

Topic	Explanation
Country, city	Croatia-Rijeka
Name	Table tennis
Aim	The aim of the game is that the ball does not bounce off the table twice, and to hit the ball in such a way that it stays within the table, while the other player is unable to return it.
Duration of the lessons	2 hours training session
Expertise, experience of trainer	An expert is needed with a degree, who has gone through the program of getting the necessary competencies. 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	6 onwards
Rules	Rules of the game are adjusted if there is a player with disabilities. If there are two players with disabilities, serve is adjusted so that the serve needs to go straight to player across the table – it must not go on the left or right. If there is a player with disabilities playing against a child without disabilities, then the child without disabilities needs to serve straight to player with disabilities (inside the dimensions of the table) – a ball must not go on the left or right; The child with disability has no limitation for doing a serve to player without disabilities.
Set of movements	Players use moves depending on his/her abilities: movements with hands or head (when playing with mouth), moves with legs or wheelchair – all the moves must be inside of limitations of table.
Equipment	Hardware: Tables, racquets, net, protective arena, balls Special clothing: Sports gear for the player Any other material: -
Required space	Closed space, hall accessible to persons with disabilities, table adjusted for outdoor conditions (when weather conditions allow playing in the outdoors).
Inclusive experience	A kinesiologist who has knowledge and experience working with mixed group of children (with and without disability)

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	Children at one table can play individually or in pairs, 2 hours training	Communication by sign language and reading from the lips. Keep in mind that people speak for each other and not at the same time, point your face towards an athlete and to have an eye contact with him/her.	x	Well-lit halls and rooms, professional communication assistant as support for a child's beginner
Reduced hearing	Children at one table can play individually or in pairs, 2 hours training	Communication by sign language and reading from the lips. Keep in mind that people speak for each other and not at the same time, point your face towards an athlete	x	Well-lit halls and rooms, professional communication assistant as support for a child's beginner
Visual impairments • Low vision	Play only two players, each player serves twice in a row, 2 hours training,	Giving instructions verbally and by need tactile (touch)	x	Florescent ball, florescent marks on the table (edges of the table) and florescent marked net, acoustic ball made of hard material and racket of oblong, protection glasses, special dome table from which the ball strives to fall, high protective mesh, outfit in bright colours, touchable lines on the floor
• Reduced vision	Play only two players, each player serves twice in a row, 2 hours training	Giving instructions verbally and by need tactile (touch) --	x	Acoustic ball , florescent marks on the table (edges of the table) and florescent marked net made of hard material, racket of oblong, protection glasses, special dome table from which the ball strives to fall, high protective mesh, outfit in bright colours, touchable lines on the floor
No vision	Play only two players, each player serves twice in a row, 2 hours training	Giving instructions verbally and by need tactile (touch)	Rolling balls on the table	Acoustic ball made of hard material and racket of oblong, protection glasses, special dome table from which the ball strives to fall, acoustic sound when ball touches a net, assistant's whistle when starting and ending a game, touchable lines on the floor,
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	The player can hold on to the table, 2 hours training	x	All movements including holding the table if child needs standing support during the game, there is also a possibility for a player to have an assistant holding them	A necessary assistant for preparing, dressing and collecting balls, optional assistant holding the player
Reduced mobility (use of lower limbs and no use of upper limbs)	Table tennis rackets are held in the mouth and are played with head movements	If there is a player who uses lower limbs and no upper limbs, playing against child without disabilities, then child without disabilities needs to serve straight to player with disabilities (inside the dimensions of the table) – a ball must not go on the left or right; If there are two players who use lower limbs and no upper limbs, then they both play inside the dimensions of the table – a ball must not go on the left or right, holding rackets in the mouth	Player who uses lower limbs and no upper limbs, play by holding rackets in the mouth, so they do movements which are possible to be done by neck movements. They have no limitations in movements by legs.	An optional assistant for preparing, dressing and collecting balls

<p>Reduced mobility (no use of lower limbs and no use of upper limbs)</p>	<p>Table tennis rackets are held in the mouth and the game is played with head movements. Player is sitting in wheelchairs or stands on the spot on the high raised stand if he/she has amputated legs</p>	<p>If there is a player who has no use of lower limbs and no use of upper limbs, playing against player without disabilities, then child without disabilities needs to serve straight to player with disabilities (inside the dimensions of the table) – a ball must not go on the left or right. If there are two players who have no use of lower limbs and no use of upper limbs, then they both play inside the dimensions of the table – a ball must not go on the left or right, holding rackets in the mouth</p>	<p>Players who have no use of lower limbs and no use of upper limbs, play by holding rackets in the mouth, so they do movements which are possible to be done by neck movements. They don't move in their wheelchairs or if he/she has amputated legs, he/she is standing on the high raised stand.</p>	<p>the high raised stand or optional wheelchair, an optional assistant for preparing, dressing and collecting balls</p>
<p>Wheelchair users (use of upper limbs)</p>	<p>If there is a player in wheelchair playing against child without disabilities, then child without disabilities needs to serve straight to player in wheelchairs (inside the dimensions of the table) – a ball must not go on the left or right. Player without disabilities who plays against player in wheelchair, can sit in a chair and play getting just straight serves. If both players are in wheelchairs. They both play serving straight to another player (inside the dimensions of the table) – a ball must not go on the left or right.</p>	<p>Coach needs to sit on chair while showing the player how to properly perform the game.</p>	<p>All movements using upper limbs</p>	<p>An optional assistant for preparing, dressing and collecting balls, an optional chair to sit for player without disabilities, sporting wheelchair for player with no use of legs</p>
<p>Wheelchair users (no use of upper limbs)</p>	<p>If there is a player in wheelchair with no use of upper limbs playing against child without disabilities, then child without disabilities needs to serve straight to player in wheelchairs (inside the dimensions of the table) – a ball must not go on the left or right. Player in wheelchair with no use of upper limbs has no limitation for serving to the player without disabilities. Player without disabilities who plays against player in wheelchair with no use of upper limbs, can also sit in a chair and play using the mouth, getting just straight serves. If there are both players in wheelchairs with no use of upper limbs, they play holding rackets in their mouth and inside the dimensions of the table – a ball must not go on the left or right.</p>	<p>Coach needs to sit in chair, with a racket in the mouth while showing to the player good performance of the game.</p>	<p>Table tennis rackets are held in the mouth and are played with head movements depending of the neck movements</p>	<p>sporting wheelchair for player with no use of lower limbs and no use of upper limbs</p>
<p>Communication impairment Speech impairments</p>	<p>2 hours training</p>	<p>x</p>	<p>x</p>	<p>x</p>
<p>Learning impairment • Mild</p>	<p>Extra explanation, only if needed 2 hours training</p>	<p>Returning to the exercise and giving additional explanation, only if needed</p>	<p>x</p>	<p>x</p>
<p>• Moderate</p>	<p>Simplified rules, extra explanation, only if needed 2 hours training</p>	<p>returning to the exercise, if needed to teach the child a few moves as much as he can adopt</p>	<p>x</p>	<p>x</p>
<p>• Severe</p>	<p>Simple rules, training within the limits of their capabilities, extra explanation, if needed, extra checking regarding player's understanding 2 hours training</p>	<p>returning to the exercise as needed, teach the child a few moves as much as he can adopt, individual approach when needed</p>	<p>x</p>	<p>x</p>