://www.cerwood.it/</a> ...



**Description**

Arboring is an activity that consists of moving from tree to tree, among lianas, Tibetan bridges, tunnels, zip lines, nets and catwalks. In Italy, it is possible to practice arboring in adventure parks, which have become a benchmark for family fun.

...

**Goal of the Best Practices**

It allows people to experience the natural environment from a unique perspective, developing a greater appreciation for trees and ecosystems. It is a playful and engaging activity, suitable for people of different ages and fitness levels.

Practised responsibly, it does not harm the environment.

...

**Requirements**

Harnesses and helmets must be worn to practice arboring safely.

Levels of difficulty are differentiated, from baby trails to more challenging adult-only trails.

...

**Number of participants & rules**

Some rules for accessing the trails vary from park to park.

Some non-specific children's parks require a minimum age of 9 years or a height of 110 cm.

...

**Contacts:**

informazioni@cerwood.it

...

**Pictures:**



...



3.

<b>Name of Best Practices</b> NATURE TREASURE HUNT
...
<b>Who is using it</b> Bambini e natura- associazione culturale
...
<b>Website</b> <a href="https://bambinienatura.it/strumenti/cartoline/caccia-al-tesoro-naturale/">https://bambinienatura.it/strumenti/cartoline/caccia-al-tesoro-naturale/</a>
...
<b>Description</b>
<p>You prepare a list of natural objects to look for, you arm yourself with a bag to collect those that you can take with you because they have already completed their life cycle, and you take a pencil for each person to mark those found, and off you go.</p> <p>It is a treasure hunt that invites us to look, to see everything that is always under our feet and that most of the time we don't notice, to find the most peculiar and hidden things, to compare our own finds and discoveries.</p> <p>And in the meantime we chat, discussing what we are finding, opening up new questions that may get some answers along the way or later on back home, when we can look for information on what we are most curious about.</p> <p>The objects collected can then find a place in a small natural museum to be expanded in subsequent research, while the photos can become documentation to be reviewed over time.</p>
...
<b>Goal of the Best Practices</b>
<p>The aim of this game is to bring children closer to the world of Nature around them, spurring them on to observation and curiosity.</p>
...
<b>Requirements</b>
<p>The indispensable equipment for this game is a treasure-collecting bag or backpack, where children can collect all the precious wonders that the forest will give them along the way. In addition to the backpack, you can also bring along a small magnifying glass to make the hunt even more fun.</p>
...



### Number of participants & rules

When you begin to be a little more experienced, you can make the game more complex by creating a list of artefacts that you hope to find. For pre-schooled children, the list can also be just pictures.

...

### Contacts

[bambinienatura@gmail.com](mailto:bambinienatura@gmail.com)

...

### Pictures



...

4.

<b>Name of Best Practices</b> ECO TREKKING E PLOGGING
...
<b>Who is using it</b> Federazione Italiana Escursionismo
...
<b>Website</b> <a href="https://www.fiitalia.it/newsletter/">https://www.fiitalia.it/newsletter/</a>
...
<b>Description</b> Plogging is an activity that combines exercise and waste collection, and can also be practised during a hike. It is a way to take care of the environment and raise awareness among others. It can be practised by everyone as it does not require any special skills or equipment and is an activity that can also be enjoyed by children. The purpose of this discipline is to keep the environment clean by taking advantage of the time normally spent on outdoor physical activity. In practice, the aim is to optimise time while running in order to do something positive for the planet.
...
<b>Goal of the Best Practices</b> Combining sport and environmental protection. Keeping the environment clean. Avoiding soil and water pollution. Promoting a healthy and active lifestyle.
...
<b>Requirements</b> The equipment for practising this activity is simple: a waste collection bag, comfortable shoes and sports clothes. Plogging is a fun and instructive activity because it develops a greater awareness of sustainability.
...
<b>Number of participants &amp; rules</b> Choose a route, such as a street, a park or the city. Prepare yourself by stretching.  Run or walk, picking up waste along the way.

