



# ABILITY SPORTS AFRICA

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## FIRST QUARTER REPORT

**Ability Sports Africa** is a registered community based organisation (CDR 804B) that uses sports as a platform for social inclusion, through fostering reverse inclusion aimed at raising awareness, equal participation and advocacy on disability. We empower children and youth with disabilities to take full responsibilities to initiate and conduct inclusive sports and creative arts activities where they involve non disabled peers in their adaptive programs and physical literacy. These helps them to gain self-confidence, self-esteem, gain the physical and mental health, hence leaving to their full potential in their communities, which is free from societal stigma and discrimination on disability.

We are implementing a project titled **“Inclusion in sports for girls with disabilities in Uganda”** through this project we are training a total of 15 sports coaches 12 from inclusive primary schools and 3 from community clubs for 16 days both in workshop and field based training, The following are the schools actively involved in our training:-

1. Gulu Primary School (Blind Annex & Physical disability)
2. Gulu Prison Prison (Intellectual Disability Annex)
3. Laroo Primary School (Deaf Annex)
4. St Jude Primary School ( Physical Disability)
5. Mother Teresa Primary school (Deaf Annex )
6. Thumbs up Academy (Physical Disability, Intellectual)

### **COMMUNITY SPORTS ACADEMIES**

7. Gulu United Sports Academy
8. Gulu wheelchair Basketball club.
9. North shield sports Academy

We are training sports coaches on inclusion in disability awareness, adaptive sports, physical literacy and sign language training to ease communication. We want address the problems of

- Societal stigma and discrimination
- Knowledge and skills gap in adaptive sports and physical literacy.
- Gap of disability awareness and how to interact/play with them.
- Social exclusion in our community.
- Inactive life of girls with disabilities in our community

This project is being implemented for a period of six months from Jan 2020-June 2020 in Gulu Northern Uganda with more focus on building capacity of deaf and physical disabled girls in our community and schools. The project started with an inception meeting on the 12/03/2020 with the new board of directors of ability Sports Africa, local leaders, and board members of Disability Union, for the project to be blessed.

The followings where the facilitators

1. Acaye Paul –Adaptive sports
2. Musema Faruk –Physical literacy and adaptive sports
3. Ajok Emma ----Adaptive sports
4. Ojok patrick Angella ---Disability awareness
5. Natoo Timothy---- Sign language

## Activity 1

16 and 22/02/2020

Day 1

Musema Faruk the founder of Ability Sports Africa welcomed the chairperson for disability Union, participants from different schools and sports clubs to the first workshop training of Ability Sports Africa, participant taken through the organisations Vision and mission, goals and objectives, the history of ability sports, what inspired the founder start the social venture.

Writing materials, handouts, meals, and other learning aids were provided for all participants.



## Introduction to disability and awareness. DAY2

Ojok Patrick introduced disability to participants, how do they defined disability in their own terms and understanding of the concept, Patrick Ojok, shared with the participants valuable insight on disability ranging from definition, types, categories, causes, barriers and societal attitudes. This was a valuable information sharing as preamble for coaches who would soon directly work with children and youth with disabilities.



*Ojok Patrick facilitate training on disability awareness.*

**Activity Day 3**  
**Introduction to physical literacy and adaptive sports**  
**Saturday February 29, 2020**

**Ability sports Africa** defines physical literacy as a the fundamental movements that supports or guides an individual with disability identify or realize his or her full potential in life an individual will go through the fundamental movements of

Acaye Paul discussed Physical Literacy and introduced Wheelchair Basketball as one adaptive sports to the participants. Using participatory method all participants actively shared knowledge on Physical Literacy , importance of sports, barriers to its implementation for children with impairment before going on court for practical sessions.



Participants quickly learned wheeling skills, dribbles, passing then shooting and suddenly playing some fundamental wheelchair Basketball. Training concluded, lunch served and team had an hour of sign language recap from mid-week.



## Activity Day 4

Saturday March 6, 2020

### Adaptive sports,

Boccia (pronounced 'botch-ya' orbotchee) is a target game with similar rules to bocce or lawn Bowls. It is a paralympic sports)

### Playing the game

#### What we need

- Boccia balls or alternative
- Suitable indoor or outdoor playing area
- A ball sending ramp

#### What to do

- Boccia can be played in teams (Three a side) pairs (two aside or individually)
- Players can roll or throw the ball, propel it with their feet
- The basic principle is to score as many points as possible by getting more or your own boccia balls closer to the target than your opponent.
- Boccia can be played on any suitable size area.
- Each player throws 2 balls and the team will have different color balls
- The side with most balls closest to the jack scores one point for each scoring ball(each ball closer than the opposing team)

Musema Faruk and Ajok Emma introduce Boccia as another adaptive sport. Ms Emma demonstrate how to adapt local materials for playing the game. She scoop a handful of maize seeds and place in thin polythene carefully shaping it round like an orange. She then inserted it in a small pink sock and stitched it with thread. She did a pink and black sample before inviting the participants to try out their own.



