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the [AGISEC youtube channel](#)



3rd event of AGISEC's project

# The paralympics games

EUROPEAN SPORT WEEK 2024



Ensemble, luttons contre les discriminations

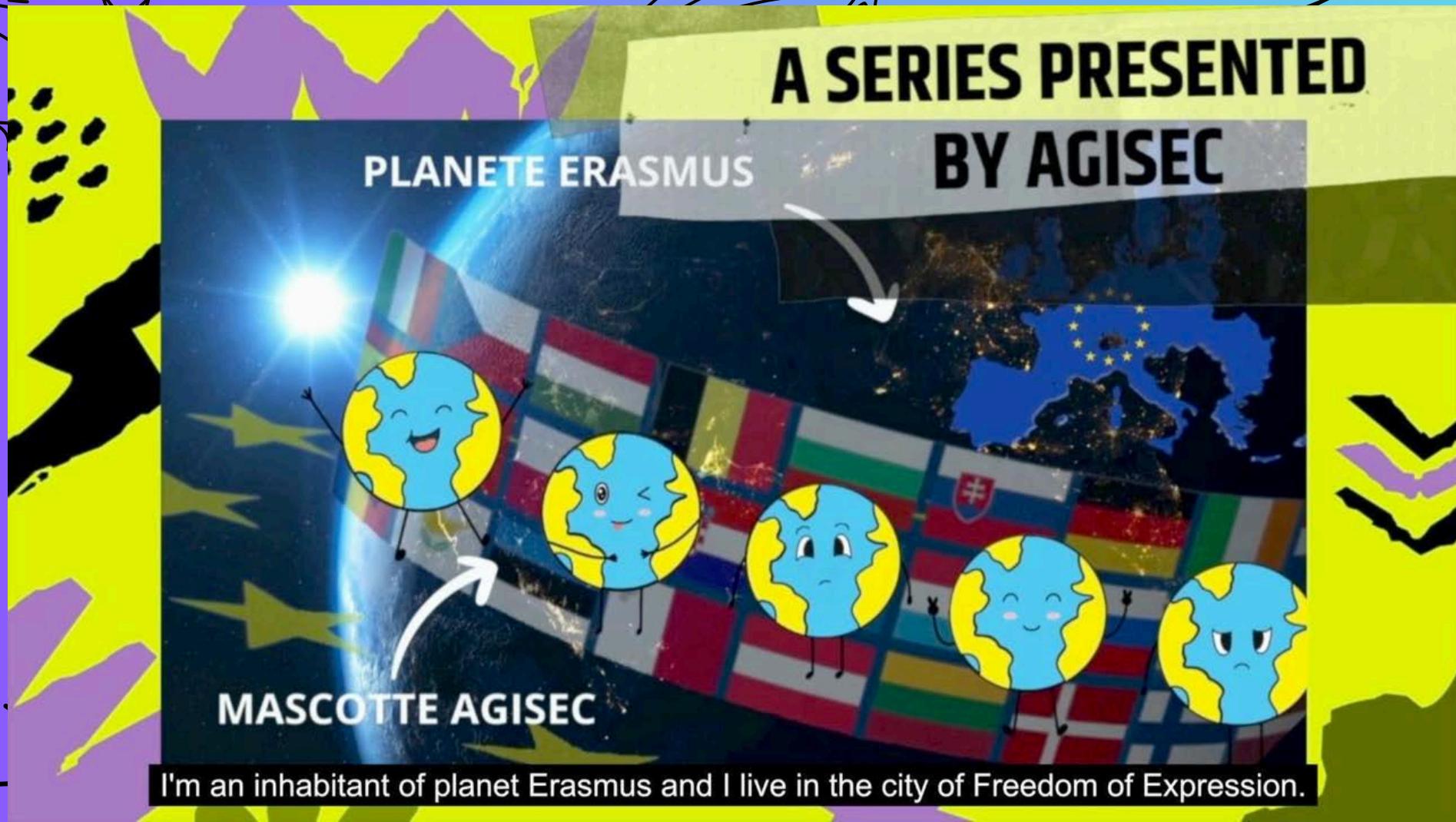


# AGIR POUR UN SPORT INCLUSIF ET ECOLOGIQUE

THE WEB SERIES  
OF AGISEC





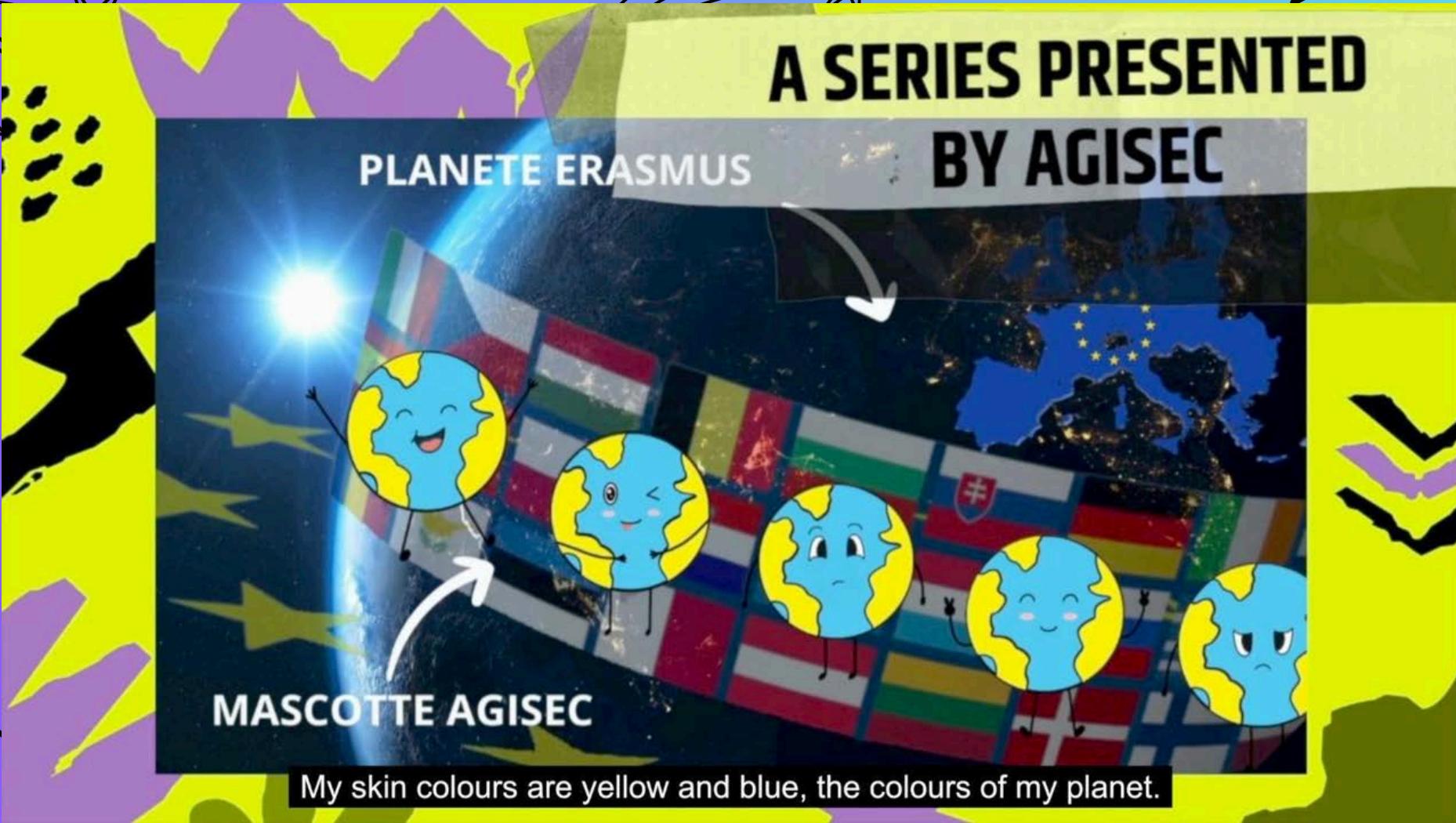


# A SERIES PRESENTED BY AGISEC

PLANETE ERASMUS

MASCOTTE AGISEC

My skin colours are yellow and blue, the colours of my planet.

