



Gym4Focus Project Summary

Project Title: Gym4Focus: Social Inclusion Through Sport for Children with ADHD

Applicant Organisation: Başkent Akademi Cimnastik Kulübü

Project Aim: To support the social and physical development of children with Attention Deficit Hyperactivity Disorder (ADHD) through gymnastics-based training programs.

Project Objectives:

- Develop specialized gymnastics programs tailored to the needs of children with ADHD.
- Enhance motor skills, coordination, and focus in children with ADHD through participation in these programs.
- Increase awareness and understanding of ADHD among parents, coaches, and educators.
- Foster social inclusion and integration of children with ADHD through sports activities.
- Promote the benefits of gymnastics for physical and mental well-being in children with ADHD.

Project Activities:

- Design and implement gymnastics training programs specifically for children with ADHD, incorporating elements of fun, engagement, and individualized support.
- Organize workshops and training sessions for parents and coaches on ADHD, its impact on children's development, and strategies for effective support.
- Conduct assessments and evaluations to measure the impact of the project on children's motor skills, focus, and social integration.
- Disseminate project findings and best practices through reports, presentations, and online platforms.

Target Group:

- Children aged 6-12 diagnosed with ADHD
- Parents and caregivers of children with ADHD
- Gymnastics coaches and instructors

Project Duration: 2 years

**Expected Outcomes:**

- Improved motor skills, coordination, and focus in children with ADHD.
- Increased knowledge and awareness of ADHD among parents and coaches.
- Enhanced social inclusion and integration of children with ADHD.
- Development of a sustainable model for promoting physical activity and social inclusion for children with ADHD through gymnastics.

Partnership:

- Başkent Akademi Cimnastik Kulübü (Turkey) - Lead Partner
- Selvi Özel Eğitim ve Rehabilitasyon Merkezi (Selvi Special Training and Rehab Center for ADHD Children) (Turkey) - Partner
- European Gymnastics Federation (EU) - Partner

Alignment with EU Priorities:

This project aligns with the EU's priorities in the field of sport by promoting social inclusion, fostering active citizenship, and addressing the needs of individuals with fewer opportunities. By utilizing sport as a tool for social inclusion, the project contributes to the EU's goals of creating a more inclusive and cohesive society.