*Coaches making Boccia balls using locally available materials (Maize, Socks thread and needles)*

Acaye Paul later introduced Sitting Volleyball. He demonstrated the fundamentals practically in class namely serving, passing, setting, smashing, blocking and movement with buttocks on the floor.

A few minutes of each participants practicing the fundamental serving, passing, setting, smashing, blocking and movement with buttocks, we had a successful sitting volleyball game. Lunch was served. Team had an hour of sign language recap from mid-week and dismissed.



*Paul demonstrate how to play sit volleyball*

## Activity Day 5

### Adaptive sports 3 Circle Boccia

11/03/2020

**Circle Boccia;** a great game to introduce the concept of scoring for boccia is a target game with similar rules to bocce or lawn bowls.

#### What to do

- Have players form a circle
- Divide the balls among the players usually one ball each.
- Place a target in the centre of the circle.
- Introduce the vocabulary boccia, jack and end
- Everyone can throw the ball at once

Coaches were trained on how to organize different forms of boccia games, how many children are involved, how many rounds are involved, how to score and motivate this children to play the game with their peers without disabilities where our concept of reverse inclusion can be realized and where children with disabilities are socializing freely with the community and environment.

## Activity Day 6

### OUT REACH AT THUMPS UP ACADEMY (ADAPTIVE GAME BOCCIA)

Saturday March 14, 2020



*Inclusive warm Up session for the children with and without disabilities*

Our first out reach activity for our coaches was at Thumps up Academy we wanted to experience what reverse inclusion is and for our coaches to translate theory learnt into practicals, how they will interact with different forms of disabilities.

Participants converge at Thumbs Up Academy and coaches did warm up with children ages 4 to 12 years of age, with and those without disabilities.

### **Boda boda game**

Children with different impairments paired up and had great fun playing boda boda game safely for at least 10 minutes. “Boda Boda” a fan game adapted from commercial passenger motorcycle trade in Uganda.

The child in front of the pair is the motorcycle and the hind one the cyclist and chain is the passengers. The hind person initiates movement with a little tap on the head of the front person. Another tap symbolizes increased speed. Subsequent taps on the head means speed increment.



*Adapting boda boda game on wheelchair (Faruk) leading the chain*

### **Adaptive approach**

For the adapted approach our children on wheel played the boda boda game with ease and fun, each wheelchair users who could not wheel had a guide behind them and those who can wheel were free to follow the channel of movement, the front wheelchair user will have a helper who will follow the direction the hinted whether stop, fast, right and left.

Tapping the left shoulder means turn left. Likewise, a tap on the right shoulder implies right turn. A tap on the back of the athlete in-front suggests stop or brake.

## Physical literacy

We introduced the concept of physical literacy the fundamental movements coaches where divided into four groups the first group was for throwing and catching, dancing and singing, the second group was for jumping, hoping, clapping, singing and dancing, the third group was for kicking, rolling, and lastly the fourth group was for running and wheeling after every 10 minutes the group has to move to the next fundamental movements.



*Fundamental movement Kicking session for the children (Physical literacy)*

## Adaptive Game 1 #Boccia game



The day's adaptive sports was Boccia which was conducted by coaches Ms Akello Monica (Laroo Primary) and Ms Anna Anena (Gulu Prison primary sch ). First demonstrations was done by coaches followed competition based on classes in the school. Kindergarten II versus Kindergarten III, Primary One Versus Primary Two, Primary Three Versus Primary Four and finally Primary Five Versus Primary Six.

Over 80 children attended and had great excitement being the first real sport festival in the school. Host school served participants lunch and dismissed.



## SIGN LANGUAGE TRAINING.



*Monica facilitating our weekly recap of sign language*

What we realized in our schools and community is that children with hearing impairment are not socially included in physical education, sports and creative arts, this is because of the problem of communication barriers between teachers, sports coaches and their peers, the stage of our project is to train sports coaches in sign language so that we can realize our goals and objectives of an inclusive community for all.

We contracted Gulu Deaf Association who are certified trainers in sign language to train our coaches and staffs of Ability Sports Africa to ease our Engagement with the deaf community hence creating social inclusion in our community.

Training are being conducted at 5pm every Tuesday, Thursday and Friday at Gulu disabled persons board room for a period of two months from 4<sup>th</sup> February 2020 to 31 March but due to COVID-19 we had to suspend training for one month as directed by the government of Uganda. A total of 15 participants are currently receiving training in sign language.

The training so far covered the following areas.

