

5 Structure of our CLASSES

1 *Introduction to Education through Sports and Social Inclusion*

Morning Session:

- Welcome and course overview.
- Icebreaker activities to build rapport among participants.
- Introduction to the course objectives and agenda.
- Understanding the role of sports in promoting social inclusion.

Afternoon Session:

- Exploring the concept of marginalized groups.
- Case studies and success stories of sports-based social inclusion programs.
- Group discussions on the benefits of sports in building community and promoting inclusivity.

2 *The Foundations of Inclusive Sports Education*

Morning Session:

- In-depth exploration of Education through Sports principles.
- Understanding the importance of creating safe and inclusive environments in sports.
- Introduction to different sports and activities suitable for social inclusion programs.

Afternoon Session:

- Role of coaches and mentors in social inclusion through sports.
- Practical workshops on adapting sports and games for various abilities.
- Strategies for involving marginalized groups in sports programs.

3 *Practical Implementation and Adaptation*

Morning Session:

- Hands-on activities to learn and practice inclusive sports techniques.
- Developing lesson plans and session structures.
- Group discussions on adapting sports activities to different settings (schools, communities, organizations).

Afternoon Session:

- Guest speakers or panel discussions featuring experts in the field of inclusive sports.
- Site visit or observation of a local inclusive sports program.
- Group reflections and sharing of observations and insights.

4 *Teaching Life Skills through Sports*

Morning Session:

- Introduction to the concept of teaching life skills through sports.
- Role-playing and scenario-based exercises to develop problem-solving, teamwork, and communication skills.
- Designing sports activities that target specific life skills.

Afternoon Session:

- Strategies for measuring and assessing the impact of sports on social inclusion and life skill development.
- Hands-on practice in coaching and mentoring marginalized groups.
- Group discussions on the challenges and potential solutions for inclusive sports education.

5 *Empowerment and Action Planning*

Morning Session:

- Evaluation of the course and its impact on participants' understanding and skills.
- Sharing of personal experiences and insights gained during the course.
- Empowering participants to become advocates for social inclusion through sports.

Afternoon Session:

- Action planning: setting personal and group goals for implementing inclusive sports programs.
- Certificates and course completion ceremony.
- Closing reflections and feedback.

Get in touch with our team to find out when the next course is starting and how to enroll.



OUR TRAINERS

Erasmus+ Project Trainers courses on KA1/KA210/KA220

Patrizio Ricci



Mr Ricci is an experienced EU Project Manager, designer, co-founder, and president of Uno. He has a track record of more than 50 approved Project Proposals and as an NFE trainer since 2020 in more than 20 EU funded projects.

He has worked on almost a hundred Erasmus+ projects since 2018, focusing on Social-Emotional Intelligence, Social Inclusion, Education through sports, Gender Equality in sports and fostering digital skills for disadvantaged people. He worked in countries such as Italy, China, the UK, Spain, and Lithuania and had a year-long experience as a Project Consultant for the EIC Accelerator of H2020.

He graduated in Contemporary History at the University of Roma Tre and holds a Master of Social Sciences in Chinese Studies at the University of Glasgow and a Professional Master in European Project Planning and Project Management at Pixel in Florence. He's Italian, fluent in Spanish and English and with limited knowledge of Mandarin Chinese and French.

Giovanni Gonella

Co-founder and treasurer of Uno, Mr Gonella, is an experienced Project Designer specialising in EU Funds such as Erasmus+, where he has submitted over 100 project proposals since 2018, of which more than 50 have been funded. He has extensive background as NFE trainer since 2021.

He graduated in Business Development and International Cooperation at the University of Parma and a Master's in International Relations, Economy and Politics at the University of Sacro Cuore in Milan, plus a Professional Master's in European Project Planning and Project Management at Pixel in Florence.

He is Italian, fluent in English, French and German and has a working knowledge of Spanish. He also has a long experience as a volunteer using NFE methodologies as a teacher and trainer in Nepal.



Are you ready to take your Non-Formal Education skills to the next level?

Check our courses on
associaciouno.eu