



Developed by Sport Ireland and its network of Local Sports Partnerships, the Activities for All Physical Activity Plan aims to support people with a disability to be more active on a daily basis.

The [National Physical Activity Plan for Ireland](#), recommends that people with disabilities should be as active as their ability allows. Aim to meet adult guidelines of at least 30 minutes of moderate-intensity activity on 5 days a week.

Daily physical activity has many benefits, including:

- Increased physical strength
- Improved body confidence
- Higher levels of positive mental health
- Developing transferable skills for everyday life

How to use the four-week plan

The Activities for All Physical Activity Plan contains:

- Physical Activity Planner
- Home Exercise Activity Cards

Plan each day – Making it happen

By planning our daily activity at the start of the week or in the evening we are less likely to avoid or forget to do it. The activity planner asks a few simple questions to help focus the mind and set out the physical activity goals.

Activity cards

The activity cards contain eight exercises that can be done at home using minimal equipment. All activities are fully adaptable and can be performed seated or standing depending on ability.

Physical activity planner

The physical activity planner helps people to plan, schedule, account for and reflect on their exercise activity. There is also a sense of satisfaction in looking at the tracker at the end of each day or week and seeing what has been achieved.

Further Support

Sport Ireland and its network of Local Sports Partnerships work hard to help people to be physically active. For help with any aspect of this plan or to find out how and where to avail of other physical activity opportunities, please contact Offaly Sports Partnership on 057 93 57462 or by email to sports@offalycoco.ie

Gníomhaíochtaí do Chách

Plean gníomhaíochta fisiciúla 4 seachtaine do dhaoine faoi mhíchumas



Bíonn dúspéis ag Spórt Éireann agus ag ár líonra Comhpháirtíochtaí Áitiúla Spóirt i gcabhrú le daoine saol gníomhach a bheith acu ach páirt a ghlacadh sa spórt nó i ngníomhaíocht fhisiciúil agus ina chinntiú go mbíonn an deis ag gach duine déanamh amhlaidh ina bpobal féin.

Oibríonn ár líonra náisiúnta Oifigeach um Chuimsiú Daoine faoi Mhíchumas sa Spórt chun tacú le daoine faoi mhíchumas agus le pobail áitiúla saol níos gníomhaí a bheith acu. Tá sé mar aidhm leis an acmhainn seo feabhas a chur ar aclaíocht, scileanna agus cothromaíocht daoine ar bhealach spráíúil.

Comhlíon do riachtanas gníomhaíochta laethúil, atá cothrom le 60 nóiméad do leanaí agus 30 nóiméad d'aosaigh ach an acmhainn seo a úsáid.



Deimhin a Dhéanamh de

- 1 Cinn gach oíche cé na gníomhaíochtaí a dhéanfaidh tú an chéad lá eile.
- 2 Cinn cén t-am agus cén áit a ndéanfaidh tú do ghníomhaíochtaí.
- 3 Déan aon trealamh a theastóidh uait a ullmhú agus a leagan amach an oíche
- 4 Bí gníomhach agus bain taitneamh as an mbraistint folláine ina dhiaidh.

Chun cabhrú leat, chuireamar pleanálai gníomhaíochta simplí ar áireamh ag deireadh an leabhráin seo.

Cén fáth ar cheart duit an acmhainn seo a úsáid?

- ➔ Chun do chuid aclaíochta, scileanna agus cothromaíochta a fheabhsú ar bhealach spráíúil.
- ➔ Chun do mhuinín as páirt rialta a ghlacadh sa spórt agus i ngníomhaíocht fhisiciúil a mhéadú.
- ➔ Chun scileanna inaistrithe a fhorbairt don ghnáthshaol laethúil.

Is féidir na gníomhaíochtaí uile sa phacáiste seo

- A mhionathrú chun dul in oiriúint do gach duine, beag beann ar chumas nó aois
- A dhearadh ach míreanna tí a úsáid
- A dhéanamh laistigh nó lasmuigh
- A dhéanamh i d'aonar, le ball teaghlach nó le cara.

Más mian leat cabhair a fháil maidir le gné ar bith den phlean seo nó más mian leat a fháil amach cén dóigh agus cén áit ar féidir leat leas a bhaint as deiseanna eile gníomhaíochta fisiciúla, déan teagmháil le do Chomhpháirtíocht Áitiúil Spóirt (sonraí ar fáil thíos).

Activities For All

A 4-week physical activity plan
for people with a disability

Sport Ireland and our network of Local Sports Partnerships are passionate about helping people get active, participating in sport or physical activity and ensuring everyone has the opportunity to do so in their own community.

