

Appendix 1: Summary of Practical resources

Module 1: Different Target Groups

Location	Name
AB 1.1	<ul style="list-style-type: none"> • International safeguards • UNICEF Life skills suggestion (page 21). Click Here • Child safeguarding Toolkit for UEFA member associations. Click Here • UEFA Play makers. Click Here • Icoachkids framework. Click Here • Designed to Move Active Schools. • Physical literacy framework, Sport Australia. Click Here • Playdagogy, Play International. Click Here • Global Matrix on Physical Activity for Children and Youth, Active Healthy Kids Global Alliance. Click Here
AB 1.2	<ul style="list-style-type: none"> • GIZ: Competences Children and Youth gain in Sport for Education1 Programmes Click Here • Global Matrix on Physical Activity for Children and Youth, Active Healthy Kids Global Alliance. Click Here • Keep Youngsters Involved Toolkit, Knowledge Centre for Sport Netherlands. Click Here • How to influence the development of quality physical education policy: a policy advocacy toolkit for youth (UNESCO). Click Here
AB 1.3	<ul style="list-style-type: none"> • One Win Leads to Another (OWLA), a joint partnership between UN Women and the International Olympic Committee (IOC) that is a legacy of the 2016 Summer Olympic Games in Rio de Janeiro Click Here • Made to Play Coaching Girls Guide (Nike Inc.) Click Here
AB 1.4	<ul style="list-style-type: none"> • Health Harvard: Mind and mood in aged people. Click Here • Well-being through group Sport: Taiwanese rugby union club. Click Here • Tackling Alzheimer's , Levallois Club: France. Click Here
AB 1.5	<ul style="list-style-type: none"> • LGBTQI2S Inclusion Readiness Checklist Click Here • LGBTQ+ Sport club finder Click Here • LGBT Youthline Click Here • Inclusive Toolkit: Make Sport everyone's game. Click Here • Rugby Football League UK Click Here • IOC's Rule on transgender athletes participating in Olympics. Click Here
AB 1.6	<ul style="list-style-type: none"> • Homeless World Cup Foundation

	<ul style="list-style-type: none"> • Homeless World Cup annual tournament which aims to support and develop grassroots projects that utilise football as a tool for social change. Click Here to know more. • Assisting Homeless People. Click Here;
AB 1.7	<ul style="list-style-type: none"> • Indigenous long-term participant development pathway Click Here • Sport Organisation Guide: Engaging Indigenous Participants Click Here • 21 outstanding indigenous athletes Click Here • North American Indigenous Games. Click Here
AB 1.8	<ul style="list-style-type: none"> • Sport intervention after the Earthquake 2016 in Ecuador. Click Here • Sport initiative as part of the DDR (disarmament, demobilization and reintegration) process during the civil war of Sierra Leone. Click Here
AB 1.9	<ul style="list-style-type: none"> • Sport for protection Toolkit. Click Here • Peace and Sport: Live together' for refugees. Click Here • Global Compact for Refugees. Click Here • UEFA and UNHCR partnership to help refugees. Click Here • Integration of refugees through Sport platform. Click Here • Resources for using Sport in work with refugees. Click Here • 11 goals to prevent discrimination (just in Spanish). Click Here • Spirit of Soccer project in Iraq. Click Here • Za'atari refugee camp in Jordan. Click Here • Blasie Matuidi, youth refugee camp in Congo. Click Here • ITTF Foundation programmes addressing refugees. • Refugee athletes that are role models: • Dorian Keletela Click Here • Yursra Masrini Click Here
AB 1.10	<ul style="list-style-type: none"> • Slavata Triathlon Tours: The Tours mainly focus on Czech orphanages and children from socially disadvantaged families, introducing them to the three-triathlon disciplines of running, cycling and swimming. Click Here to read more • Messages of hope for orphans in Algeria (in French). Click Here • Child safeguarding Toolkit for UEFA member associations. Click Here • Story of an orphan in Ukraine. Click Here • Fighting violence in Nairobi's Korogocho slum Click Here
AB 1.11	<ul style="list-style-type: none"> • YDF Manual For Disability Inclusion, South Africa (GIZ, 2011) Click Here • List of Sport with variants for people with disabilities. Click Here • Corentin Tolisso, French national player: Let's start by changing our outlook! Click Here