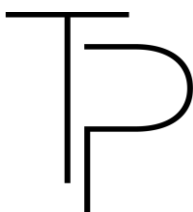


Dispose of collected waste by sorting it.
...
<b>Contacts:</b> info@fieitalia.it
...
<b>Pictures:</b>

...

5.

<b>Name of Best Practices</b> TEACHING GARDEN
...
<b>Who is using it</b> Progetto didattico per scuole
...
<b>Website</b>
...
<b>Description</b> An educational vegetable garden is a green space where learning takes place through nature, e.g. in a school, park or educational farm. It can be an open-air classroom that encourages cooperative learning and environmental education. Children can run, dig and carry water, while learning where food comes from and the importance of biodiversity.
...
<b>Goal of the Best Practices</b> Nutrition education



Sensory development  
Sense of responsibility  
Socialisation  
Experimenting with natural cycles  
Manual dexterity  
Cooperative learning  
Educating respect for planet Earth

...

**Requirements**

Redeveloping abandoned or degraded school gardens.  
Using equipment for play, manual skills and learning through nature.

...

**Number of participants & rules**

Sowing  
Watering  
Cultivating  
Harvesting  
Composting  
Reflecting on sustainability  
Getting to know animals and insects  
Recognising edible wild plants

...

**Contacts:**

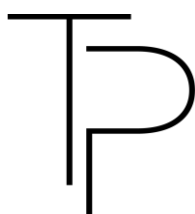
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...

**Pictures:**



...



## SLOVENIA

### Best Practices from Slovenia – Primary School KORENA

1.

<b>Name of Best Practices</b> (project or event name, sport, methodology)
<b>Jakobski dol hangs out and exercises</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Primary school Jakobski dol, Jakobski dol, Slovenia
<b>Website</b> (Link of the project/programme, if available )
<a href="https://www.osjakobskidol.si/2025/05/13/jakobski-dol-se-druzi-in-miga-sportni-dan/">https://www.osjakobskidol.si/2025/05/13/jakobski-dol-se-druzi-in-miga-sportni-dan/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
Afternoon with sport games where children compete with each other and their parents. It is organised by the primary school in cooperation with local associations. In the first part of the event, children participate in various relay games. The work was done in stations. Each station lasts 20 minutes. Then the groups change. At the same time, a cycling trip takes place along the outskirts of the town. Local associations and organizations set up booths where the participants can try out various activities. At the end there is a volleyball and soccer tournament.
<b>Goal of the Best Practices</b> (if applicable)
<ul style="list-style-type: none"> <li>• Promoting physical activity and a healthy lifestyle among all participants</li> <li>• Strengthening ties between school, parents, and the local community</li> <li>• Promoting intergenerational cooperation and team spirit</li> <li>• Introducing participants to the work and importance of local associations (fire-fighters, sports clubs, etc.) and encouraging them to participate in leisure activities</li> </ul>
<b>Requirements</b> (as equipment needed, location, ... if applicable)
Soccer field, beach volleyball court, playground, outdoor fitness, cones, hoops, balls, sacks...
<b>Number of participants &amp; rules</b> (if necessary and relevant)
Approximately 200
<b>Pictures</b>









**Contacts:**  
(if available)

<https://www.osjakobskidol.si/>

2.

<b>Name of Best Practices</b> (project or event name, sport, methodology)
<b>Sensory Atrium (outdoor multi-sensory area)</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Gustav Šilih Primary School for Children with Special Needs, Maribor, Slovenia
<b>Website</b> (Link of the project/programme, if available )
/
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>The Sensory Atrium is an innovative outdoor area designed for children with special needs to explore and engage multiple senses. The atrium includes:</p> <ul style="list-style-type: none"> <li>• A <b>sensory path</b> made of different natural materials such as stones, wood, bark, sand, and grass, allowing barefoot walking to stimulate tactile senses.</li> <li>• A <b>herb garden</b> with aromatic plants, encouraging children to smell, recognize, and name different herbs.</li> <li>• A <b>sound zone</b> with percussion instruments and natural sound-makers for auditory exploration.</li> <li>• <b>Edible plants</b> like strawberries and blueberries to stimulate taste and smell.</li> </ul> <p>Children can freely explore or take part in structured sensory tasks. For example, they may:</p> <ul style="list-style-type: none"> <li>• Walk barefoot on different textures to feel variations under their feet</li> <li>• Crawl along the path to activate proprioception</li> <li>• Smell and name herbs</li> </ul>



