

Donegal Sports Partnership has compiled the following list of online sports inclusion resources which might help our participants and families access online sport and physical activity programmes/sessions/ideas and games to keep you active during these challenging times.

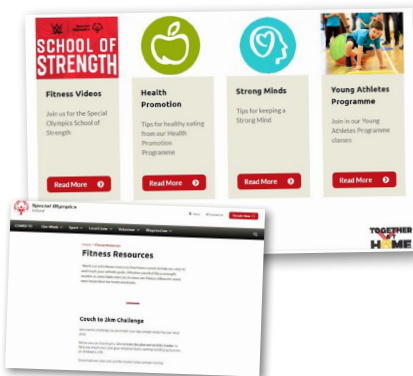
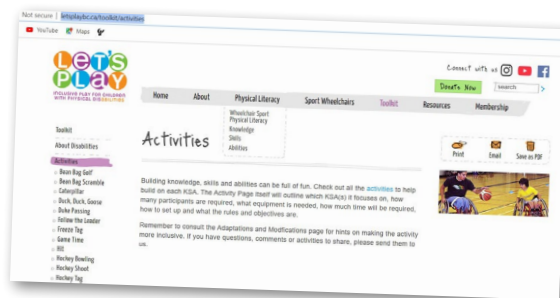
Keep an eye on our Facebook page for regular updates and information on any online programmes and resources which may be of interest.



LETS PLAY

Selection of games and ideas for inclusive play.

<http://www.letsplaybc.ca/toolkit/activities>



SPECIAL OLYMPICS IRELAND

Together at Home Programme – new workouts and tips every week, helping people stay healthy and connected.

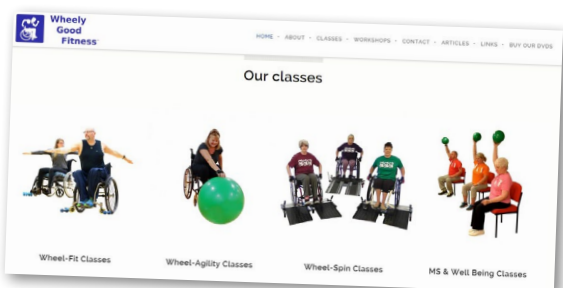
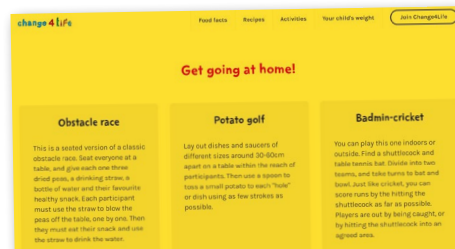
<https://www.specialolympics.ie/sport/together-at-home-programme>

<https://www.facebook.com/SpecialOlympicsIreland/>

CHANGE 4 LIFE

Lot's of ideas on keeping kids active

<https://www.nhs.uk/change4life/activities/accessible-activities>



WHEELY GOOD FITNESS

Variety of exercise classes for wheelchair users.

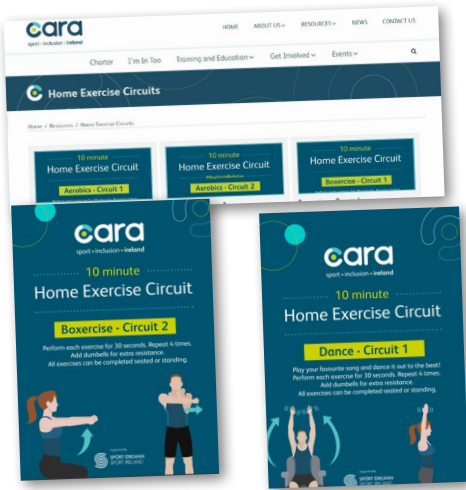
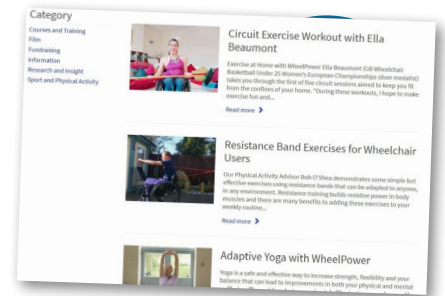
<https://wheelygoodfitness.com/>

<https://www.facebook.com/WheelyGoodFitness/>

WHEELPOWER

National Charity for Wheelchair Sport in the UK – brilliant selection of resources and exercise classes.

<https://www.wheelpower.org.uk/resources>



CARA CENTRE

National organisation aimed at enhancing physical activity opportunities for people with a disability in Ireland.

CARA have designed a fantastic suite of home exercise circuits, their latest include boxercise and dance.

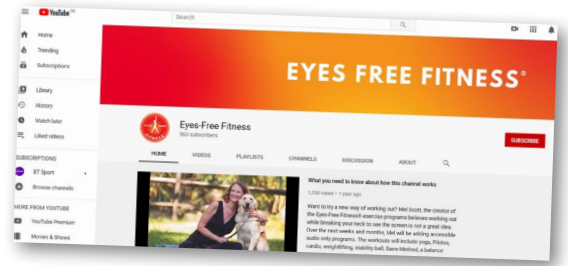
<https://caracentre.ie/factsheets/home-exercise-circuits-2/>

EYES FREE FITNESS

A selection of audio exercise programmes

https://www.youtube.com/watch?timecontinue=2&v=EtCPvIXz8Go&feature=emb_title

<https://www.blindalive.com/>



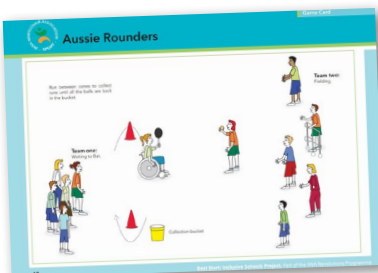
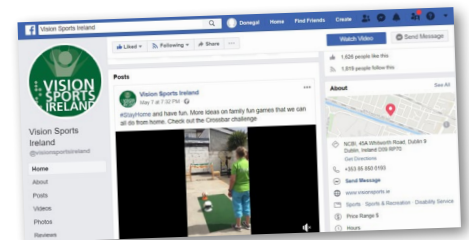
NCBI – IONA FITNESS

Exercise sessions for people with sight loss

<https://www.youtube.com/playlist?list=PL3vW7th1Ge53Wdq2rxEcu7yyBBKkMeiDD>

VISION SPORTS IRELAND

<https://www.facebook.com/visionsportsireland/>



IWA SPORT BEST START – INCLUSIVE SCHOOLS PROGRAMME

Resource pack which include games cards aimed at developing physical literacy.

<https://activeschoolflag.ie/wp-content/uploads/2015/08/Irish-Wheelchair-Association-Best-Start-Schools-Inclusion-Project.pdf>