	<ul style="list-style-type: none"> • Project “Inclusion through Sport for children with developmental disabilities” Click Here • Handisport Belgium Click Here • UFIT – Universal Fitness Innovation & Transformation. Click Here • Online course “InSport: Promoting Inclusion in and through Sport”. Click Here • Participation, Recreation and Inclusion through Martial Arts Education: A Practical Guide for Coaches. Click Here
AB 1.12	<ul style="list-style-type: none"> • Sport and Prisons in Europe. Click Here • Fight for Peace: Using box in a Belize prison: Click Here • Story of change: 1000 Mile Running Club. Click Here • A Sporting Chance: An Independent Review of Sport in Youth and Adult Prisons. Click Here • Streetsoccer academy, justice services. Click Here • Get Onside project: Rugby as a tool for change, reinforcing the positive values rugby has as a catalyst for change. Click Here (page 9) and Click Here • Free to Play project, Sport potential for social inclusion in Denmark. Click here • Basketball, Fundación Real Madrid. Click Here
AB 1.13	<ul style="list-style-type: none"> • Ultimate Frisbee is changing India’s slums Click Here • Slum golf, a version of the game using homemade clubs and balls, deploys the cracks and crevices in the Chembur locality of the hustling, bustling city for its course and small divots in the ground as its holes. Click Here • Slums Dunk project using basketball Click Here • Olaleye, Lagos, the slum that produced Odiye, Okoku, and other Sport stars Click Here • International Federation of Muaythai Amateur (IFMA): Plans to revitalize Bangkok’s urban slums by building sporting complexes. Click Here • “Isaac Pitch”, a multi-activity field in the heart of Kibera slums. Click Here
AB 1.14	<ul style="list-style-type: none"> • IOC Athlete 365 platform. Click Here • What became of 1956 Hungarian Olympians? Click Here • Sport for Veterans (former combatants). Click Here • Life after Sport: depression in the retired athlete. Click Here • FIFA Legends programme. Click Here

Module 2: Different Purposes

Location	Name
AB 2.1	<ul style="list-style-type: none"> • Benefits of physical activity. Click Here • Germany physical activity factsheet Click Here • Aerobic dance programme, an opportunity to win in self-image22 • S4D Training Session SDG 3 "HIV Transmission, Prevention". Click Here • Professional Competences of S4D Coaches in Sport for Health Programmes. Click Here • Basketball for live handbook. Click Here • "Quality Seal Sport for Health": German Olympic Sport Confederation with the German Medical Association and various health insurance companies have developed this Quality Seal to improve access to physical activity resources • Guidebook for active and healthy communities. Click Here • Sanitation and hygiene. Click Here • Hearth to Heart initiative: Football supports people with health problems • Benoît Costil Click Here • Lionel and N'Golo Kanté. Click Here • Tackling Alzheimer's: Cas study Levallois Club: France • Exercise quantity and intensity curve. Click Here • Additional applications of Sport in the consecution of Sport are presented here
AB 2.2	<ul style="list-style-type: none"> • Inclusion Starts with I. Click Here • Inclusion makes the world more vibrant. Click Here • The richness of diversity. Click Here
AB 2.3	<ul style="list-style-type: none"> • Implementing development goals: Sport and gender equality. Click Here • YDF Manual for Gender awareness. Click Here • Empowering Girls and Young Women through Sport and Physical Activity. Click Here • Guidelines for gender-responsive Sport organisations. Click Here • Generation Equality: Realizing women's rights for an equal future Click Here • Sport for generation equality framework. Click Here • HeForShe Equality campaign: • Cycling for Gender Equality in Rural India Click Here • Campaign in Turkey Click Here