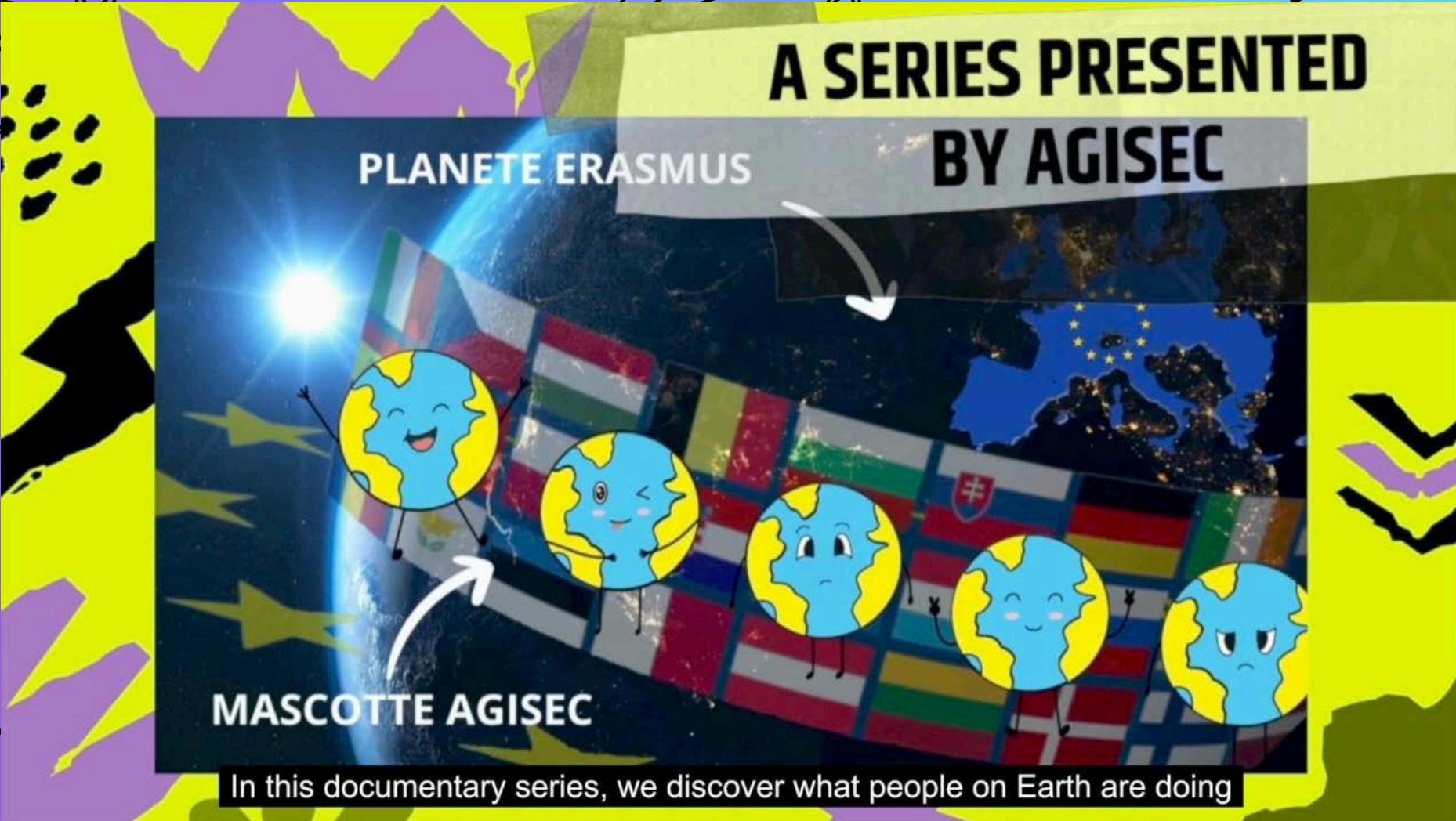


# A SERIES PRESENTED BY AGISEC

PLANETE ERASMUS

MASCOTTE AGISEC

In this documentary series, we discover what people on Earth are doing

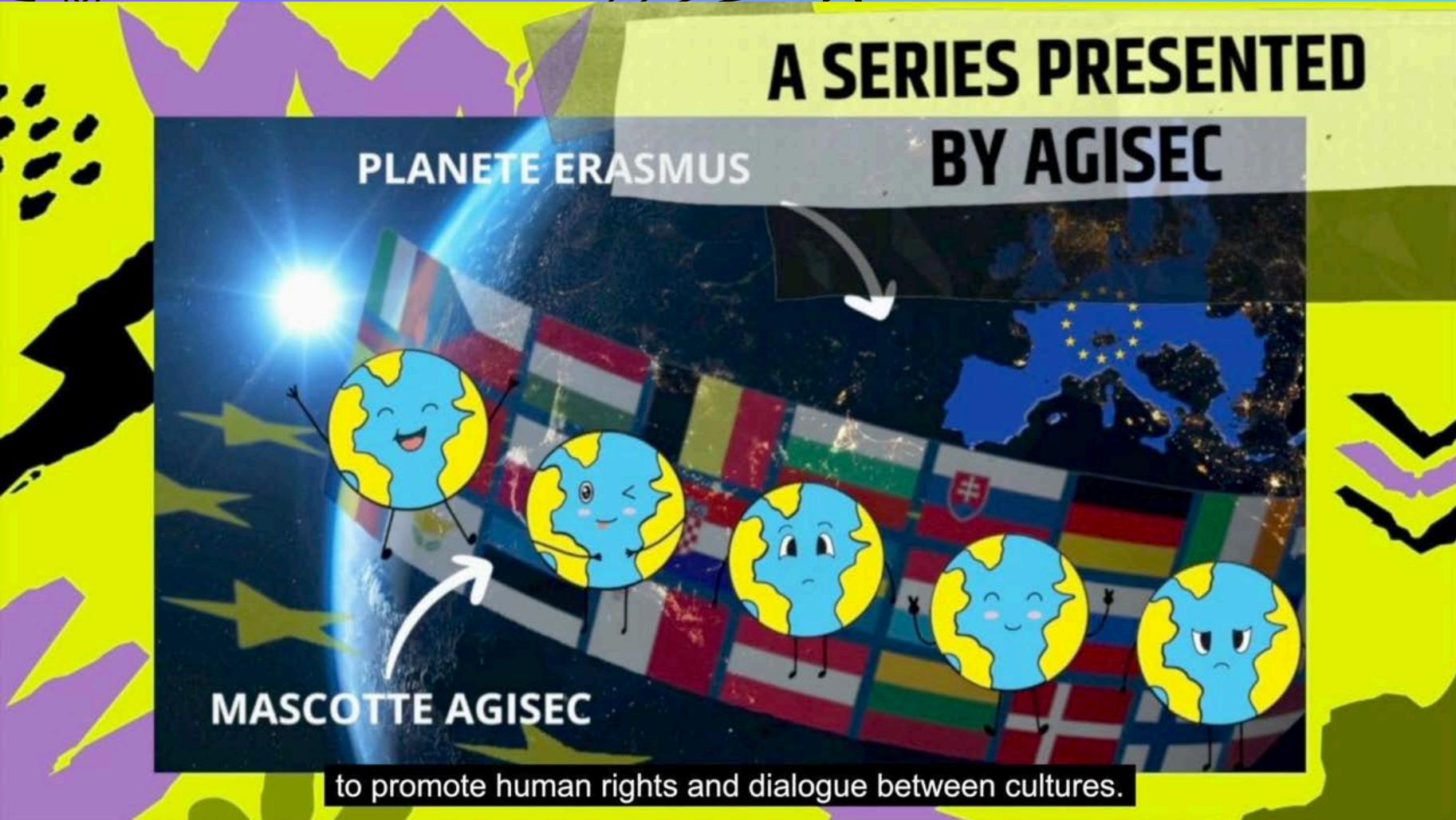


# A SERIES PRESENTED BY AGISEC

PLANETE ERASMUS

MASCOTTE AGISEC

to promote human rights and dialogue between cultures.





