

THE AGITO CHALLENGE

MOVING FOR INCLUSION




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 **CELAFISCS**
CENTRO DE ESTUDOS DO LABORATÓRIO DE
APTIDÃO FÍSICA DE SÃO CAETANO DO SUL

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NÚCLEO DE PESQUISA
EM INCLUSÃO, MOVIMENTO
E ENSINO.

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Dear parents and young readers,

Do you think you cannot dance? Do you think you are not competent enough to play sports? Do you think a person who cannot walk or hear or see cannot participate?

Do you know the fairy tale of “Cinderella”? In this story a poor girl was betrayed by her sisters who told her that only good looking, healthy and rich girls can dance and get an admirable prince to dance in the ballroom. She finally succeeded to be included in the ball with the help of the good fairy.

Girls and boys, we do not live in a fairy tale! But we can do many things which are fun no matter if our physical or psychological conditions are restricted or not. It just needs a little motivation and, in some cases, – a little help from a friend – to be included in physical activities.

Learn about the possibilities of how to participate in dancing, volleyball and other sports when the provider is able to make a few adaptations to your individual needs! And find out how it is possible to explain activities for children who have visual impairment by audio description. See how easy it can be to be included and to join the group.

From many years of experience with the group “Ich bin O.K.” /“I am O.K.” in Austria as well as from research in dance and sports – I can assure you that inclusive dance, wheelchair dance, sitting volleyball or theater performance enhance personal development, self-confidence as well as fitness, and contributes to active healthy living.

Keep dancing and playing sports!



DRA. MARIA DINOLD

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of the cultural association “Ich bin O.K.”,
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Dear Reader,

Our Agito gang is once again in action and this time at a school with two challenges linked to inclusion through physical activity. You know, everyone has the right to sport and to a healthy life.

The first challenge is to help Clodoaldo gain access to the school court, where there will be a volleyball championship of a different sport. Clodô can't go there alone because he depends on someone to help him access the court. How will this be worked out?

Before the game there will be a super special dance, a unique physical activity! It will be done in wheelchairs. All children will participate. Do you know this dance?

The second challenge is to help Rafael, Yara's brother, who is blind, to watch his sister play. Would this be possible? Read and discover how the Agito gang is moving for inclusion.



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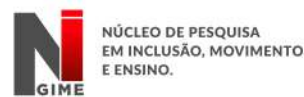
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The Covid-19 pandemic left at least one important legacy: more active people were less infected, had fewer complications, leading to a decreased number of hospital admissions and deaths.

This learning cannot be ignored mainly because new serious epidemics cannot be avoided in the near future, unfortunately.

Thus, the Editorial Committee of the Post-Covid Physical Activity Promotion Manifesto, with the aim of preparing new generations to be more active and less sedentary, decided to create a series of children's eBooks: *The Agito Challenge*, which now reaches its second volume, *Moving for Inclusion*.

In this edition, which we have developed in partnership with the Federal University of Juiz de Fora, you will be able to see that children with special situations will perhaps be the most benefited from moving more in their daily lives!



VICTOR KEIHAN RODRIGUES MATSUDO

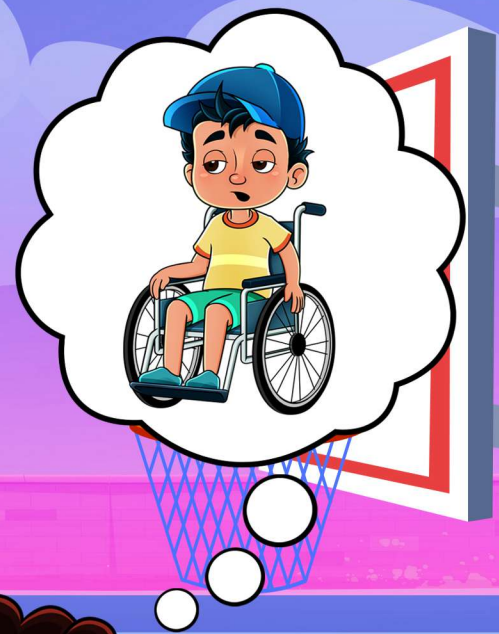
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Hi, man! What are you doing?
Why are you quiet?

I'm thinking how Clodoaldo
will be able to get up here to
the school court.

Why? What
happened?





You know! He uses a wheelchair and is always in need of help. Soon, we're going to have that volleyball tournament. Man, it would be great if he could get around on his own!

What if we talk to Ms. Marta Silva, our P.E. teacher? She may have a suggestion.



Ms. Silva, we have a little problem.

What is it?

How can we make Clodoaldo come straight to the court, without needing help to climb the court steps? In a month we will have the volleyball tournament.

Oh! Also, the wheelchair dance to open the tournament.



How cool! I want to dance too!

I'll see what I can find out!

Here's another reason to think about Clodoaldo's independent access to the court.



Guys, the school is going to do a project together with the Municipal Education Department and with our community, including your fathers and mothers!! In two weeks! It will be ready very soon!

Yay!! So, now can we talk about the volleyball tournament and the wheel chair dance?

I really want to do it, Ms. Silva! I'm very excited! How will it be? I want to rock and shake! Can I play volleyball and dance?

Of course! Everyone will be included!!



Wow! Time flies! The access ramp is awesome!! Now everyone will have access to the court, always!

So, let's rock and shake! There'll be wheelchair dance and the volleyball tournament. They'll be a little different. We'll dance and play seated.

Now, I can go all by myself!

Seated? How?



There'll be a wheelchair for everyone, like Clodoaldo's. We will prepare the dance and rehearse.

Wow! How will it be, Ms. Silva?

Let's all choose a beautiful song, and practice the choreography, following the rhythm with movements of displacement and turns.

How super!