	<ul style="list-style-type: none"> • “Game Changers inspiring stories. Click Here • TikTok challenges, video, to spread gender equity. Click here • Mamanet. Click Here • TAFISA/AUSC R5 Women Leadership Mentorship Programme. Click Here • Daughters and Dads - Active & Empowered. Click Here
AB 2.4	<ul style="list-style-type: none"> • How to organize a Sport event. Click Here • Ideas for alternative funding. Click Here • What’s the Value of Exercise? Click Here • SK4YS: Employability approach handbook. Click Here • Kick for Life model Click Here
AB 2.5	<ul style="list-style-type: none"> • streetfootballworld football 3 methodology. Click Here • Free course on Sport for sustainable development. Click Here • Peace and Sport. Click Here • GIZ Sport with principles • Dream Building project Click Here
AB 2.6	<ul style="list-style-type: none"> • Grassroots Sport Diplomacy. Click Here (background) Click Here (Resources) • US Sport Diplomacy: Envoys and Sport Visitors programme. Click Here • Australia Sport for Diplomacy 2030 plan. Click Here • Canada Games. Click Here • Mandela 1995 Rugby uniting a country: Click Here • Identifying good practices : a final report to the European Commission. Click Here

Module 3: Different Venues

Location	Name
AB 3.1	<ul style="list-style-type: none"> ▪ Recommendations to improve your club (Click Here) ▪ Sport clubs for health resources. Click Here
AB 3.2	<ul style="list-style-type: none"> ▪ Children safeguarding in schools. Click Here ▪ Hungary case study. (123)
AB 3.3	<ul style="list-style-type: none"> ▪ European Health & Fitness Market Report 2019 (Click Here) ▪ Guidance documents for clubs (Click Here)
AB 3.4	<ul style="list-style-type: none"> ▪ London/Río de Janeiro legacies. Click Here ▪ Northern Ireland aimed at ensuring that 90% of the population would have access to Sport facilities meeting their demands within 20 minutes travel time by 2019 (122). Click Here ▪ C40 cities 15-minute city concept. Click Here
AB 3.5	<ul style="list-style-type: none"> ▪ Cycling simulators. Click Here ▪ Zwift. Click Here ▪ 5 best apps to find gaming friends instantly. Click Here ▪ Find Me Football Easy Soccer Game Planner. Click Here ▪ The Best Fitness and Exercise Apps of 2021. Click Here ▪ Refugees eSports Cup: the first eSports tournament in refugee camps. Click Here ▪ Gamification: 9 powerful reasons gamification of Sport matters a lot Click Here ▪ Augmented reality. Click Here
AB 3.6	<ul style="list-style-type: none"> ▪ Benefits of walking. Click Here ▪ Top 15 Indoor Sport to Play at Home. Click Here ▪ 40 Fun Outdoor Family Games. Click Here ▪ 10 Creative Office Gym Ideas to Promote Fitness in the Workplace. Click Here ▪ “Backyard” Olympic Games. Click Here ▪ Table Tennis ITTF Foundation: Every table can be a table tennis table

Module 4: Different Timeframes & Scopes of Projects

Location	Name
AB 4.1	<ul style="list-style-type: none"> ▪ Russia 2018 World Cup fan fest. Click Here ▪ Sport component of the Tokyo 2020 Legacy Plan. Click Here ▪ UEFA Euro 2024 CSR Strategy. Click Here ▪ Euro 2020 Football for unity festival. Click Here ▪ Paris 2024 Case Study: Click Here
AB 4.2	<p>Examples of events</p> <ul style="list-style-type: none"> ▪ European Senior Club Championships: Click Here ▪ USA wheelchair American football league. Click Here ▪ One Nation Netball Cup. Click Here ▪ Ballin for a Cause (basketball). Click Here ▪ Mozart 100 Ultra train. Click Here ▪ Khel Vikas to host Annual Inter-Club Weightlifting Competition. Click Here ▪ Parkinson’s table tennis World Cup. Click Here ▪ Homeless World Cup. Click Here ▪ Huntsman World senior games. Click Here ▪ Special Olympics World Games 2023. Click Here ▪ Star Wars marathon <p>Sporting events during the COVID-19 pandemic: Considerations for public health authorities. Click Here</p>
AB 4.4	<ul style="list-style-type: none"> ▪ On Valentine’s Day we love Sport. Click Here ▪ Tour of Uganda. Click Here ▪ Sporting events during the COVID-19 pandemic: Click Here ▪ Festival fortnight. Click Here ▪ Creating a sustainable Heritage Sporting Event. Click Here
AB 4.4	Conferences

