



## BC Blind Sports and Recreation

# Insight Support for Schools

In the  
Community

Classroom  
Teachers

Educational  
Assistants

Parents  
Caregivers  
Guardians

Club  
Coaches

Physical  
Education  
Teachers

Recreation

Bringing sport and recreational activities to blind or visually impaired students in their own community.

Programs are provided on site with sports and activities adapted to individual needs. Introduce Paralympic sports in an inclusive manner, allowing the students to interact with their peers in a familiar environment

- Gym activities for all ages and levels
- Outside games and activities that involve whole class groups
- Introductory games
- Adapted equipment use
- On-line resources
- Paralympic sport information
- On site visits
- Assist with local recreation facility orientation
- Connect with local sports organizations
- Coordinate area sports days
- Lesson plans available
- Activities to promote physical literacy skills
- Adapt existing programs

**Adapt!  
Include!**

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