<ul style="list-style-type: none"> <li>• Listen to and imitate instrument sounds</li> <li>• Taste berries and describe flavours</li> </ul> <p>The space can also be transformed into an obstacle course with sensory-based tasks at each station.</p>
<b>Goal of the Best Practices</b> (if applicable)
<ul style="list-style-type: none"> <li>• To increase physical and sensory activity in children with special needs</li> <li>• To support sensory integration, coordination, and awareness</li> <li>• To encourage exploration, communication, and motor development</li> <li>• To create a calming and engaging outdoor environment</li> </ul>
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Outdoor space (garden, courtyard)</li> <li>• Natural materials (stones, bark, wood, sand, grass)</li> <li>• Raised herb beds</li> <li>• Simple percussion instruments or sound elements</li> <li>• Edible plants (strawberries, blueberries)</li> <li>• Supervision by staff or therapists</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>• Individual or small groups (2–6 children)</li> <li>• Activities can be free exploration or guided sessions</li> <li>• Rules and goals are adapted to the children’s abilities</li> </ul>
<b>Pictures</b> ...
<b>Contacts:</b> (if available)
<a href="https://www.osgusi.si/">https://www.osgusi.si/</a>

3.

<b>Name of Best Practices</b> (project or event name, sport, methodology)
<b>Fitness in the forest</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Primary school Korena, Zgornja Korena, Slovenia
<b>Website</b> (Link of the project/programme, if available )
/
<b>Description</b> (description should be detailed enough so that it can be implemented)



Children are divided into pairs or smaller groups. They prepare various exercises for warming up and developing motor skills that can be done in the forest. With these exercises they create outdoor fitness stations. Students present their exercises to their classmates. Then they all repeat or perform exercises to strengthen their bodies and take care of their health. After the fitness exercises the students can explore the forest and have some time for free play in the forest. When they come back to school, they share their feelings about the outdoor physical education class, once again present their exercises, and (together with their sports teacher) choose a set of exercises that include exercises for the whole body. As an additional task, they can create sports cards that will represent forest fitness stations.

**Goal of the Best Practices**  
(if applicable)

- Children understand the importance of regular exercise in nature and the impact of sports on health and well-being
- Children get familiar with various exercises to improve physical efficiency
- Children develop positive behavioural patterns

**Requirements**

(as equipment needed, location, ... if applicable)

- Forest
- Natural obstacles (tree branches, logs, stumps, holes)

**Number of participants & rules**  
(if necessary and relevant)

- Small groups (up to 20 students; one class)
- Activities are guided sessions (by a sports teacher) or free exploration
- Rules are set at the beginning: moving away from the group, safe movement through the forest, taking care of nature

**Pictures**





Contacts:  
(if available)

<https://www.o-korena.mb.edus.si/>



4.

