



## About the project

**Erasmus+ sports project "Joy in Sports" promote inclusion ,enthusiasm and joy** in sports across the Europe. Project strengthens the ties between sports organisations, clubs, athletes, children, parents, and everyone involved in sports.

In addition, the project develops for coaches new methods and practices, educational tools , new art-based metods, skills and, most importantly, keeps children in sports.

## Main goals

**To develop** concrete educational tools for coaches mixing art-based methods and variable motor skills exercises to form a novel supportive training program for promotion of inclusion and joy.

**To keep** the children and youth in sports, it is expected that the novel art-based methods may encourage children and young athletes to express their readiness to train and to give their coaches more tools to find out the young athletes' mood and psychophysiological readiness before

[Read more](#)

and after the training session.

[Read more](#)

## What we do to achieve the goals?



### Surveys

In the preparation phase existing knowledge and experiences of discriminative behaviour in sport clubs is mapped. Focus group surveys will be conducted in each participant country involving the coaches, volunteers, children and art and sport and physical activity specialists.



### Interviews

To understand what methods exist for the development of practical, art-based tools combined with physical exercises for sport coaches, team leaders, volunteers, and youth workers to increase and strengthen inclusion, enthusiasm, joy, and group spirit in sports for all children and youth despite their possible functional limitations, race or ethnic background.



### Summary



### Partners

We will summarise our findings from the best practices' analysis and devise an approach to combine exercise and art based methods.

This will be called the Coaches Educational Pack (CEP) 1.0 and will contain the initial guidelines for the sport clubs to pilot our combination approach.

The information from the reviews, interviews and surveys are analyzed, summarized and listed in one document.

Find out more in [HERE](#)

Project's leading partner: [INNOCAMP PL](#)

Partners: [Turun ammattikorkeakoulu](#);  
[Cister Sport de Alcobaça](#);  
[Yalova Ortopedikler Spor Kulübü](#)  
[Turun Toverit RY](#)  
[Spordikoolituse ja -Teabe SA](#)

## Associated Partners

