

Topic	Explanation
Country, city	Bulgaria, Plovdiv
Name	Dancing
Aim	To perform rhythmic and aesthetic movements
Duration of the lessons	15 -40 minutes
Expertise, experience of trainer	p. e. teacher, dancing instructor
Age group	6-18 ages
Rules	No adaption/slightly amended
Set of movements	No adaption/slightly amended
Equipment	<b>Hardware:</b> <b>Special clothing:</b> <b>Any other material:</b> Amplifier, speaker bass
Required space	Any room will do
Inclusive experience	Any inclusive experience will be useful

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	x	Remember, student reads lips only. Don't cover your mouth. Dancing and keeping with the rhythm	x	Sign language interpreter. Speaker bass. Resonating flour.
Reduced hearing	x	Don't cover your mouth. Dancing and keeping with the rhythm.	x	Sign language interpreter. Speaker bass. Resonating flour.
Visual impairments • Low vision	Simplify moves if it is needed.	Need assistant.	The greatest attention is paid to rhythmic exercises. Exercise by pairs or groups.	Adapted facilities with bright colours and contrast
• Reduced vision	Simplify moves if it is needed.	Need assistant.	The greatest attention is paid to rhythmic exercises Exercise by pairs or groups.	Adapted facilities with bright colours and contrast
No vision	Simplify moves if it is needed.	Need assistant.	The greatest attention is paid to rhythmic exercises Exercise with partner.	Use partner.
Mobility impairment Reduced mobility (use of lower limbs and upper	Simplify moves.	Dancing and keeping with the rhythm We do not require precise movements.	Excluding very fast dances. Exercise by pairs or groups.	Use peers as partners.
Reduced mobility (use of lower limbs and no use of upper limbs)	Simplify moves.	Dancing and keeping with the rhythm We do not require precise movements.	Excluding very fast dances. Exercise by pairs or groups.	Use peers as partners.
Reduced mobility (no use of lower limbs and no use of upper limbs)	-	-	-	-
Wheelchair users (use of upper limbs)	Dance with an assistant/ partner.	-	Exercise by pairs or groups.	Need partner.
Wheelchair users (no use of upper limbs)	-	-	-	-
Communication impairment Speech impairments	x Adapt the dance so that it is performed in pairs, individually or in groups.	x	x Exercise by pairs or groups.	x
Learning impairment • Mild	Simplify movements, if it is needed. E.g. movements with hip, waist.	Use short sentences. Demonstrate. Use partner.	No adaptation needed. Set of 4 -8. Avoid complex dancing design.	
• Moderate	Simplify movements, if it is needed. E.g. movements with hip, waist.	Use short sentences. Demonstrate. Use partner.	Only equal musical strokes. Set of 4 -8. Avoid complex dancing design.	Need assistant. Need partner.
• Severe	Simplify movements, if it is needed. E.g. movements with hip, waist. Learn only legs moves.	Use short sentences. Demonstrate. Use partner.	Only equal musical strokes.	Need assistant. Need partner.

