



# Scottish Disability Sport

## SDS Online Activities and Resources

### Introduction

Over the last year, SDS has circulated various opportunities and programmes to be used by your colleagues. The RDM team has compiled a comprehensive document which we hope you and your colleagues find useful. Listed below is a variety of guidance papers, activities, sessions, and online education opportunities. If you require further information on any of the programmes/resources, please do not hesitate to contact your regional manager.

### Return to Sport Guidance and Resources

Please note The Return to Sport Guidance may change as Public Health Guidelines Change. Our regional managers will keep you up to date.

[General Return to Sport Guidance](#)

[Boccia Return to Sport Guidance](#)

[General Principles to support the inclusion of participants with disabilities in return to sport](#)

[Scottish Disability Sport Promoting Inclusive Practice in Sports Clubs](#)

### Scottish Disability Sport Online Resources/Activities

#### Scottish Disability Sport Inclusion Cards Resource



Scottish Disability Sport have produced a range of resources which provide ideas and guidance around adaptations for various activities. [Activity Inclusion Cards](#)

#### Scottish Disability Sport – Boccia Bonanza Resource

This resource has been produced to support teachers, coaches, and leaders to deliver an introduction to boccia as a fun activity.

The resources in the links below can be used as independent sections or can be worked through to enable the user to gain a fuller understanding of the game.

[Boccia Bonanza Activity Cards](#)



[This is Boccia](#)

## Be Active Be Well (16 years +)

This is a Scottish Disability Sport driven programme, working with SAMH and many partners to deliver online interactive sessions including stretching, yoga and wheelchair- based exercises. There are also lots of wellbeing sessions including Mindset & Resilience, Self-Reflection etc. This little video provides some information around the programme: [Be Active Be Well Impact Video](#)

Our online programme has been a success and we are still looking to promote to the wider community. Please share online and to your network to let the people know that online sessions are available for physical and social activity:

[Be Active Be Well information and registration](#)



## Be Active Be Well: Young Start Disability, Wellbeing & Me Pilot Sessions (under 18 years)

The Young Start programme are piloting three sessions as part of a series: Disability, Wellbeing & Me. The sessions are taking place on Monday 8, 15, 22 March, 6:30pm - 8:00pm. Sessions are completely free so please get involved and use this link to sign-up. [Disability, Wellbeing and Me Sessions for Young People](#)

## SDS Online Education Opportunities

Below is a list of coaching opportunities and course descriptors. Please get in contact with your Sport Disability Sport regional manager for organising a course.

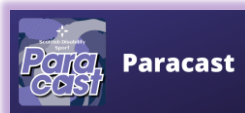
[Online Education and Training Opportunities](#) & [Course Descriptors](#)

[SDS AIM Model](#) & [STEP Framework](#)

## Scottish Disability Sport Podcast

This is now live on all streaming platforms and we encourage you to have a listen as well as subscribing (do this on Apple, Spotify, anywhere you listen to podcasts) and sharing onwards!

Link is here: <https://pod.link/1542533921>



## Scottish Disability Sport YouTube Channel

There are plenty of videos on our YouTube page which you are welcome to share to your network and on social media pages. We are happy for you to use them as you see fit.



## **SDS Virtual Events**

SDS are running the following events between March and June so please look out for further details and registration information. Following last year's successful Virtual Pentathlon event which attracted over 500 participants SDS have been seeking to provide a broad range of participatory, engagement activities to run alongside more competitive opportunities when the situation allows. As the lockdown was more severe over the winter period SDS dipped their toes in the water of e-sports with Boccia Battle -a virtual app-based competition. As restrictions now begin to relax with pupils returning to schools, outdoor activities resuming and, hopefully before too long, indoor activity then a further menu of virtual events will be on offer to participants and athletes to take part in within school, club and home environments, encouraging a sustained and phased return to activity as follows:

- Virtual Sportshall Championships (April)
- Virtual Swimming Championships (May)
- Boccia Bonanza Challenge (May)

Please contact your SDS Regional Manager or local branch for more information on how individuals can access events.

## **External Resources**

We are aware that other organisations have online activities. We have included a few links. below.

[Wheelpower](#)

[Otago Audio described activities for participants with visual impairments](#)

[Indepen-dance](#)

## **Scottish Athletics Adapted Sportshall Activities**

This resource may be of use to offer adapted activities for participants with disabilities participating in sportshall athletics. [Sportshall Athletics Adapted Activities](#)

## **Further Information**

If you wish further information on any of the programmes/opportunities in this document, please don't hesitate to contact your SDS Regional Manager.

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