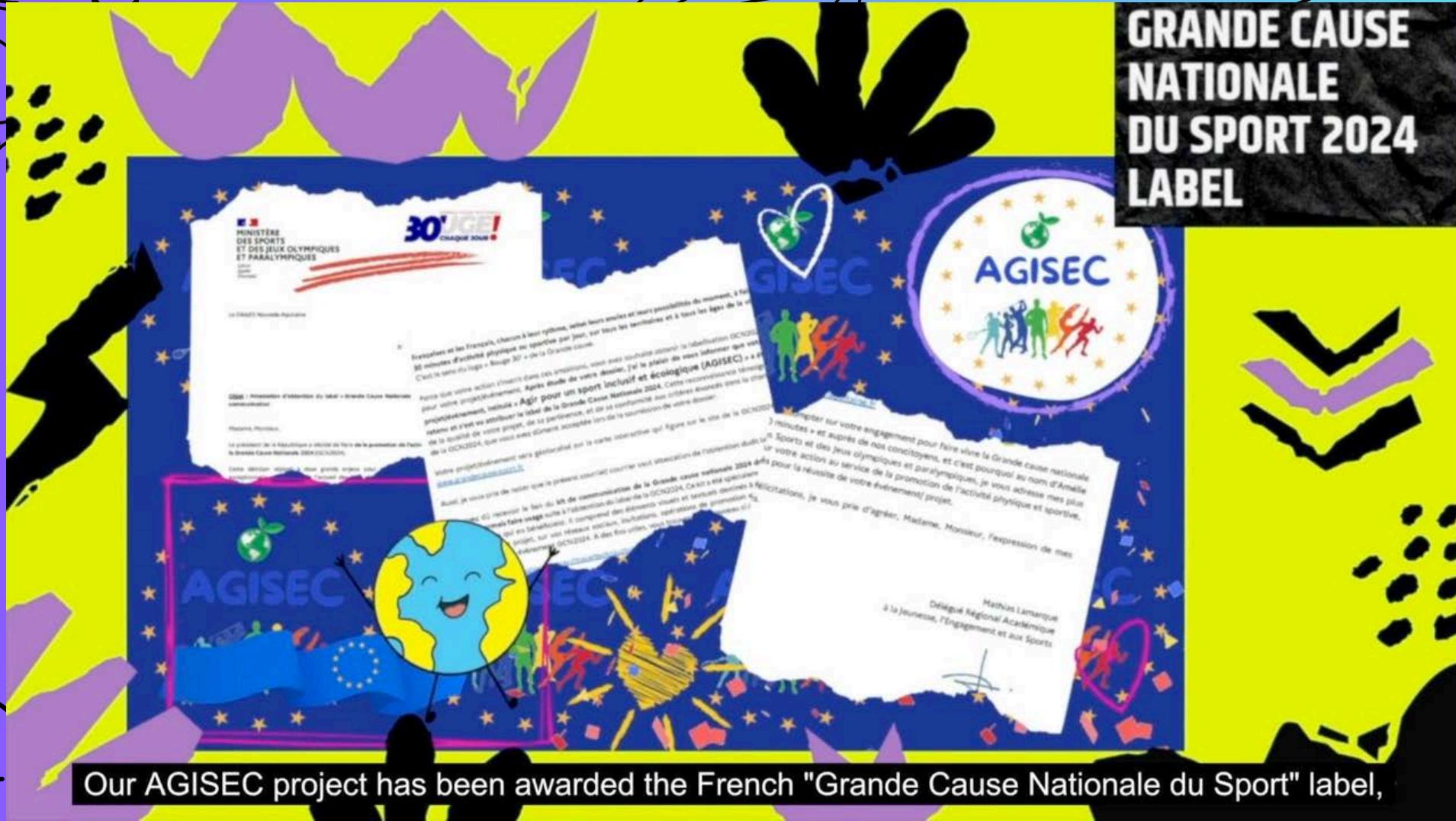
Through his lens, we will discover the third event in the AGISEC project,







# GRANDE CAUSE NATIONALE DU SPORT 2024 LABEL



Our AGISEC project has been awarded the French "Grande Cause Nationale du Sport" label,

# GRANDE CAUSE NATIONALE DU SPORT 2024 LABEL



a recognition that makes us very proud and testifies to the positive impact of our actions.





THIS WEB SERIES IS BEING PRODUCED AS PART  
OF AN ERASMUS+ SPORT PARTNERSHIP.

CEIPES

CENTRO INTERNAZIONALE PER LA PROMOZIONE  
DELL'EDUCAZIONE E LO SVILUPPO

Italy



[@agisecproject](#)

France



AUX couleurs  
du deba



This web series is being produced as part of an Erasmus plus Sport partnership,

THIS WEB SERIES IS BEING PRODUCED AS PART  
OF AN ERASMUS+ SPORT PARTNERSHIP.



Italy

represented by USSAP, Section Boxe and Aux couleurs du DEBA.



France



THIS WEB SERIES IS BEING PRODUCED AS PART  
OF AN ERASMUS+ SPORT PARTNERSHIP.

**CEIPES**

CENTRO INTERNAZIONALE PER LA PROMOZIONE  
DELL'EDUCAZIONE E LO SVILUPPO

ITALY

in collaboration with CEIPES in Palermo, Sicily, and the Pessac associations



Instagram icon @agisecproject



France

Liberté  
Égalité  
Fraternité



# THE AGISEC PROJECT IS CO-FINANCED BY EUROPEAN UNION



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The project is funded by the European Union.



# THE AGISEC PROJECT IS CO-FINANCED BY EUROPEAN UNION



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However, the views and opinions expressed are those of the authors

# THE AGISEC PROJECT IS CO-FINANCED BY EUROPEAN UNION



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Erasmus+  
Enriching lives, opening minds.

and do not necessarily reflect those of the European Union

# THE AGISEC PROJECT IS CO-FINANCED BY EUROPEAN UNION



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LE HANDICAP  
EST UNE FORCE



AGIR POUR UN  
SPORT INCLUSIF  
ET ECOLOGIQUE

LA WEB SERIE  
D'AGISEC



Erasmus+  
Enriching lives, opening minds.



Neither the European Union nor the EACEA can be held responsible for them.





boccia, wheelchair basketball, laser shooting and a host of other challenges.