Our national network of Sports Inclusion Disability Officers work to support people with a disability and local communities to get more active. This resource aims to improve peoples fitness, skills and balance in a fun way.

Meet your daily
activity requirement
of 60 minutes for
children and 30 minutes
for adult by using this
resource.



Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- ➔ Improve your fitness, skills and balance in a fun way.
- ➔ Build your confidence to regularly participate in sport and physical activity.
- ➔ Develop transferable skills for everyday life.

All activities in this pack

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).

FAIGH SPÁS GLAN AR AN URLÁR/TALAMH ATÁ SAOR Ó BHACAINNÍ

NEART CABHLACH - STADIÚIR UIBHE

Cad a theastaíonn uaim?

- Bhainfí leas as mata nó rud éigin le luí air ar mhaithe le compord, ach ní riachtanas é



Cad a dhéanaim?

- Luigh ar do dhroim, agus do smig i dtreo do chliabhraigh
- Tóg do chosa den urlár ag uillinn 90°
- Bíodh do ghéaga fillte nó trasna ar a chéile ar do chliabhraigh
- Fan sa suíomh sin. Méadaigh an fad de réir a chéile go 30 soicind an ceann

Bain triail as comhaireamh nó labhairt os ard le linn na haclaíochta toisc go spreagann sé thú anáilú ar a fud agus gan d'anáil a choinneáil istigh.

Faisnéis Bhreise (Oiriúnuithe)

- Bain triail as liathróid, piliúr nó béirín a fháscadh chun tú a spreagadh do ghéaga agus do chosa a thógáil den talamh.
- Sín do ghéaga nó do chosa, nó do ghéaga agus do chosa, amach ó lár an choirp, agus iad á gcoinneáil amach ón talamh agat fós

NEART CABHLACH - OSDUINE

Cad a theastaíonn uaim?

- Bhainfí leas as mata nó rud éigin le luí air ar mhaithe le compord, ach ní riachtanas é



Ná déan dearmad ar chabhair a thabhairt dóibh sin a dteastaíonn cúnamh breise uathu.

Cad a dhéanaim?

- Luigh ar do bholg, aghaidh síos ar an urlár/mata
- Cuir do chorp i líne dhíreach, agus do ghéaga agus do chosa sínte amach
- Tóg do ghéaga, do chosa agus do cheann den urlár go réidh ag an aon am amháin
- Fan sa suíomh sin. Méadaigh an fad de réir a chéile go 30 soicind an ceann

Faisnéis Bhreise (Oiriúnuithe)

- I dtús báire, ná tóg ach do ghéaga agus do cheann. Cuir na gluaiseachtaí coise leis nuair a cheapann tú go bhfuil tú réidh (nó déan é san ord eile)
- Dirigh do shúile síos ar an urlár, rud a chabhróidh leat dea-staidiúir a choinneáil

COINNIGH COTHROM AR CHOS AMHÁIN

Cad a theastaíonn uaim?

- Bain úsáid as cathaoir le haghaidh tacaíochta, más gá



Cad a dhéanaim?

- Seas suas díreach, agus tú ag breathnú díreach ar aghaidh agus do chosa leithead na nguailí as a chéile
- Coinnigh cothrom ar do chos dheas ach do ghlúin chlé a thógáil suas go mall chun do chos a choinneáil amach ón talamh
- Bain triail as an suíomh sin a choinneáil ar feadh 10 soicind, más féidir
- Athraigh do chosa agus coinnigh cothrom ar an gcos eile

Faisnéis Bhreise (Oiriúnuithe)

- Má theastaíonn cabhair chun coinneáil cothrom uait, cuir do dhá lámh ar chúl cathaoireach, bain úsáid as lámh amháin ansin agus bain triail as seasamh go saor de réir a chéile
- Chun é a dhéanamh níos deacra, dún do shúile nó tóg do chos níos airde fós!

CUIMHNIGH:
Má tá riocht bunúsach sláinte agat nó má tá stíl mhaireachtála neamhghníomhach agat, ba cheart duit labhairt le do lia-chleachtóir ginearálta sula dtosaíonn tú aon chlár acclaíochta nua

COTHROMAÍOCHT - LEAN AN LÍNE

Cad a theastaíonn uaim?

- líne 5 mhéadar-10 méadar ar an urlár (tarraingthe le cailc, líne ar thíleanna/chosán, téip)

Cad a dhéanaim?

