

Topic	Explanation
Country, city	Croatia-Rijeka
Name	Bowling
Aim	The aim is to knock down as much kettles as possible, thereby, scoring points.
Duration of the lessons	1 hour training session
Expertise, experience of trainer	An expert is needed with a degree, one who has gone through the program of getting the necessary competencies. Years of experience, additional education and exchange of experiences with trainers from around the world. Preferably for trainer to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties. It is preferable for trainers to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties.
Age group	This is a sport meant for persons with disabilities from the pre-school age all the way to old age (for all age groups).
Rules	Every player throws a bowling ball 30, 50 or 70x. Throwing is progressive, which means the more points the player has, he/she will have more throws. As player has hands-disability he/she plays using a ramp by which bowling ball slides. He/she can also use bowling sticks or pusher to push a bowling ball with. Also, he/she is able to use switch controlled device which is attached to ramp. User then, presses a switch to releases the bowling ball down the ramp and onto the lane.
Set of movements	Throwing bowling ball by hand, when using a ramp - movements by head or amputated limb to push a bowling ball, when using bowling sticks- movements by head to push a bowling ball, when using bowl pusher - movement by arms or other body movements to push a bowling ball, when using switch controlled device which is attached to ramp - movements by finger or head to press a switcher.
Equipment	Hardware: Special wheelchair designed for bowling - the wheels are wide and set under the chair so that they don't interfere with the bowling action, bowling ball handle, devices that help the user push and/or roll the ball down the aisle(such as bowling ball pusher), ramp - - by what bowl slips Special clothing: - Any other material: -
Required space	skittle alley or just improvised bowling lantern in the school hall oblique and fixed with ribbons and sponges
Inclusive experience	An expert is needed with a degree, one who has gone through the program of getting the necessary competencies for work working with disabled children. Years of experience, additional education and exchange of experiences with trainers

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	x, 1 hours training session	Communication by gestures or sign language and reading from the lips, demonstrate techniques , coach needs to point face towards a player and to have an eye contact with him/her, optional professional communication	x	A light signal (strobe light) of the referee or a flag, cards with tags of different movements and actions, translator for sign-language as support for player beginner, flags, cards with tags
Reduced hearing	x, 1 hour training session	Communication by gestures, reading from the lips, coach needs to point face towards a player, demonstrate techniques, use flags or cards	x	A light signal of the referee or a flag or vibration signal , hearing loop - special type of sound system for use by people with hearing aids
Visual impairments • Low vision	x, 1 hour training session	Giving instructions verbally and by need tactile (touch)	x	brightly-colored bowling ball , fluorescent colored cosmic light bowling ball , fluorescent marks on the field (edges of the field), illuminated hall, bowling rail, a makeshift guide rope, or a carpet strip.
• Reduced vision	1 hours training session	Giving instructions verbally and by need tactile (touch)		Brightly-colored ball, fluorescent coloured cosmic light bowling ball, fluorescent marks on the field (edges of the field), illuminated hall, a makeshift guide rope, a carpet strip-which helps person to orient in space.
No vision	1 hour training session	Giving instructions verbally and tactile (touch), player needs to stay oriented toward the pins - which help person to orient in space. Guide rails can help player to approach (These lightweight tubular metal rails are easy to assemble and can help guide player straight toward the pins)	Arm movements to hold guide rails or guide rope	Guide rails or a tactile mark on the ground - mark the point of throwing the ball, makeshift guide rope, or a carpet strip.

Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	x, 1 hour training session	Player with reduced mobility (use of lower limbs and upper limbs) can play by sitting on chair or the player can hold to metal guide rails. A player with reduced mobility (use of lower limbs and upper limbs) can use simple bowling ball ramp if he/she have limited use of legs or arms or he/she can use a bowling ball pusher for pushing a ball	Arm movements to hold onto metal guide rails. Arm or finger's movements to push a bowling ball on the ramp or to push a bowling ball pusher.	Grip handle bowling ball rather than ball with finger holes or lightweight soft ball, ramp, ball pusher, metal guide rails
Reduced mobility (use of lower limbs and no use of upper limbs)	x, 1 hour training session	Player with reduced mobility (use of lower limbs and no use of upper limbs) can play: 1) rolling ball by feet on the floor, or by feet using a ramp 2) pushing a bowling ball by stick which is held in the mouth, through the ramp - by what bowling ball slips. 3) pushing a bowling ball by special designed ball pusher which is held in the mouth	If player is rolling ball by feet: movements which are possible to be done by feet and leg If player is pushing a ball by stick or special designed ball pusher which is held in the mouth: movements which are possible to be done by neck and head movements	Ramp and sports assistant for handling ramp or to hand a stick or special designed ball pusher
Reduced mobility (no use of lower limbs and no use of upper limbs)	x, 1 hour training session	Player with reduced mobility (no use of lower limbs and no use of upper limbs) can play: 1) rolling ball by amputated limbs or stumps 2) pushing a bowling ball over the ramp with shoulder or head 3) pushing a bowling ball by stick which is held in the mouth near the ramp - by what bowling ball slips. 4) pushing a bowling ball with special designed ball pusher which is kept in mouth	If player with reduced mobility (no use of lower limbs and no use of upper limbs) is rolling ball by amputated limbs or stumps: movements which are possible to be done by amputated limbs or stumps. If player is pushing a ball by stick or special designed ball pusher which is held in the mouth, movements which are possible to be done by neck and head movements	Sports assistant for handling ramp and handing bowling balls, special designed ramp for playing - by what bowling ball slips, stick or special designed ball pusher
Wheelchair users (use of upper limbs)	x, 1 hour training session	A player - wheelchair user (use of upper limbs), if he/she has limited use of arms, can use a bowling ball ramp to push a bowling ball.	x	sports assistant for collecting and adding bowling balls, sporting wheelchair (special wheelchair designed for bowling), bowling ball ramp
Wheelchair users (no use of upper limbs)	x, 1 hour training session	Player - Wheelchair user (no use of upper limbs) can play: 1) pushing a bowling ball by stick which is held in the mouth through the ramp - by what the bowling ball slips. 2) pushing a bowling ball by special designed ball pusher which is held in the mouth 3) if player can do easy movements by feet, he/she can roll a bowling ball by feet	If player is pushing a bowling ball by stick or ball pusher - movements which are possible to be done by neck and head movements If player is pushing a bowling ball by feet: movements which are possible to be done by feet	sports assistant for collecting and adding bowling balls, and putting them on a ramp, or to handle a special designed ball pusher or a stick, optional sporting wheelchair, ramp for playing bowling balls - by what bowling balls slip.
Communication impairment Speech impairments	x, 1 hour training session	x	x	x
Learning impairment • Mild	Extra explanation, only if needed, 1 hour or training session	Returning to the exercise and giving additional explanation, only if needed	x	x
• Moderate	Extra explanation, only if needed, 1 hour or training session	Returning to the exercise, if needed To teach the child a few moves as much as he/she can adopt	x	x
• Severe	Simplified rules, extra explanation, only if needed, 2 hours or less training session	Returning to the exercise, if needed To teach the child a few moves as much as he/she can adopt or apply an individualized approach	x	x