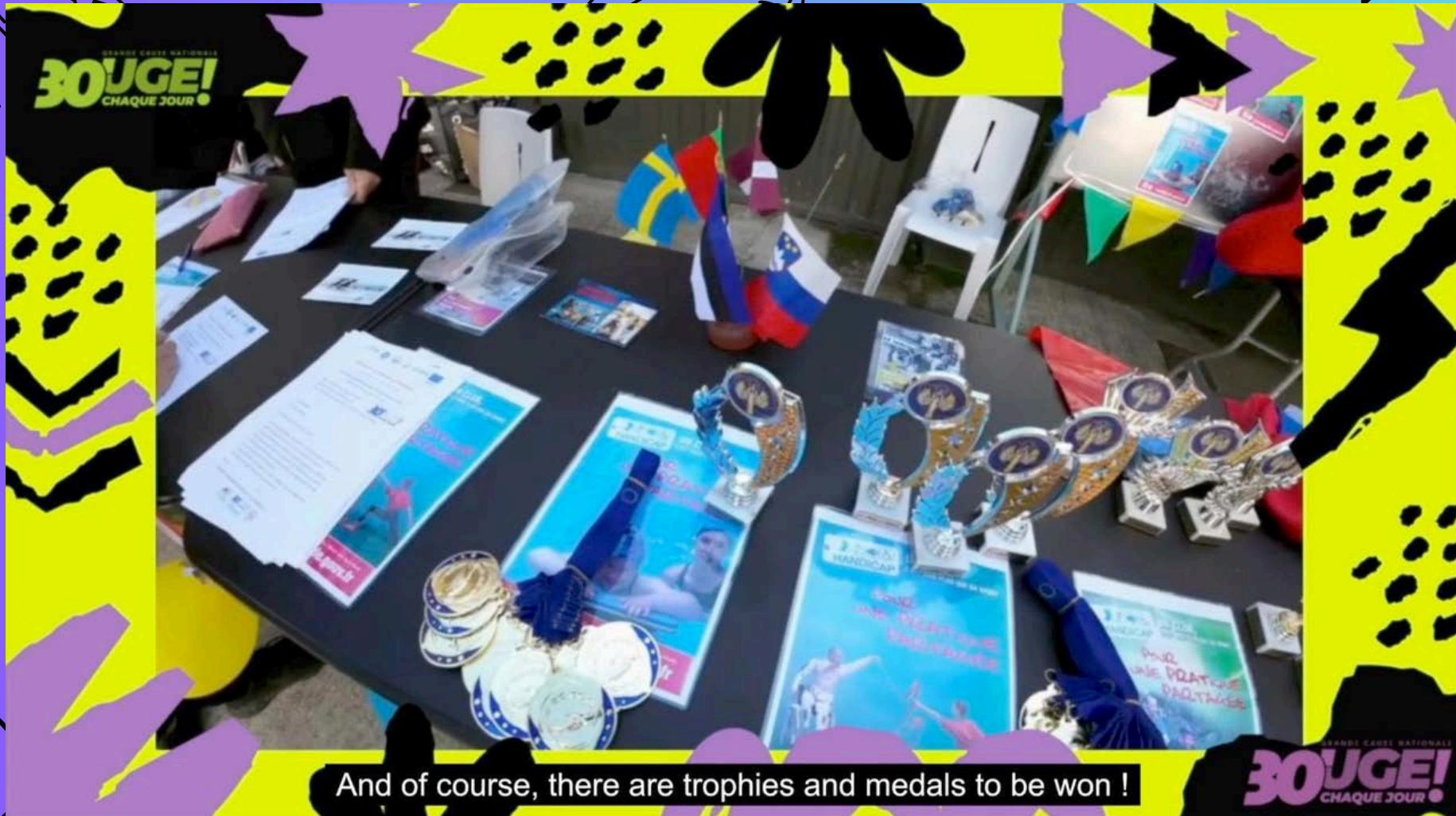
On the programme are sporting events in which participants will discover goalball,







But it's not just a competition : the emphasis here is on respect, team spirit and fair play.