- Seas ard, agus do ghéaga sínte amach ar an dá thaobh
- Breathnaigh ar aghaidh
- Cuir cos amháin os comhair na coise eile, ag bualadh sháil do choise tosaigh in aghaidh ladhracha na coise eile de réir mar a ghluaiseann tú ar aghaidh
- Téigh chomh fada agus is féidir leat feadh na líne, agus iarracht á déanamh agat fanacht ar an líne a oiread agus is féidir



Faisnéis Bhreise (Oiriúnuithe)

- Cuir do lámh ar bhalla le haghaidh tacaíochta, más gá
- Chun é a dhéanamh níos deacra, déan é ar do ladhracha!

FIND SOME CLEAR SPACE ON THE FLOOR/GROUND FREE OF ANY OBSTACLES

CORE STRENGTH - EGG POSE

What do I need?

- A mat or something to lay on for comfort would be useful, but not entirely necessary



What do I do?

- Lie on your back with your chin tucked in towards your chest
- Legs up off the floor at 90°
- Arms folded or crossed at the chest
- Hold this position. Gradually build up to 30 seconds at a time

Try count aloud or speak during the exercise, it encourages you to breathe throughout and not to hold your breath.

Additional Information (Adaptions)

- Try hugging a ball, pillow or teddy to encourage lifting your arms and legs off the ground.
- Extending your arms, or legs, or both out away from the centre of the body, whilst still keeping them up off the ground

CORE STRENGTH - SUPERMAN

What do I need?

- A mat or something to lay on for comfort would be useful, but not entirely necessary



Remember to assist those who may need extra help in taking part.

What do I do?

- Lie on your tummy, face down on the floor/mat
- Get your body in a straight line, with your arms and legs outstretched
- Gently lift your arms, legs and head up off the floor, all at the same time
- Hold this position. Gradually build up to 30 seconds at a time

Additional Information (Adaptions)

- Getting started, try lifting your arms and head only. Add the leg movements when you feel you are ready (or vice versa)
- Keep looking down at the floor, which will help keep good posture throughout

BALANCE ON ONE FOOT

What do I need?

- Use a chair for support if you need it

What do I do?

- Stand up straight, looking straight ahead and feet shoulder width apart
- Balance on your right foot by slowly lifting your left knee up to keep your foot off the floor
- Aim to hold this position for 10 seconds if possible
- Switch legs and balance on the opposite leg



Additional Information (Adaption's)

- If you need help with balance, hold on to the back of a chair with both hands, then move to one hand and gradually aim for standing freely
- To make it harder, try it with your eyes closed or lift your leg higher!

REMEMBER:
If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

BALANCE - FOLLOW THE LINE

What do I need?

- 5-10 metre line on the floor (drawn with chalk, line on tiles/footpath, tape)

What do I do?

- Stand tall with your arms outstretched on either side
- Look forward
- Step one foot in front of the other, touching the heel of your leading foot off the toes of the other foot as you move forward
- Practice traveling along the line as far as you can, trying to stay on the line as much as possible



Additional Information (Adaptions)

- Place your hand on a wall for support if required
- To make it harder, try doing this on your tippy toes!

FAIGH SPÁS GLAN AR AN URLÁR/TALAMH ATÁ SAOR Ó BHACAINNÍ

COTHROMÚ MÍREANNA

Cad a theastaíonn uaim?

- Mír bhog bheag (mála pónairí, mála beag a bhfuil rís ann, bréagán bog)

Cad a dhéanaim?

- Cuir an mhír ar bharr do chinn
- Fan chomh socair agus is féidir leat, agus do ghéaga sínte amach chun an taoibh agus tú ag breathnú ar aghaidh
- Bain triail as an mír a choinneáil ar do cheann chomh fada agus is féidir leat
- Tosaigh ag gluaiseacht agus tú ag iarraidh an mhír a choinneáil ar do cheann

Faisnéis Bhreise (Oiriúnuithe)

- Cothromaigh an mhír ar bhaill eile den chorp, amhail do lámha, do chosa, do ghéaga, do ghlúine, etc.
- Bain triail as siúl ar feadh líne dhíreach nó coinnigh cothrom ar chos amháin, cosúil le lasairéan!



LEATHSHEAIC

Cad a theastaíonn uaim?

- Bain úsáid as cathaoir le haghaidh tacaíochta, más gá

Cad a dhéanaim?

