INCLUSIVE SESSION PLANNING TEMPLATE

Session 1- FOOTBALL

Social Objective: Welcome & Empathy
Technical Objective: Ball Control and Passing
Physical Objective: General Adaptation
Duration: 60 min

SOCIAL VALUE: EMPATHY

EMPATHY HELPS PARTICIPANTS UNDERSTAND THE EXPERIENCES AND FEELINGS OF OTHERS. IN MULTICULTURAL GROUPS, IT STRENGTHENS TRUST, COOPERATION AND SOCIAL INCLUSION.

Warm up

DESCRIPTION	MATERIALS	TIME
Participants stand in a circle and perform joint mobility exercises. During the exercises, each participant introduces themselves by sharing their name, country of origin and favourite sport.	Cones	10min
Participants move freely around the area. The coach asks questions such as: "Find someone who speaks another language", "Find someone who likes the same sport as you", or "Find someone who has lived in another country". Participants form groups accordingly.	Cones, footballs (optional)	10min

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Main Part

DESCRIPTION	MATERIALS	TIME
In groups of 4–5, participants stand in two facing lines. They control and pass the ball through two cones while saying the receiver's name before passing. Progressions include using the non-dominant foot and increasing distance.	Cones, footballs	10min
Small-sided games (4v4 or 5v5). A goal only counts if at least three different teammates have touched the ball beforehand. This encourages teamwork and participation.	Footballs, bibs, cones	20min

Cool Down

DESCRIPTION	MATERIALS	TIME
Reflection circle. Each participant shares one new thing they learned about another participant during the session while performing the stretch, positioned in a circle. Equipment is collected together.	None	10min

Inclusion Tips

- **Mix groups frequently.**
- **Encourage participants to learn each other's names.**
- **Celebrate supportive behaviours.**
- **Use simple language and visual demonstrations.**

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INCLUSIVE SESSION PLANNING TEMPLATE

Session 2- BASKETBALL

Social Objective: Intercultural Communication
Technical Objective: Dribbling and Passing
Physical Objective: Coordination and Agility
Duration: 60 min

SOCIAL VALUE: INTERCULTURAL COMMUNICATION

SPORT PROVIDES OPPORTUNITIES TO COMMUNICATE BEYOND LANGUAGE BARRIERS. COMMUNICATION HELPS PARTICIPANTS CONNECT, COLLABORATE AND BUILD CONFIDENCE.

Warm up

DESCRIPTION	MATERIALS	TIME
Participants move around the court and greet each other using greetings from different countries represented in the group.	Cones	10min
Dribbling activity while exchanging simple words such as "hello", "thank you", or "friend" in different languages.	Basketballs	10min

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Main Part

DESCRIPTION	MATERIALS	TIME
Passing challenge in groups. Teams attempt to complete 20 consecutive passes while encouraging each other. No eliminations for mistakes.	Basketballs	10min
Small-sided games where a basket only counts if all team members have touched the ball during the possession.	Basketballs, bibs	20min

Cool Down

DESCRIPTION	MATERIALS	TIME
Participants share a new word or expression they learned from another participant while performing the stretch, positioned in a circle.	None	10min

Inclusion Tips

- **Encourage multilingual communication.**
- **Use gestures and demonstrations.**
- **Value participation over technical ability.**
- **Create opportunities for everyone to speak.**

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INCLUSIVE SESSION PLANNING TEMPLATE

Session 3- VOLLEYBALL

Social Objective: Cooperation
Technical Objective: Forearm Pass and Set
Physical Objective: Coordination
Duration: 60 min

SOCIAL VALUE: COOPERATION

COOPERATION ENCOURAGES PARTICIPANTS TO WORK TOWARDS COMMON GOALS AND APPRECIATE THE CONTRIBUTION OF EVERY GROUP MEMBER.

Warm up

DESCRIPTION	MATERIALS	TIME
In pairs, participants keep a balloon or volleyball in the air while moving around the space.	Balloons or volleyballs	10min
Groups attempt to keep the ball in the air as many times as possible. The objective is collective success rather than competition.	Volleyballs	10min

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Main Part

DESCRIPTION	MATERIALS	TIME
Cooperative passing drills where teams aim to complete a target number of passes before sending the ball over the net.	Volleyballs, net	10min
Modified volleyball games where each team member must touch the ball before it crosses the net.	Volleyballs, net	20min

Cool Down

DESCRIPTION	MATERIALS	TIME
Participants identify one teammate or action that helped them during the session and explain why while performing the stretch, positioned in a circle.	None	10min