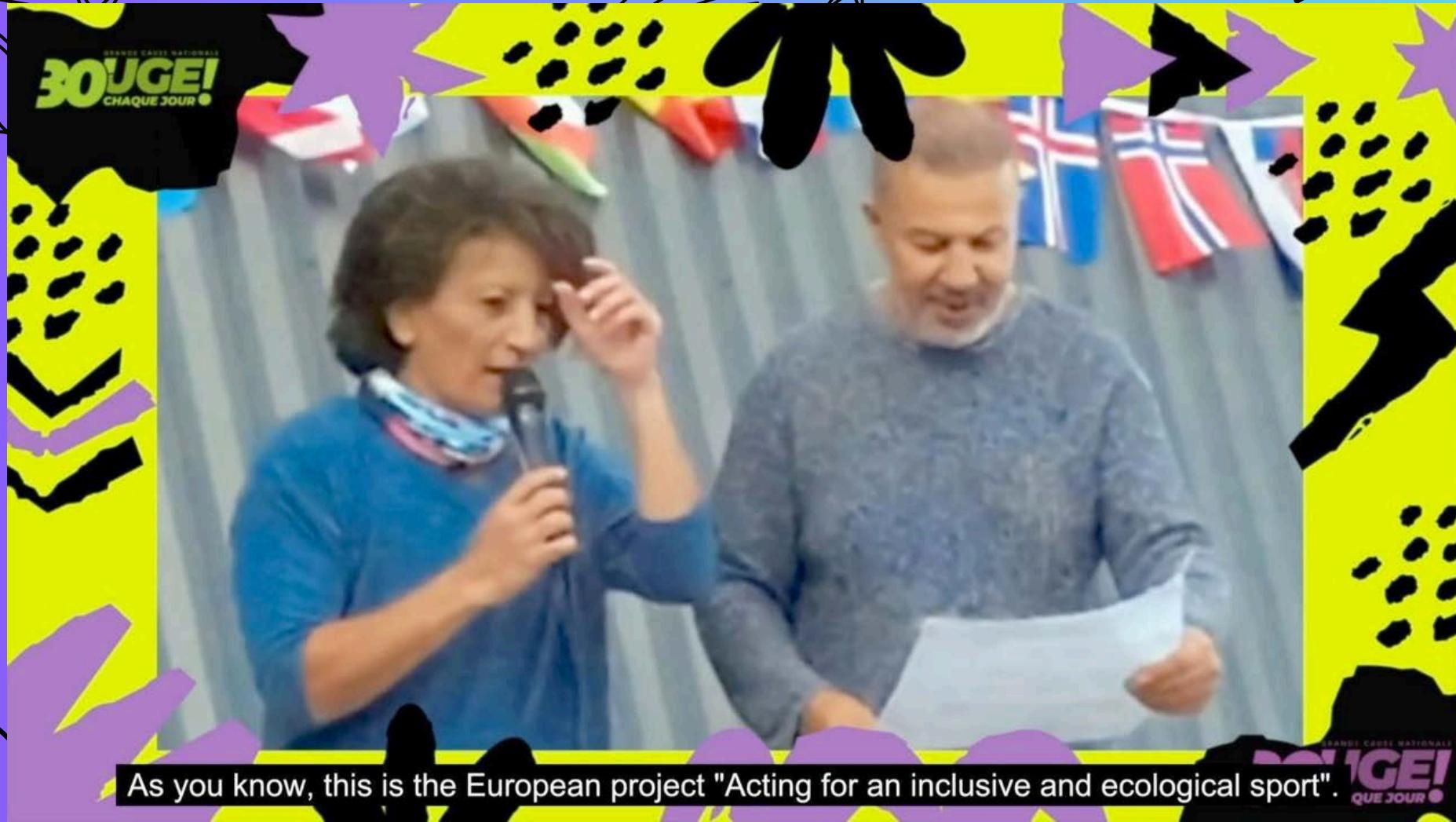


And of course, there are trophies and medals to be won !

GRANDE GRUTE NATIONALE  
**BOUGE!**  
CHAQUE JOUR!



Thank you for being with us today.



As you know, this is the European project "Acting for an inclusive and ecological sport".



This is the third event in the project.







Well done and thank you Mattéo.



We'll call Mickaël, who will introduce us to boccia. He'll explain what boccia is

**BOUGE!**  
GRANDE CAUSE NATIONALE  
CHAQUE JOUR



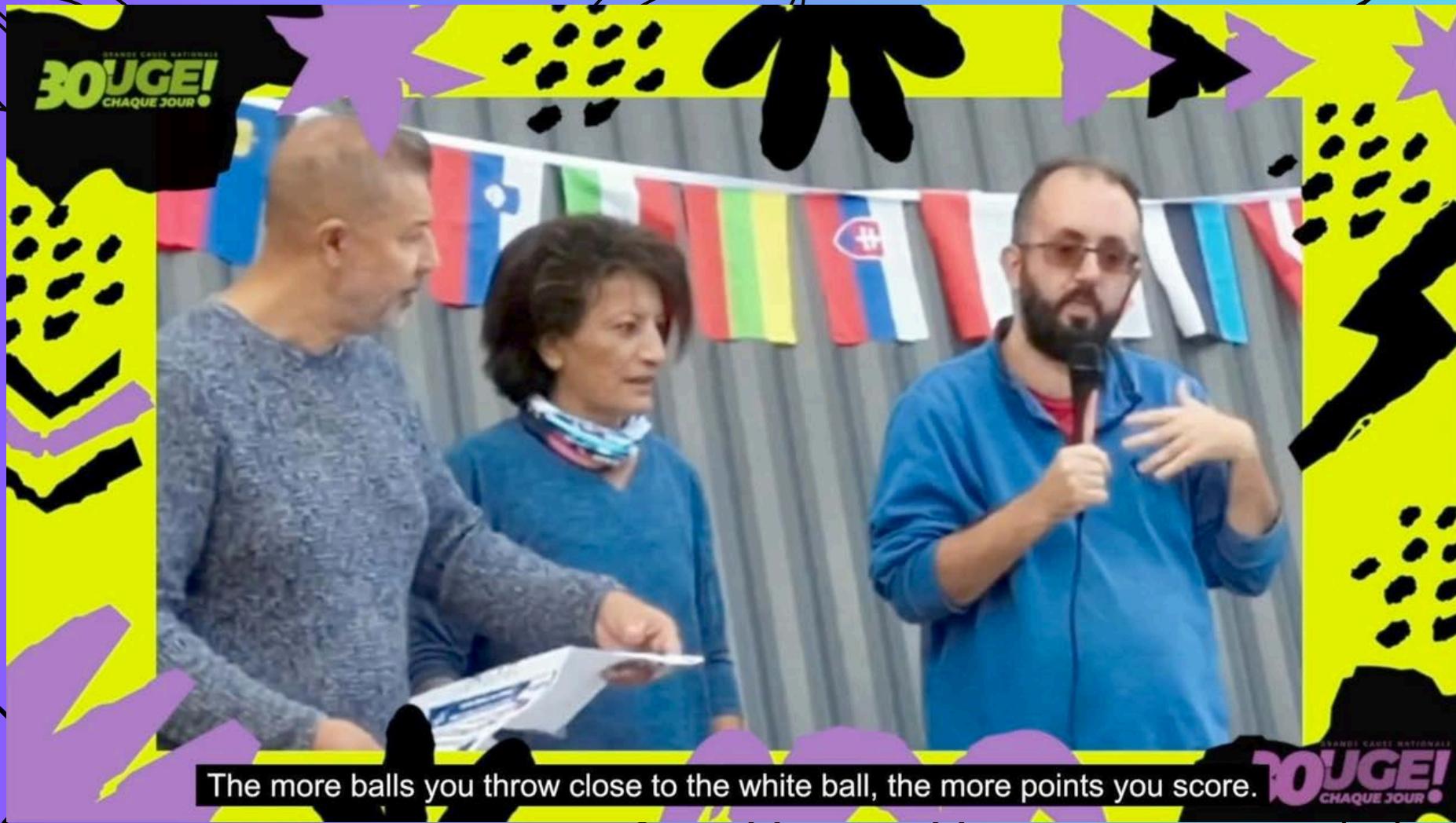
Boccia is a bit like pétanque.



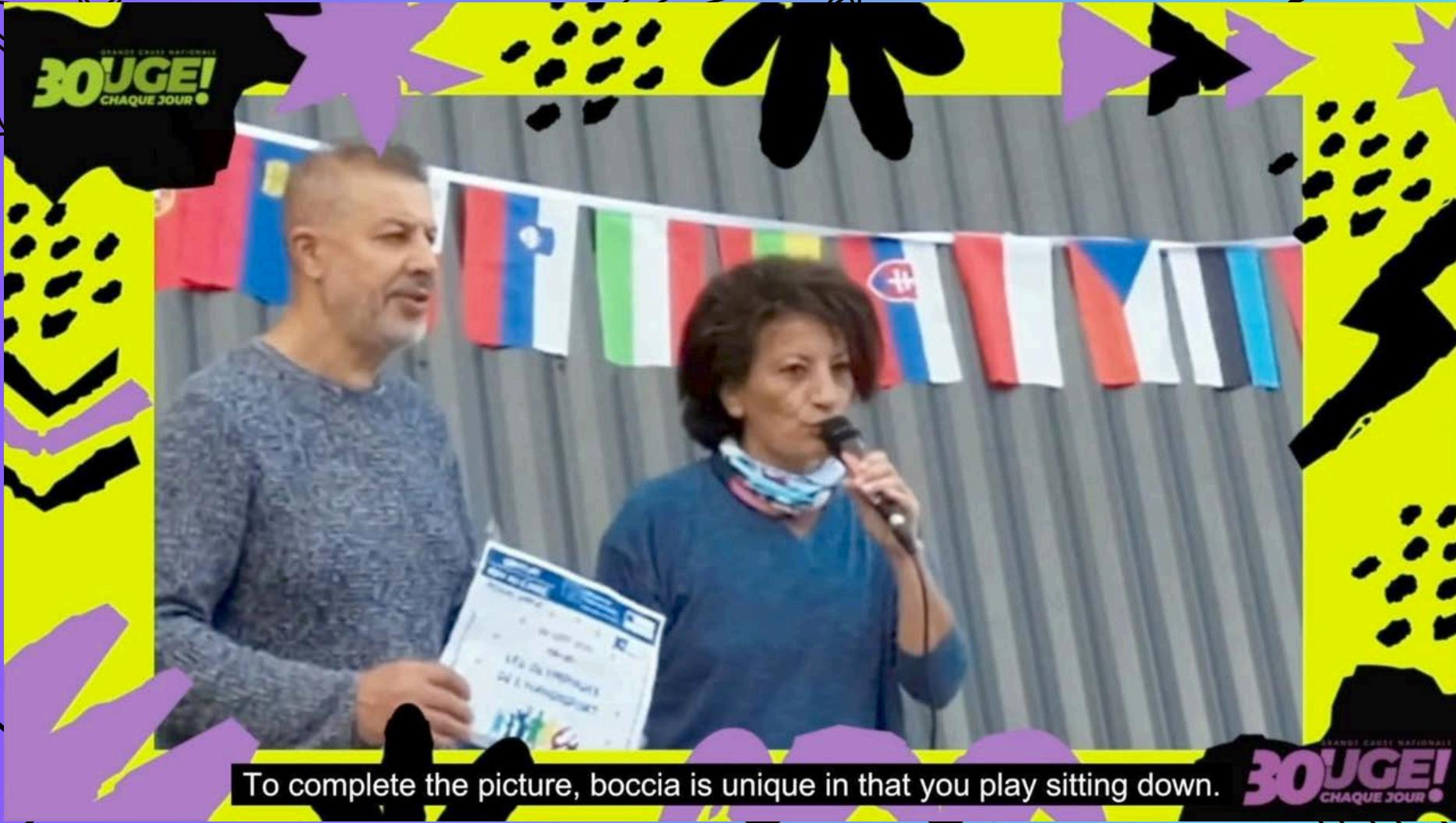
It's played with soft balls



and the aim is to throw the coloured ball as close as possible to the white ball.



The more balls you throw close to the white ball, the more points you score.



To complete the picture, boccia is unique in that you play sitting down.



In fact, the duo route will be over there.





And the aim of the game is to complete the course with your legs strapped in.

