

Sainsbury's

Active Kids

For All

Inclusive Community
Training Programme

For all ages



Sainsbury's Inclusive Community Training (AK4A ICT) Programme

Programme Summary

The programme involves a three-hour practical workshop. Supported by eLearning, it will help learners to improve knowledge, competence and confidence in delivering sports-based activities to disabled people.

Outcomes

By the end of the programme, learners will have:

- Learnt about practical tools to support inclusive delivery
- Explored creative ideas to support disabled people to access physical activity and sport
- Completed a workbook that will support their activity sessions going forward
- Learnt about local disability sport opportunities for participants, leaders, volunteers and coaches.

Duration

- Pre-course eLearning: approximately 45 minutes
- Workshop: three hours

Number of Participants

12–22

Delivery Method

Theory (pre-course eLearning) and practical (workshop)

Supporting Resource

Sainsbury's Inclusive Community Training Programme Practical Workshop Workbook
Facilities Required

Pre-course eLearning:

We will provide you with your own branded Learning Hub where you will be able to enrol your delegates on to the pre-course eLearning.

You will receive your branded Learning Hub and training on how to enrol your delegates when you join as a Registered Partner. If at any point you would like to organise more training or have any questions, please call the Workshop Booking Centre on 0845-601 3054 or email ak4a@sportscoachuk.org.

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Where required, we can provide an alternative version for learners on request. Please contact ak4a@sportscoachuk.org.

Workshop:

This is an entirely practical workshop – no classroom space is required. The workshop requires a space at least the size of two badminton courts (half/full sports hall depending on numbers) that is free from noise created by neighbouring activity. All venues must be fully accessible for all participants (eg wheelchair users).

Equipment Required

- No projector or screen is required
- Laminate posters provided by the tutor will be stuck to the walls with Blu Tack
- Tutors will have their own equipment, but any access to generic physical activity equipment (e.g. bats and balls of all sizes and shapes, cones) would be appreciated but not essential.

Target Audience

AK4A ICT is for those who:

- Represent a community-based group or organisation where the primary focus is not currently as a sport or physical activity provider
- Have direct contact with disabled people
- Have the opportunity to introduce physical activity and sport to disabled people.

In line with this, the course provides first-step training to support:

- Support workers, including those in day, community and faith centres
- Parents
- Carers
- Healthcare professionals
- Volunteers
- Community-based groups and organisations.

Those people working within sport-specific environments will be signposted to access inclusion training identified or provided by their governing body of sport. Those people based in Wales, Scotland and Northern Ireland will be signposted to their relevant home country disability sport organisations.

Please direct any questions relating to the AK4A ICT programme outside of the delivery of the workshops to EFDS: ak4a@efds.co.uk

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