<b>Name of Best Practices</b> (project or event name, sport, methodology)
<b>Creating letters in nature</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Primary school Korena, Zgornja Korena, Slovenia
<b>Website</b> (Link of the project/programme, if available )
/
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>INTRODUCTION (5 min) Conversation about letters and words. Instructions for movement and gathering of natural materials.</p> <p>MAIN PART (30 min) Task: Gathering materials (5 min) Children run around a designated area and collect sticks, twigs, cones, etc. All collected items are put into a common pile.</p> <p>Task: Relay carrying of materials (10 min) Children are divided into three groups. In the form of a relay, they pass the natural material from a common pile, with each child able to carry only one item at a time.</p> <p>Task: Shaping letters (5 min) Each group makes as many letters as possible from their material. We encourage cooperation and agreement. Together, we check how many letters each group managed to make. At the end, we try to make a word or sentence.</p> <p>CONCLUSION (5 min) Conversation: What did we learn today? What did we like best?</p>
<b>Goal of the Best Practices</b> (if applicable)
<ul style="list-style-type: none"> <li>• Usage of natural materials (sticks, cones, twigs, etc.) to form letter</li> <li>• Participation in groups and development of collaborative skills</li> <li>• Development of motor skills (running, relay race)</li> <li>• Development of creative and critical thinking</li> <li>• Experiential learning</li> <li>• Working in groups</li> <li>• Play and movement</li> <li>• Observation</li> </ul>
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Outdoor classroom, school's playground</li> <li>• Sticks, twigs, cones...</li> </ul>
<b>Number of participants &amp; rules</b>
<ul style="list-style-type: none"> <li>• Small groups (up to 20 students; one class)</li> </ul>



- Activities are guided sessions (by a teacher)

**Pictures**



Gathering the materials





Relays





Creating

letters



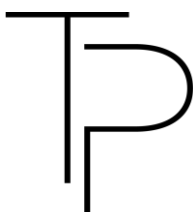


**Contacts:**  
(if available)

<https://www.o-korena.mb.edus.si/>

5.

<b>Name of Best Practices</b> (project or event name, sport, methodology)
<b>Photo orienteering competition</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
Primary school Korena, Zgornja Korena, Slovenia
<b>Website</b> (Link of the project/programme, if available )
/
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>INTRODUCTION (5–10 minutes):</p> <ul style="list-style-type: none"> <li>• Explanation of the rules: Each group receives photos and tokens. The task is to find places that are featured on the photos and hide tokens there.</li> </ul> <p>MAIN PART (30–40 minutes):</p> <ul style="list-style-type: none"> <li>• Children are divided into two groups: one group closes their eyes, the other hides tokens in the places marked on the photos. Then the group that had to close their eyes looks for the tokens using the photos. The groups switch roles. The teacher monitors and controls movement.</li> </ul> <p>CONCLUSION (5–10 minutes):</p>



- Children count the found items
- Conversation: What was fun, what was difficult? What did we learn?

**Goal of the Best Practices**  
(if applicable)

- Strengthen orientation with the help of photographs
- Develop the ability to quickly observe and move in space
- Respect the natural environment and other participants
- Collaboration and communication – the group/pair agrees on a strategy
- Self-regulation – they respect the rules of the game, control their behaviour during competitions
- Critical thinking – judging which photo shows the real place
- Motor skills – speed, agility, orientation in terrain

**Requirements**

(as equipment needed, location, ... if applicable)

- Outdoor classroom, school's playground
- Photos of locations (e.g. bench, bush, wooden fence, playground, etc.)
- Hidden objects (tokens)
- Cards for collecting found items

**Number of participants & rules**

- Small groups (up to 20 students; one class)
- Activities are guided sessions (by a teacher)

**Pictures**







**Contacts:**  
(if available)

<https://www.o-korena.mb.edus.si/>



## CROATIA

### Best Practices from CROATIA – SPORT VIV

1.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Heritage &amp; Sport</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>SPORT VIV</b>
<b>Website</b> (Link of the project/programme, if available ) <a href="https://heritage-sport.com/e-learning/">https://heritage-sport.com/e-learning/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>This Erasmus+ project adapts traditional European games to be accessible for children with physical, intellectual, and developmental disabilities. Facilitators receive a handbook containing step-by-step adaptations for each game (e.g., Bocce, tug of war, egg races), including instructions for modifying rules, space, equipment, and communication methods based on different disabilities.</p> <p>Workshops are organized where educators are taught how to use visual cues, simplified instructions, and physical assistance techniques. Games are run in small teams to encourage social interaction. Every activity focuses more on participation, teamwork, and enjoyment rather than winning.</p> <p>Teachers are encouraged to adjust the game's speed, physical requirements, and communication methods based on the group's composition.</p>
<b>Goal of the Best Practices</b> (if applicable)
To increase physical activity levels and social inclusion of children with disabilities through culturally adapted sports activities.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Open indoor or outdoor area</li> <li>• Softballs, cones, simple props</li> <li>• Visual boards or cards for instructions</li> <li>• 1 facilitator for every 5-7 children</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>• Designed for groups of 8–20 children</li> <li>• No elimination — continuous participation ensured</li> <li>• Points can be awarded for effort, team spirit, and creativity</li> </ul>
<b>Pictures</b>



