

Special Heroes

To stimulate sport participation

ACTIVITY
SQUARE
EUROPE



WHY WE EXECUTE THE PROGRAM

In the Netherlands 176.600 children (15%) have special educational needs. Due to their needs and practical issues, their sport participation is lower compared to their regular peers. To stimulate the sport participation the program Special Heroes was developed. Special Heroes aims for children in special primary and secondary education. Children between the age of 6 till 19 years experience a positive sport input and competence. For them, to participate in a sport experience in the most normal way, that makes it very special. Passing boundaries together, each in his own way!

WHO WE ARE



Hanzehogeschool Groningen
University of Applied Sciences

Hanze University of Applied Sciences is a non-profit organisation that services 70 educational programs, 25.000 students and 2700 employees.

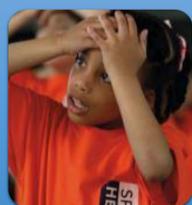
The School of Sports Studies inhabits two bachelor programs (P.E. teacher & Sports management and Health professional) and two master programs (Healthy aging professional & Talent and Diversity). Almost 1800 students are involved in these programs. The aim of the research center of Sports Sciences has been to initiate and carry out practice-based research into these fields in collaboration with field professionals. Some specific projects include stimulating an active lifestyle, developing instructional principles in the field of sport and exercise and optimizing sports performance by employing innovative technology.

OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION



Step 1: Several coaches give lessons in the school

- Children choose 4 or 5 sport activities
- PE teacher is in the classroom



Step 2: Coaches give lessons after school

- Children choose their favourite sport
- PE teacher is nearby



Step 3: Coaches give lessons at the club

- Children become a member of the sport club
- PE teacher makes visits at the sport club

Children with special needs tend to sport less frequently. Special Heroes wants to change this because sports participation tends to stimulate social behaviour, social participation and healthy lifestyle. Based on elective sports, interested coaches come into the physical education classes and give a introduction course in their sport. During these lessons the P.E. teacher assists the coaches with hand on tips to handle this children in a positive and effective way. Based on this experience children can decide to go to the next step and follow a program after school. After this the children can decide to become a full member of their sports club. Depending on the preferences of the children and practical issues they can decide to stick to the school-sports club or participate in a regular sports club.

PRELIMINARY RESULTS AND SUCCESS STORIES

INVIGORATED COOPERATION



17% of the children became a member of a regular sports club due to the program.



72% of the children had a more positive attitude towards sports.



60% of the children showed more social skills.



50% of the parents noticed a growth in cognitive skills like planning.



22% of the children showed growth in their emotional regulation.

FACTS AND FIGURES

PARTICIPATION 2009-2016

40.000	Children	12	Full-time National level coordinators
60%	Special education schools	178	School-sports coordinators
400	Sports Clubs	500	Coaches

SPECIAL HEROES

OUR CHALLENGES

- Inclusion of the parents
- Proof of impact on children's behavioural problems
- Inclusion of volunteers and local sports clubs
- Secure sustainable development at local levels
- Quality assurance due to the size of the initiative

CONTACT AND INFORMATION



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