

INCLUSION 2024

Additional reading lists

Extra-Curricular Activities

Motor Activity Training Programme (MATP)

MATP is a unique programme specifically designed for individuals with profound, multiple learning impairments

[MATP Training Programme](#)

SENSE Sport – Sensory yoga and sensory walks

Increase the variety and choice of sensory sport and physical activities available to people with complex disabilities.

[SENSE Sport – Sensory yoga and sensory walks](#)

Limb Power adaptive fitness fun video

Adaptive Fitness Fun are adapted exercises for children with limb loss and limb difference performed by elite athlete Jack Eyers. LimbPower have teamed up with Jack, who is an above knee amputee, athlete, and personal trainer.

[Limb Power Adaptive Fitness Fun Video](#)

Wheelchair and disability friendly workouts

A series of 20-to-30-minute workout videos that are Wheelchair and Disability Friendly.

[Wheelchair and Disability Friendly Workouts](#)

British Blind Sport - Tennis skills

Tennis was first adapted for partially sighted people in Japan in 1984 and has quickly grown in popularity.

[British Blind Sport - Tennis Skills video](#)

[British Blind Sport Tennis Skills PDF](#)

Breaking Limits Training Series

Sure have created a series of training videos for coaches, volunteers and community leaders who are working with young people aged 12-18 and inspiring them with the confidence and opportunity to move more. These are completely free to access and available to watch on-demand

[Breaking Limits Training Series](#)