- Introduction to sign language
- Alphabet and Numbers signs
- Basic Sign language
- Colors signs
- Family signs
- Transports signs

- Sports signs
- Sign in sentence
- Hand shape for different object A
- Food signs
- D/P index fingers



## ENGAGEMENT OF THE DEAF GIRLS AND BOYS IN BASKETBALL AND FOOTBALL



*Training sessions for girl with hearing impairment*

### **Basketball**

We created the first deaf basketball team in the country, this shows the level of discrimination when it comes to girls engagement in sports, we identified 10 girls and young mothers with hearing impairment to engage in our adaptive basket ball, they started training on the 15<sup>th</sup> of February 2020, the players are equipped with sports uniform, bibs balls and a coach to support them.

They gained a lot of confidence and self esteems for now being the first deaf basketball team in the country and the training they are receiving have impacted their lives for now, most have something to post social media, now they are being valued in their community as potential basketball players They do engage in training on Wednesdays and Sunday of the week we preparing them for the international special Olympic and local competition.



*Our Deaf basketball team the first in Uganda and second in Africa*

## DEAF FOOTBALL



Musema Faruk has been engaging with the deaf football team since 2016, the team has since developed very fast last year they won the national deaf championship cup held in Lira district, Ability Sports Africa has provided the team with 4 balls from the project and 5 more balls through our fund raising, sets of playing kits, uniforms and corns through our fund raising.

We have organised two sports competition with the community to test our concept of reverse inclusion the deaf team on the 19<sup>th</sup> February played Pece FC where we won 4-1 and the next game was played on women's day to celebrate the day we were beaten by Laroo primary school 5-1 we learnt a number of lessons from the friendly match ranging from the attitude of the community, stigma and social inclusion and we have seen clearly that sports can create social inclusion in our community.



*Training session for the boys football team*



*Deaf football team during a match to celebrate women's day on 8 of march at laroo primary school*

### **First quarter Achievements.**

1. A total of 15 trainers have been trained successfully on disability awareness, physical literacy and adaptive sports.
2. 15 trainers received training in sign language to ease their communication with children and youth with hearing impairment.
3. We received 15 medals from Para Denmark to support our sports festivals to ward to children which will help boost their confidence and self esteem in the community
4. The first deaf basketball team in Uganda was formed under the project we have a team of 10 players who do practice on Wednesday and Sunday, the team was equipped with playing uniforms, 10 basketball and a sport coach.
5. The federation for Uganda basketball Association donated 10 basketball to support wheelchair basketball and deaf basketball which was a great boost.
6. Invited for a talk show at speak FM on 21<sup>st</sup> March 2020 to talk about the social venture, it was a great experience because people got to know about the initiative.

### **Barriers faced by the project**

1. We received the grant late, on 23<sup>rd</sup> of Jan 2020 was when the grant entered our account but the notification we got was after a week which greatly affected our activity time line.
2. COVID- 19 affected our activities, we suspend our activities for one month according to the government directives we expect to start working on the 20<sup>th</sup> of April 2020.
3. The planned budget and the money received had a lot of differences due to exchange rate at the bank, our budget was using exchange rate 3700/= but the exchange rate dropped to 3580/= which greatly affect the project activities, but we manage to redraw the budget according to the money received.
4. The price for motorcycle has increased due to corona virus outbreak in china, the Yamaha motorcycle are out of stock the one available are very expensive and we are expecting the motorcycle by 10<sup>th</sup> of April 2020, have been using a friends motorcycle to do my work.
5. I did not budget for my team of volunteers in this project, but with the fundraising I made I facilitated them with some stipend support.

Names of the coaches participating in the training and the school/clubs they come from

| <b>No</b> | <b>Name</b>        | <b>Gender</b> | <b>School/club</b>         |
|-----------|--------------------|---------------|----------------------------|
| 1         | Labejja Alfred     | M             | Gulu Primary Sch           |
| 2         | Kolo Tony          | M             | Gulu primary sch           |
| 3         | Ojara Denis        | M             | Gulu wheelchair Basketball |
| 4         | Okeny Brain Lapir  | M             | Gulu community football Ac |
| 5         | Apoko Doreen       | F             | Gulu Prison Primary sch    |
| 6         | Anna Anena         | F             | Gulu Prison Primary sch    |
| 7         | Akello Monica      | F             | Laroo Primary sch          |
| 8         | Achan Grace        | F             | St Jude primary sch        |
| 9         | Oyoo Willy Patrick | M             | Laroo Primary sch          |
| 10        | Oola Habert        | M             | St Jude primary sch        |
| 11        | Agogo Bakit        | M             | North shield academy       |
| 12        | Lameny Janeth      | F             | Thumps Up Academy          |
| 13        | Odoch Brain        | M             | Thumps Up Academy          |
| 14        | Oluge Ivan         | M             | Mother Teresa              |
| 15        | Okello Douglas     | M             | Mother Teresa primary sch  |