	<ul style="list-style-type: none"> ▪ Football for unity youth forum. Click Here ▪ ISF World Educational Games. Click Here ▪ Football 4 Peace International training camp. Click Here <p>Coaching certified courses</p> <ul style="list-style-type: none"> ▪ TAFISA certified leadership courses. Click Here ▪ She Runs workshop. Click Here ▪ TREE model (for Teaching Styles, Rules, Environment, Equipment). Click Here to learn more
AB 4.5	<p>High level events</p> <ul style="list-style-type: none"> ▪ EU Sport Forum. Click Here <p>Awards</p> <ul style="list-style-type: none"> ▪ European capital cities of Sport federations (ACES Europe). Click Here ▪ European Commission: Be Active awards. Click Here and Be Inclusive awards. Click Here <p>Campaigns</p> <ul style="list-style-type: none"> ▪ #BeActiveAtHome campaign. Click Here ▪ HealthyLifestyle4All. Click Here <p>Other best practices</p> <ul style="list-style-type: none"> ▪ At the feet of the Eiffel Tower; ISF cross country youth running in Paris. Click Here ▪ “Quality Seal Sport for Health”: German Olympic Sport Confederation with the German Medical Association and various health insurance companies
AB 4.6	<p>International Sport for All events</p> <ul style="list-style-type: none"> ▪ Gymnasiade. Click Here ▪ Nike purpose Play. Click Here ▪ TAFISA Sport for All Games. Click Here <p>International Days</p> <ul style="list-style-type: none"> ▪ International Boxing Day celebrations. Click Here ▪ World Bicycle Day. Click Here ▪ International Day of University Sport. Click Here <p>Weeks of Sport</p>

	<ul style="list-style-type: none"> ▪ European Week of Sport. Click Here ▪ Running for Diversity hybrid challenge. Click Here
AB 4.7	<p><i>Erasmus+ funded references:</i></p> <ul style="list-style-type: none"> ▪ V25, Volunteering with school Sport. Click Here ▪ S+4ALL – active and included. Click Here ▪ European capital cities of Sport federations (ACES Europe). Click Here ▪ Projects implemented by TAFISA. Click Here <p><i>Funding institutions available</i></p> <ul style="list-style-type: none"> ▪ Erasmus+. Click Here ▪ European Solidarity Corps ▪ Cohesion Policy funds ▪ Corona Response Investment Initiatives (CRII, CRII+). ▪ Other European Commission outside Erasmus +. Click Here <p><i>Guidance</i></p> <ul style="list-style-type: none"> ▪ IOC Interactive guide “Get moving” to manage Sport for All programmes. Click Here ▪ Sport and corporate social responsibility: Why should a business be interested to invest in Sport? Click Here

Additional Guidelines

Location	
AG 1	<p>Measurement Scales</p> <ul style="list-style-type: none"> ▪ Impact of small-scale events. Click Here ▪ Large Scale Sport Events: Event Impact Framework. Click Here
AG 2	<p>Theory of Change models</p> <ul style="list-style-type: none"> ▪ ITTF Foundation. Click Here ▪ National Alliance of Sport for the Desistance of Crime (NASDC). Click Here ▪ Women Win. Click Here ▪ Developing a Theory of Change for Sport and Employability. Click Here <p>Event systematization samples</p> <ul style="list-style-type: none"> ▪ Beirut marathon. Click Here ▪ Peace and Sport. Click Here <p>Partner call example</p> <ul style="list-style-type: none"> ▪ Festival fortnight. Click Here
AG 3	<ul style="list-style-type: none"> ▪ Sponsorship Proposal Examples. Click Here ▪ 5 key steps (brand study, common target, differentiated plans, marketing & activation actions and measurement) for a successful sponsorship proposal. Click Here ▪ Booklet Sport Sponsorship: securing and retaining commercial partners. Click Here ▪ Structure of sponsorship proposals. Click Here ▪ Course in Sport sponsorship. Click Here ▪ Invitation letter sample. Click Here <p>Fundraising platforms</p> <ul style="list-style-type: none"> ▪ Justgiving.com ▪ Gogetfunding.com ▪ Pledgesports.org