In volleyball, everyone will play what they have already learned, but seated on the floor of the court. You will love it! But, first, we'll need to train a little.

You'll like it even more! Your families will be here, contributing to our event!

I'll be able to dance and play a lot! Woohoo!

On the day of the event



Is everyone ready to start? You've already practiced a lot during the month!

DJ Rafaela, you can start now!

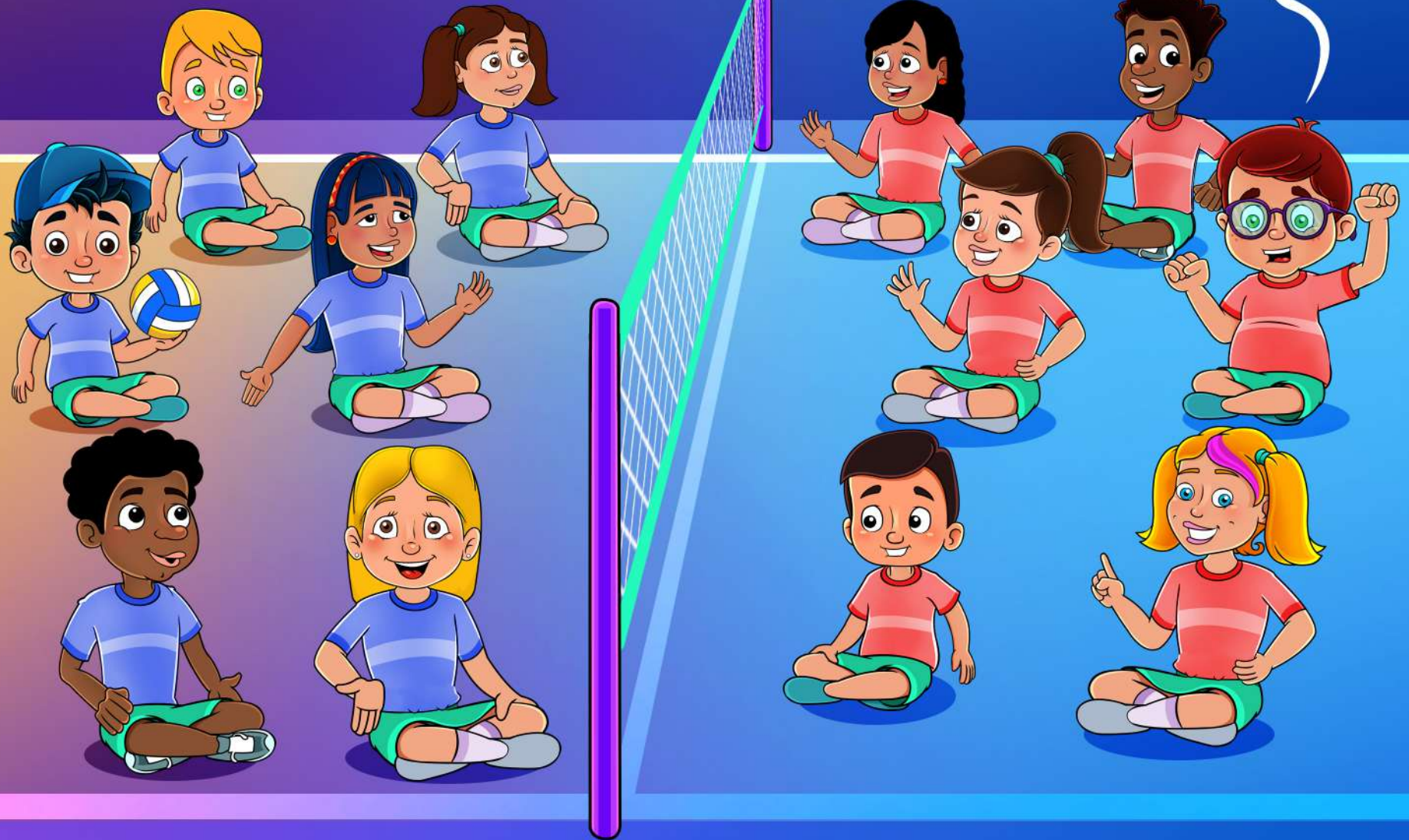


Let 's hear the samba! Let's go back and forth! Now turn the chair! Perfect!!



Volleyball game

And now? Is everyone ready for our tournament? Shall we start? Please, serve the ball, Clodoaldo!





Ih! There's another problem.



What is it, Ayrton?

It's Gabriel. He's Yara's brother. He's blind. How will he follow the game? Yara's playing volleyball.

I think my aunt Rebeca can help him. She can narrate him the game. It's called audio description. She is very good at it! I'll talk to her. She's even close to him! Look there!





Come on, come on, Blue team!!

Let's go, Red team!!

What a great experience, Clodô!
We also really enjoyed it!!

Guys, I'm so happy! I played
really well!! My dream came
true! Do you want to play
more like this?

I managed to follow the whole game!
Aunt Rebeca told me everything! I was
really rooting for Yara! She played
cool!

The teams played their best!
And, you know what, everyone
won the game!! Everyone
participated a lot! Including our
families! Now let's have a
snack!! I am hungry!!





HOMAGE

PROF. DR. JOSÉ DA SILVA GUEDES

He was a professor at the Faculty of Medical Sciences of Santa Casa of São Paulo, Secretary of Health of the Municipality and of the State of São Paulo. One of the creators of the Brazilian unified health system (Sistema Único de Saúde [SUS]), coordinator of the victorious vaccination campaign against the great epidemic of meningitis in the State of São Paulo. Honorary Member of the Study Center of the Physical Fitness Laboratory of São Caetano do Sul (Centro de Estudos do Laboratório de Aptidão Física de São Caetano do Sul - CELAFISCS).