n/a
<b>Contacts:</b> (if available)
udruga.sport.viv@gmail.com

2.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Special Olympics Croatia – Young Athletes Program</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Special Olympics Croatia</b>
<b>Website</b> (Link of the project/programme, if available )
<a href="https://www.specialolympics.org/programs/europe-eurasia/croatia">https://www.specialolympics.org/programs/europe-eurasia/croatia</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>Young Athletes is a <b>developmentally appropriate program</b> introducing basic sport skills such as running, kicking, throwing, and jumping. The curriculum consists of <b>eight skill areas</b> with 2–4 activities per skill, increasing progressively in complexity.</p> <p>Each session (lasting 30–45 minutes) includes:</p> <ol style="list-style-type: none"> <li>1. <b>Warm-up</b> using songs and large motor movements</li> <li>2. <b>Skill practice stations</b> (e.g., throwing beanbags at targets, balance beams, simple obstacle courses)</li> <li>3. <b>Group games</b> (parachute games, ball games)</li> <li>4. <b>Cool-down</b> and relaxation.</li> </ol> <p>Children are rewarded frequently through verbal praise, stickers, or simple certificates to <b>build self-esteem</b>.</p> <p>Parents are encouraged to participate alongside the children for emotional support.</p>
<b>Goal of the Best Practices</b> (if applicable)
Develop motor skills, social interaction, and self-confidence among very young children.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Soft equipment (balls, cones, parachutes)</li> <li>• Safe indoor or outdoor play area</li> <li>• Music system for warm-ups</li> <li>• 1 coach per 4–5 children</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>• Open to ages 2–7 with intellectual disabilities</li> <li>• Focused on <b>process not performance</b></li> <li>• No competition; all children are winners</li> </ul>



<b>Pictures</b>
n/a
<b>Contacts:</b> (if available)
franjo.soh@gmail.com

3.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Inclusive Sports Programs</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Bubamara Association of Persons with Disabilities (Vinkovci, Croatia)</b>
<b>Website</b> (Link of the project/programme, if available )
<a href="https://rtlpomazedjeci.hr/hr/projekti/udruga-bubamara-vinkovci/">https://rtlpomazedjeci.hr/hr/projekti/udruga-bubamara-vinkovci/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>Bubamara's Inclusive Sports Programs offer <b>adapted sports</b> like football, basketball, athletics, and dance therapy. Children are grouped based on functional abilities rather than age or disability type.</p> <p>Each sport is modified:</p> <ul style="list-style-type: none"> <li>• <b>Football</b> is played with a larger, softer ball and allows rolling passes.</li> <li>• <b>Basketball</b> uses lower hoops and lighter balls.</li> <li>• <b>Running events</b> are timed individually instead of competitive races.</li> <li>• <b>Dance classes</b> incorporate free movement based on rhythm, with minimal instruction pressure.</li> </ul> <p>The program emphasizes "<b>choice and autonomy</b>" — children pick activities they prefer each session.</p> <p>A buddy system pairs children with volunteers to encourage peer support.</p>
<b>Goal of the Best Practices</b> (if applicable)
Foster independence, improve fitness, and build friendships.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Accessible sports halls or playgrounds <ul style="list-style-type: none"> <li>• Modified sports gear</li> </ul> </li> <li>• Trained facilitators and volunteers</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>• Groups of 10–15 participants</li> <li>• Rule adjustments based on mobility and cognitive levels</li> </ul>



<ul style="list-style-type: none"> <li>Emphasis on participation, not final scores</li> </ul>
<b>Pictures</b>
n/a
<b>Contacts:</b> (if available)
udruga-invalida-vinkovci@vk.t-com.hr

