

Topic	Explanation
Country, city	Bulgaria, Plovdiv
Name	Swimming, aquatics
Aim	Swim, perform self-moving into water. To improve strength and flexibility of students. To improve muscle coordination.
Duration of the lessons	20 – 45 minutes
Expertise, experience of trainer	Experience as a physical education teacher or coach, as a swimmer.
Age group	6 – 18
Rules	No adaptation; use rules for child competitions; rules for adapted swimming.
Set of movements	Need adaptation. Pool games. Basic swimming skills. Movements with support.
Equipment	<b>Hardware:</b> Lift for wheelchair users optionally <b>Special clothing:</b> Swim cap, swim costume, swimming goggles. <b>Any other material:</b> Kickboards, armbands, dive balls, swim sure jacket, diving sticks, diving rings, water balls, swim disc, pool balls, float discs, swimming noodles, swim fins.
Required space	Different sizes pools – for swimming, for learning, for plays.
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	Visual signals, no adaptation needed	Symbols, cards, Demonstration, Use physical guidance and tactile modelling. Practice by pairs.	Pool games.	x
Reduced hearing	Using visual signals.	Symbols, cards, colours. Use physical guidance and tactile modelling. Practice by pairs	/ Pool games.	x
Visual impairments Low vision	Rules are slightly amended (start without jumping eventually)	Use physical guidance and tactile modelling. Practice by pairs	x	Need assistant. Need brightly coloured objects with high contrast to water, swimming boards, water noodle, life jacket, life belt etc.
Reduced vision	Rules are slightly amended (start without jumping eventually)	Before first lesson explain what all the sounds are. Use physical guidance and tactile modelling. Practice by pairs	Avoid jumps. Exercise by pairs.	Need assistant. Need brightly colored objects with high contrast to water, swimming boards, water noodle, life jacket, life belt etc.
No vision	Rules are slightly amended (start without jumping eventually)	Before first lesson explain what all the sounds are. Use physical guidance and tactile modelling. Practice by pairs	Avoid jumps. Exercise by pairs.	Need assistant
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Rules are slightly amended (start without jumping eventually). Adapt the swimming style according to the limitations.	Use physical guidance and tactile modelling. Practice by pairs	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Reduced mobility (use of lower limbs and no use of upper limbs)	Rules are slightly amended (start without jumping). Adapt the swimming style according to the limitations.	Use physical guidance and tactile modelling.	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Reduced mobility (no use of lower limbs and no use of upper limbs)	Rules are amended. Adapt the swimming style according to the limitations.	Use physical guidance and tactile modelling. Practice by pairs	Exercise by pairs. Use mostly sailing. If it is possible, enjoy aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Wheelchair users (use of upper limbs)	Rules are amended. Adapt the swimming style according to the limitations.	Use physical guidance and tactile modeling. Practice by pairs	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Lift for wheel chair users. Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Wheelchair users (no use of upper limbs)	Rules are amended. Adapt the swimming style according to the limitations.	Use physical guidance and tactile modeling. Practice by pairs	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Lift for wheel chair users. Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Communication impairment Speech impairments	x	Use physical guidance and tactile modelling. Practice by pairs.	Exercise by pairs. Use mostly aquatics exercises.	x
Learning impairment Mild	Rules are slightly amended (start without jump eventually)	Use short sentences. Use physical guidance and tactile modelling.	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Moderate	Rules are slightly amended (start without jumps eventually)	Use short sentences. Use physical guidance and tactile modelling.	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.
Severe	Rules are amended (start without jumps eventually)	Use short sentences. Use physical guidance and tactile modelling.	Avoid jumps. Exercise by pairs. Use mostly aquatics exercises.	Need assistant, swimming boards, water noodle, life jacket, life belt etc.