Inclusion Tips

- **Reward teamwork instead of winning.**
- **Ensure everyone has an active role.**
- **Rotate teams regularly.**
- **Encourage positive feedback between participants.**

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INCLUSIVE SESSION PLANNING TEMPLATE

Session 4- PADEL

Social Objective: Respect and Fair Play
Technical Objective: Basic Rallying and Cooperative Play
Physical Objective: Coordination and Agility
Duration: 60 min

SOCIAL VALUE: RESPECT AND FAIR PLAY

RESPECT IS ESSENTIAL FOR CREATING A SAFE AND WELCOMING ENVIRONMENT WHERE PARTICIPANTS FROM DIFFERENT CULTURAL BACKGROUNDS FEEL VALUED AND INCLUDED. PADEL ENCOURAGES COMMUNICATION, COOPERATION AND POSITIVE INTERACTIONS BETWEEN PARTNERS.

Warm up

DESCRIPTION	MATERIALS	TIME
Participants move around the court performing mobility exercises (ankles, knees, hips, shoulders and wrists). During the activity, they introduce themselves to different partners by sharing their name, country of origin and one hobby or interest.	Cones	10min
"Find a New Partner": participants rally gently with a partner for 1 minute and then rotate to meet someone new. The objective is to interact with as many participants as possible.	Padel rackets, balls	10min

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Main Part

DESCRIPTION	MATERIALS	TIME
Cooperative Rally Challenge. In pairs, participants try to maintain the longest possible rally. The focus is on helping each other keep the ball in play rather than winning points. Pairs rotate every few minutes to encourage interaction with different participants.	Padel rackets, balls	10min
Inclusive Doubles Matches. Participants play short doubles games with changing partners. Teams earn an extra point when both players have touched the ball during the rally before winning the point. Coaches encourage positive communication and mutual support.	Padel rackets, balls, cones	20min

Cool Down

DESCRIPTION	MATERIALS	TIME
Reflection circle. Participants share one example of respectful behaviour or teamwork they experienced during the session while performing the stretch, positioned in a circle. Equipment is collected together.	None	10min

Inclusion Tips

- **Rotate partners regularly to promote new social connections.**
- **Pair participants with different skill levels whenever possible.**
- **Emphasise encouragement and cooperation over competition.**
- **Use positive reinforcement when participants demonstrate fair play.**
- **Ensure everyone has equal opportunities to participate and contribute.**
- **Address mistakes as learning opportunities rather than failures.**

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INCLUSIVE SESSION PLANNING TEMPLATE

Session 5- COOPERATIVE MULTI-SPORTS ACTIVITIES

Social Objective: Sense of Belonging
Technical Objective: Fundamental Movement Skills
Physical Objective: General Fitness
Duration: 60 min

SOCIAL VALUE: SENSE OF BELONGING

FEELING PART OF A GROUP IS FUNDAMENTAL FOR SOCIAL INCLUSION. SPORT CAN HELP PARTICIPANTS BUILD FRIENDSHIPS, CONFIDENCE AND CONNECTIONS WITHIN THEIR NEW COMMUNITY.

Warm up

DESCRIPTION	MATERIALS	TIME
Human map activity. Participants position themselves according to questions such as languages spoken, sports practised, or length of time living in the community.	Cones	10min
Cooperative relay races where the team's result depends on every member finishing.	Cones, markers	10min

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Main Part

DESCRIPTION	MATERIALS	TIME
Teams complete a series of cooperative challenges such as transporting balls, obstacle courses and team-building tasks. Success depends on collaboration rather than speed.	Balls, cones, hoops	10min
Mixed-team challenge circuit. Points are awarded for communication, inclusion and teamwork rather than performance.	Mixed equipment	20min

Cool Down

DESCRIPTION	MATERIALS	TIME
Circle of strengths. Each participant shares a positive quality they observed in another participant during the programme while performing the stretch, positioned in a circle.	None	10min

Inclusion Tips

- **Ensure everyone participates equally.**
- **Focus on collective achievements.**
- **Encourage mutual support.**
- **Celebrate diversity as a strength within the group.**

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EQUAL PLAY

EQUAL PLAY

INCLUSIVE SESSION PLANNING TEMPLATE

Session -

Social Objective:
Technical Objective:
Physical Objective:
Duration:

SOCIAL VALUE:

Warm up

DESCRIPTION	MATERIALS	TIME

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EQUAL PLAY

Main Part

DESCRIPTION	MATERIALS	TIME

Cool Down

DESCRIPTION	MATERIALS	TIME

Inclusion Tips

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