- Breathnaigh ar rud atá os do chomhair
- Cuir do lámha ar do chromáin
- Suigh do chosa le chéile (an Suíomh ar Aire)
- Léim chun do chosa a shíneadh amach, agus tuirling go bog
- Agus do ghlúine cromtha, léim chun do chosa a thabhairt le chéile

Faisnéis Bhreise (Oiriúnuithe)

- Bain úsáid as marcóirí ar an urlár mar leideanna amhairc (tileanna, cailc, etc.)
- Tabhair céimeanna i leataobh agus cuir an léim leis ansin



Le haghaidh tuilleadh smaointe ar conas is féidir gníomhaíochtaí a oiriúnú, déan teagmháil le do Chomhpháirtíocht Áitiúil Spóirt

BALÚN A CHOINNEÁIL SUAS

Cad a theastaíonn uaim?

- Balún nó liathróid éadrom

Cad a dhéanaim?

- Is é an aidhm an balún a choinneáil amach ón talamh ach baill éagsúla den chorp a úsáid, agus tú ag gluaiseacht timpeall an tsaorspáis
- Gluais i bpatrún iltreo ach leas a bhaint as an spás ar fad agus gluaiseacht ar luasanna difriúla

Faisnéis Bhreise (Oiriúnuithe)

- Chun tacú leo sin a bhfuil lagú amhairc orthu, bain úsáid as balúin gheala agus cuir rís isteach sa bhalún
- Cuir sreang leis an mbalún chun é a aisghabháil go réidh
- Tosaigh an ghníomhaíocht agus tú i do stad nó i do shuí agus téigh ar aghaidh go gluaiseacht thart
- Smaoinigh ar threoracha amhairc nó treoracha ó bhéal a úsáid



CAITHEAMH AR THARGAIDÍ

Cad a theastaíonn uaim?

- Bain úsáid as málaí pónairí, liathróidí leadóige nó stocaí corntha
- Is féidir na nithe seo a úsáid mar thargaí: Húlaihúp, ciseán níocháin nó bosca bruscair atá folamh, sáspa(i)n nó limistéar atá marcáilte amach le cailc nó línte ar chúirt, etc.

Cad a dhéanaim?

- Suigh do thargaí chomh gar duit (níos fusa) nó chomh fada uait (níos deacra) agus is mian leat
- Seas suas agus an liathróid á choinneáil in aice do chluaise
- Caith an mála pónairí/an liathróid leadóige/na stocaí os cionn do chinn i dtreo na targaíde
- Déan an caitheamh le do lámh dheas agus le do lámh chlé.
- Comhair cá mhéad a bhuaileann an targaíde laistigh de 30 soicind nó cá mhéad a fhaigheann tú i 10 gcaitheamh

Faisnéis Bhreise (Oiriúnuithe)

- Bain triail as roinnt targaíde a chur leis, ag tosú gar duit agus ag bogadh níos faide uait
- Bíodh targaíde de mhéideanna difriúla agat



FIND SOME CLEAR SPACE ON THE FLOOR/GROUND FREE OF ANY OBSTACLES

OBJECT BALANCE

What do I need?

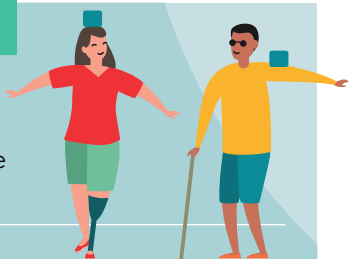
- Small soft object (bean bag, small bag with some rice in it, soft toy)

What do I do?

- Place the object on top of your head
- Stay as still as you can with your arms out to the side and looking forward
- Practice keeping the object on your head for as long as you can
- Start moving while trying to keep the object on your head

Additional Information (Adaptions)

- Balance the object on other parts of your body, such as your hands, feet, arms, knees etc.
- Try doing this raveling in a straight line or balance on one foot like a flamingo!



HALF JACKS

What do I need?

- Use a chair for support if you need it

What do I do?

- Looking at a point in front of you
- Begin with your hands on your hips
- Place your feet together (Ready Position)
- Jump your feet out wide, landing softly
- With knees bent, jump your feet back together

Additional Information (Adaptions)

- Use markers on the floor as visual cues (tiles, chalk etc.)
- Practice side-stepping out and then add the jump



For more ideas on how to adapt activities, contact your Local Sports Partnership

BALLOON KEEPIE-UPPIE

What do I need?

- Balloon or a light ball

What do I do?

- The aim is to keep the balloon up off the ground using various body parts while you are moving around the free space
- Move in a multi-directional pattern using all the space and moving at a variety of speeds

Additional Information (Adaptions)

- To support those with vision impairments use brightly coloured balloons and put some rice inside the balloon
- Attach a string to the balloon to retrieve it easily
- Begin the activity stationary or in a seated position and progress to moving around
- Consider using visual or verbal instructions



TARGET THROW

What do I need?