4.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Adaptive Taekwondo Training</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Jesuit Refugee Service (JRS) Croatia &amp; Croatian Para Taekwondo Association</b>
<b>Website</b> (Link of the project/programme, if available )
<a href="https://hrv.jrs.net/story/sport-as-a-path-to-integration-in-croatian-society/">https://hrv.jrs.net/story/sport-as-a-path-to-integration-in-croatian-society/</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>This project offers adaptive martial arts classes for children with disabilities. Training sessions involve:</p> <ul style="list-style-type: none"> <li>Modified stretching and flexibility exercises</li> <li>Balance drills using support equipment (e.g., walls, chairs)</li> <li>Poomsae (forms) adapted to use larger, simpler movements</li> <li>Modified sparring, such as target kicking instead of full contact</li> </ul> <p>Trainers receive special certification on:</p> <ul style="list-style-type: none"> <li>Communication for children with autism (using visual cues, short commands)</li> <li>Techniques for children with reduced mobility (e.g., seated Taekwondo)</li> </ul> <p>Classes also incorporate values training — respect, perseverance, teamwork. Training sessions last 45–60 minutes with clear, predictable routines.</p>
<b>Goal of the Best Practices</b> (if applicable)
Empower children with disabilities through martial arts to develop physical strength and life skills.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>Safe, accessible dojo or sports hall</li> <li>Soft mats, adaptive belts, and protective gear</li> <li>Certified adaptive Taekwondo instructors</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>Small groups (up to 8 per session)</li> <li>Focus on individual progression</li> <li>Belts earned through skill mastery at individual levels, not comparison</li> </ul>



<b>Pictures</b>
n/a
<b>Contacts:</b> (if available)
info@jrs.hr

5.

<b>Name of Best Practices</b> (project or event name, sport, sport, methodology)
<b>Volunteers in Parks – Healthy Living Program</b>
<b>Who is using it</b> (name of coordinator or organization who is implementing it in your country)
<b>Ministry of Health, Croatia</b>
<b>Website</b> (Link of the project/programme, if available )
<a href="https://www.croris.hr/crosbi/publikacija/prilog-skup/691274">https://www.croris.hr/crosbi/publikacija/prilog-skup/691274</a>
<b>Description</b> (description should be detailed enough so that it can be implemented)
<p>This initiative organizes free outdoor physical activities in local parks, with a special focus on inclusion. Trained volunteers set up:</p> <ul style="list-style-type: none"> <li>• Walking groups</li> <li>• Simple fitness circuits (stations like "5 squats", "10 arm raises", "balancing on one foot")</li> <li>• Group games such as adapted "Simon Says", parachute play, and ball relays</li> </ul> <p>For children with developmental disabilities, instructions are given using pictograms and gestures. Volunteers maintain a flexible pace and offer one-on-one support when needed. Children are rewarded with participation certificates and recognized publicly to boost their sense of achievement. Sessions occur 1–2 times per week for 60–90 minutes.</p>
<b>Goal of the Best Practices</b> (if applicable)
Promote physical activity, social interaction, and healthy habits through free, community-based sessions.
<b>Requirements</b> (as equipment needed, location, ... if applicable)
<ul style="list-style-type: none"> <li>• Public park with open space</li> <li>• Basic fitness equipment (cones, ropes, soft balls)</li> <li>• Trained volunteers</li> </ul>
<b>Number of participants &amp; rules</b> (if necessary and relevant)
<ul style="list-style-type: none"> <li>• Group size: 10–30 children</li> <li>• No strict rules — flexibility and fun prioritized</li> <li>• Families encouraged to participate together</li> </ul>
<b>Pictures</b>



n/a
<b>Contacts:</b> (if available)
<a href="https://zivjetizdravo.eu/o-projektu-volonteri-u-parku/">https://zivjetizdravo.eu/o-projektu-volonteri-u-parku/</a> zivjeti.zdravo@hzjz.hr

