

Project *Desporto com Sentido* [Meaningful Sport]

The project *Desporto com Sentido* (*Meaningful Sport*) is promoted by the Cerebral Palsy Association of Almada Seixal [APCAS]. Until 2016, this project was co-financed by EEA Grants, within the scope of the Active Citizenship Program, managed by the Calouste Gulbenkian Foundation. Currently, it has the High Sponsorship of His Excellency the President of the Republic, Professor Doctor Marcelo Rebelo de Sousa, and has as partners the Portuguese Institute of Sports and Youth [IPDJ, IP], the National Institute for Rehabilitation [INR, IP], the Directorate General of Education [DGE], Seixal Town Council [CMS], Almada Town Council [CMA], the Faculty of Human Motricity [FMH] and the Portuguese Federation of Sports for People with Disabilities [FPDD].

This project aims to promote the inclusion of children and young people in the school context and in the community through sports, with a strong awareness of the educational and sports fields. In this sense, the project envisages the development of strategies and the production of tools necessary for inclusion by sport, through adapted or specific sports modalities of people with disabilities, integrating individuals with and without disabilities. This project contemplates:

1. Edition of adapted sport manual collections in Portuguese - a generalist manual of adapted sports, introducing the different existing modalities and issues such as accessibility and transfers; and 20 specific manuals of various sport modalities that have been prioritized in national sports policy. These collections are being distributed throughout the country, Community of Portuguese-Speaking Countries and other stakeholders.
2. Distribution of didactic-pedagogical materials in the form of a basic kit of adapted sports practice, distributed throughout the country.
3. The development of a Skills Training Center for Adapted Sport in order to provide training moments for technicians/ teachers/ students/ others from different areas of sport and education.
4. Development of the e-learning platform, accessible to all, which includes information supplementary to the manuals, as well as videos explaining the contents of the manuals (e.g. demonstrations, adaptations to the playing field, etc.) - through the site www.desportocomsentido.org
5. Development of concrete awareness actions and strong impact in diverse contexts, warning of the need for sports practice to be aimed at all, with no exclusions.

The Project *Meaningful Project* will make its contribution by training, informing and increasing skills in all those who, in their places of intervention, as professionals or citizens, can implement good sports practices for all.

We invite you to watch the promotional videos at:

- 1st Edition: <https://www.youtube.com/watch?v=t4vLIF3oXG8>
- 2nd Edition (final edition): <https://www.youtube.com/watch?v=QA-KqmFr7B8&feature=youtu.be>