- Use bean bags, tennis balls or rolled up socks
- Targets to aim at can be: Hula hoop, an empty washing basket or bin, kitchen saucepan(s) or a marked-out area with chalk or lines on a court etc.

What do I do?

- Position your target as close (easier) or far away (harder) as you choose
- Stand holding the ball beside your ear
- Throw bean bag/tennis ball/socks over your head aiming for your target
- Practice this throw with both right and left hands.
- Count how many you get in the target in 30 seconds or how many you get in 10 throws

Additional Information (Adaptions)

- Try adding several targets starting close and moving further away
- Try having targets of different sizes



Tabhair freagra ar na trí cheist thíos agus, i dtús gach seachtaine, leag amach do spriocanna gníomhaíochta fisiciúla

SAMPLA

Cén fáth ar mian liom bheith gníomhach? Cén sprioc fhoriomlán atá agam? Má dhíríonn tú ar sprioc fhoriomlán, cabhrófar leat spreagadh a choinneáil feadh na 4 seachtaine.	Is mian liom bheith ábalta bheith gníomhach le mo chairde.									
Cén t-am agus cén áit a ndéanfaidh mé mo ghníomhaíochtaí? Má choinníonn tú gnáthamh comhsheasmhach ar bun, is é is dóichí go bhfanfaidh tú gníomhach go fisiciúil.	Ar maidin sa seomra suí. Ceapaím go bhfuil níos mó fuinnimh agam ar maidin.									
Cé leis a gcomhroinnfidh mé m'aistear aclaíochta? Má chuireann tú cara nó ball teaghlaigh leat ar an eolas faoin rún atá agat bheith níos gníomhaí nó éirí gníomhach le duine eile, is fearr an seans go n-éireoidh leat.	John, cara liom. Dúirt mé leis a fhiafraí díom an bhfuilim ag comhlíonadh mo sprice laethúla nó nach bhfuil.									
Cinn gach oíche cé na gníomhaíochtaí a dhéanfaidh tú an chéad lá eile. Déan an trealamh a theastóidh uait a ullmhú agus a leagan amach an oíche roimhe.										
UIMHIR NA SEACHTAINE	SEACHTAIN 1		SEACHTAIN 1		SEACHTAIN 2		SEACHTAIN 3		SEACHTAIN 4	
Nóiméad in aghaidh na seachtaine	SEACHTAIN SHAMPLACH		 Sprioc-nóiméid	 Nóiméid a Rinneadh	 Sprioc-nóiméid	 Nóiméid a Rinneadh	 Sprioc-nóiméid	 Nóiméid a Rinneadh	 Sprioc-nóiméid	 Nóiméid a Rinneadh
	Sprioc-nóiméid	Nóiméid a Rinneadh								
An Luan	30	20								
An Mháirt	30	35								
An Chéadaoin	0	15								
An Déardaoin	30	30								
An Aoine	30	35								
An Satharn	0	20								
An Domhnach	30	15								
Iomlán na Seachtaine	150	170								
Cén dóigh a ndearna mé an tseachtain seo?	Táim sásta liom féin. Bhí mé gníomhach ar feadh 20 nóiméad níos mó ná mo sprioc agus tá áthas orm.									

#BeActive

Ná déan dearmad ar do chuid grianghraf/físeán a chomhroinnt ar na meáin shóisialta. Clibeáil @SportIreland agus do Chomhpháirtíocht Áitiúil Spóirt agus úsáid #BeActive

Answer the below 3 questions and then, at the start of each week, set out your physical activity goals

EXAMPLE										
Why do I want to be active? What is my overall goal? Focusing on an overall goal will help you to stay motivated over the 4 weeks.	I want to be able to be active with my friends.									
When and where will I do my activities? If you maintain a consistent routine, you are more likely to remain physically active.	In the morning time in the living room. I feel like I have the most energy in the morning.									
Who will I share my exercise journey with? If you inform a friend or family member of your intention to be more active or get active with another person, you have a better chance of success.	My friend John. I have told him to ask me whether I am reaching my daily target.									
Every evening decide which activities you are going to do tomorrow. Prepare and layout the equipment you will need the night before.										
WEEK NUMBER	WEEK 1		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	EXAMPLE WEEK									
Minutes per week	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes
Monday	30	20								
Tuesday	30	35								
Wednesday	0	15								
Thursday	30	30								
Friday	30	35								
Saturday	0	20								
Sunday	30	15								
My Weekly Total	150	170								
How did I do this week?	I am happy with myself. I was active for 20 minutes more than my target and I feel great.									

#BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive