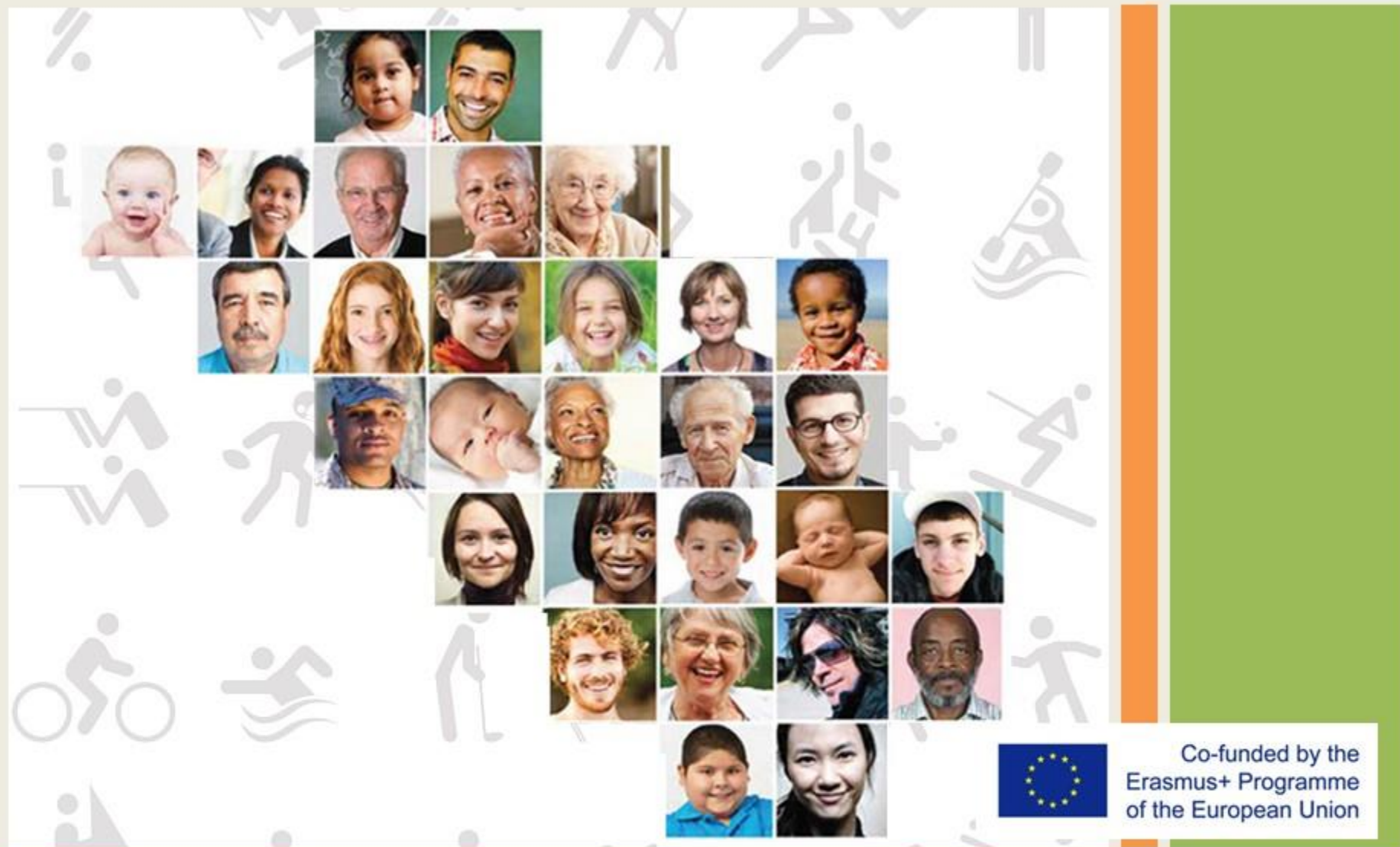


Activity 2 – task 3

SPORTS FOR ALL





Co-funded by the
Erasmus+ Programme
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SPORTS FOR ALL



município de
lousada



Who can play sports?

Babies



Children and teenagers



Adults



Old people



Handicapped person



Women





Where to start practicing sport?



Pleasure ground



Recreation center



School



Beach



Home



Pool



What can practice?

Dance

Walk

**Team
building**



Recreation and leisure sports

Swim*

Water
aerobics

Canoeing



Aquatic Sports

Gymnastics

Racket
sports

Fighting
sports



Individual Sports

Soccer

Basketball

Boccia*



Sports Multiplayer

Why???





✓ Yes to
integration in
society



✗ Not
loneliness



✓ **Yes to health**



✗ **Not the
disease**



✓ Yes
friendship



✗ Not to
discrimination



✓ **Say Yes to an active life**



✗ **Say No to sedentary lifestyle**



Sport is for All!