	<ul style="list-style-type: none"> ▪ Other sites for athletes. Click Here <p>Crowdfunding events</p> <ul style="list-style-type: none"> ▪ Organizing tournaments. Click Here ▪ Online workshop. Click Here ▪ Top 20 crowdfunding campaigns. Click Here <p>Best Practices:</p> <ul style="list-style-type: none"> ▪ The Breakaway by Decathlon: The first eCycling team for prisoners. Click Here ▪ Rebuilding Glencoe Mountain resort. Click Here ▪ Ola #RoadToGold, a nationwide crowdfunding campaign to identify promising talent from India's heartlands. Click Here
AG 4	<p>Best Practice:</p> <ul style="list-style-type: none"> ▪ Play It again Sport. Click Here ▪ ITTF Foundation: Building hand crafted table tennis tables. Click Here ▪ Wilson Recycle Balls programmes. Click Here
AG 5	<ul style="list-style-type: none"> ▪ Considerations for public health authorities. Click Here
AG 6	<p>Ranking systems</p> <ul style="list-style-type: none"> ▪ Badges Award Scheme. Click Here ▪ Chess (ELO system): Click Here ▪ USTA ranking system: Click Here ▪ To know more about ranking systems Click Here <p>Awards and recognition in an institutional level</p> <ul style="list-style-type: none"> ▪ TAFISA Awards. Click Here ▪ Cricket Victoria (cricket ISOs in Australia). Click Here ▪ USA High school Sport awards. Click Here
AG 7	<p>Values and life skills framework</p> <ul style="list-style-type: none"> ▪ IOC: Olympic Education framework. Click Here ▪ SK4YS: Employability approach handbook. Click Here ▪ UNICEF Life skills suggestion (page 21). Click Here ▪ Women Win: Female empowerment. Click Here, Click Here ▪ GIZ: Different competences addressing children, youths and coaches Click Here

	<ul style="list-style-type: none"> ▪ Rugby Safe: Well-being, Click Here ▪ IOC rules regarding transgender participants Click Here <p><i>Ruling in the pitch</i></p> <ul style="list-style-type: none"> ▪ Basketball. Click Here ▪ Swimming. Click Here ▪ The “TREE model” (applicable to any Sport). Click Here <p><i>Social distancing adapted rules (Alternatives for COVID19)</i></p> <ul style="list-style-type: none"> ▪ Gov NL: Rules for gyms, Sport and fitness centres. Click here ▪ Gov UK: Advice for specific Sport and events. Click Here ▪ Sport England: Lessons Learnt form Netball. Click Here <p><i>Adaptations of rules due to the available equipment and materials</i></p> <ul style="list-style-type: none"> ▪ Example 1: Basketball 4 vs 4 game using just one half of the field and 1 basket ▪ Example 2: Switching several teams or participants in a same pitch at the same time applying “fast” matches or a “Who scores first stays “playing format. ▪ Example 1: Table tennis with just wooden rackets ▪ Example 2: Grass hockey using brooms and simple tennis balls
AG 8	<p><i>Useful templates</i></p> <ul style="list-style-type: none"> ▪ Coaching session plan (Sample 1). Click Here ▪ Coaching session plan (Sample 2). Click Here <p><i>Support information for coaches</i></p> <ul style="list-style-type: none"> ▪ Aspen project. Click Here ▪ Sportplan.net. Click Here ▪ Coach up. Click Here