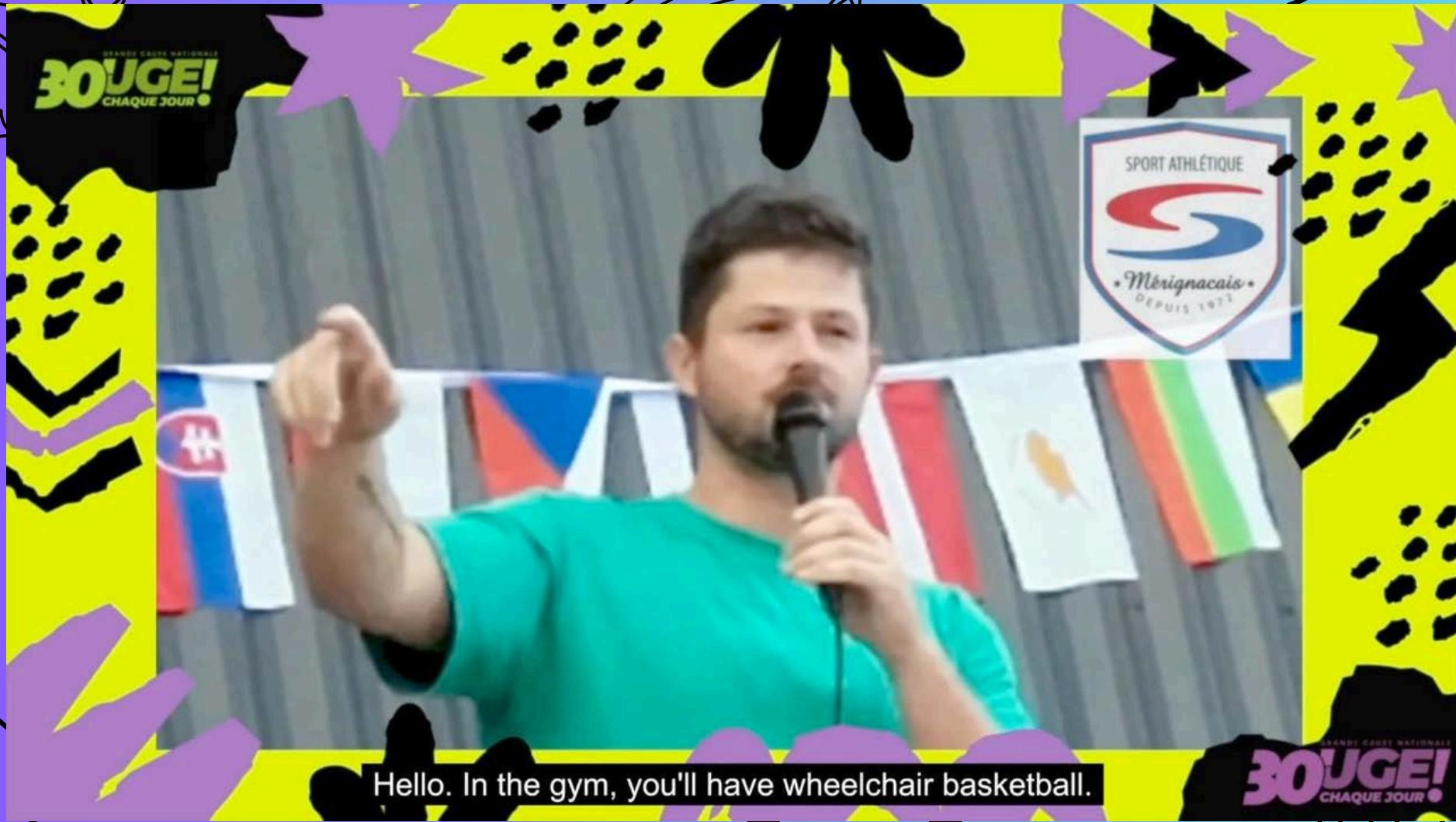
**BOUGE!**  
CHAQUE JOUR



And now the Mérignac athletics club.



We'll ask Gaëtan to come and present the last two events.



Hello. In the gym, you'll have wheelchair basketball.





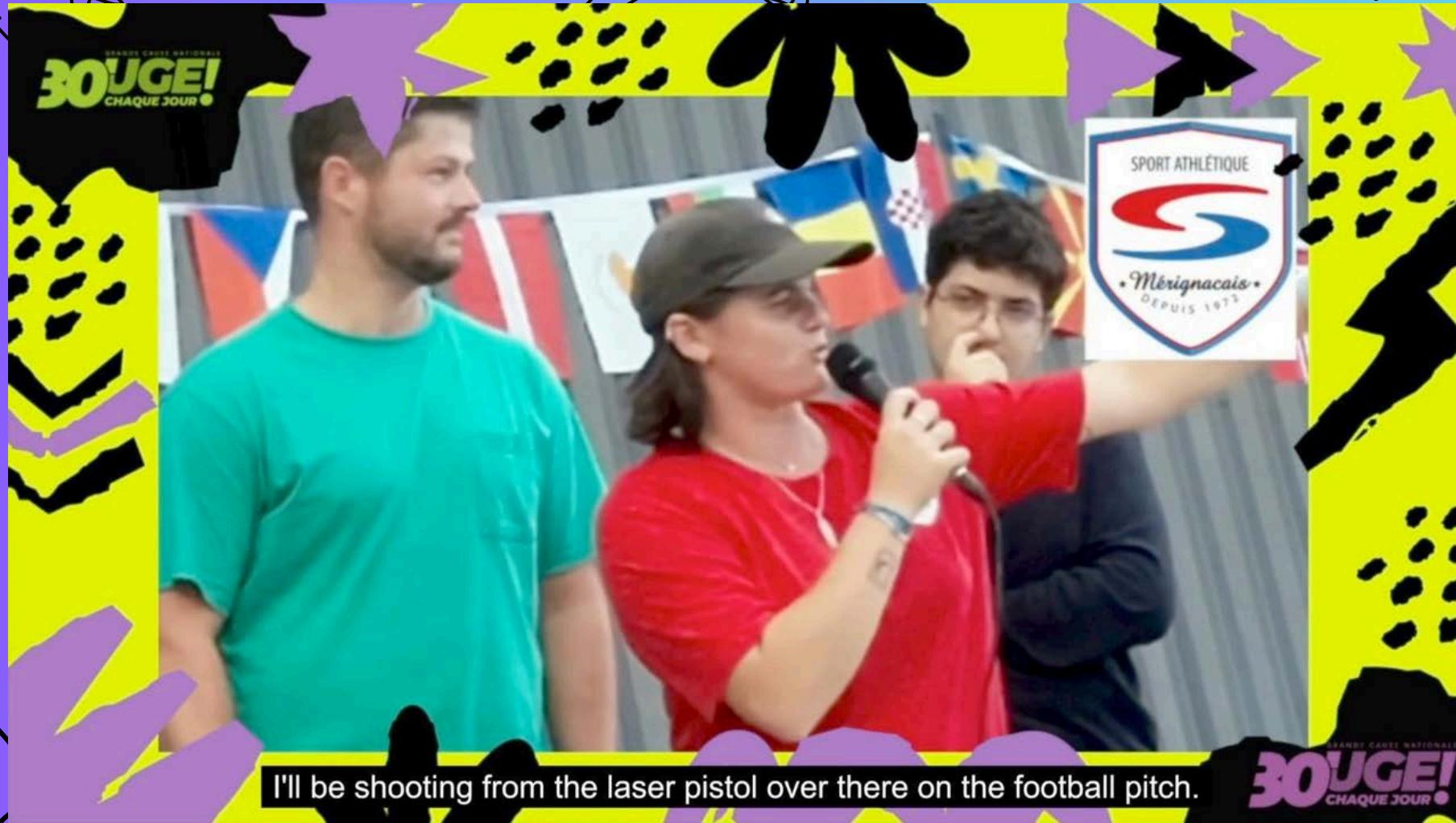


You'll discover how to shoot on a court with the same baskets as armchair basketball.

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



Hello everyone.



I'll be shooting from the laser pistol over there on the football pitch.



And the aim of the game isn't complicated. All you have to do is aim at the target.

BOUGE!  
CHAQUE JOUR

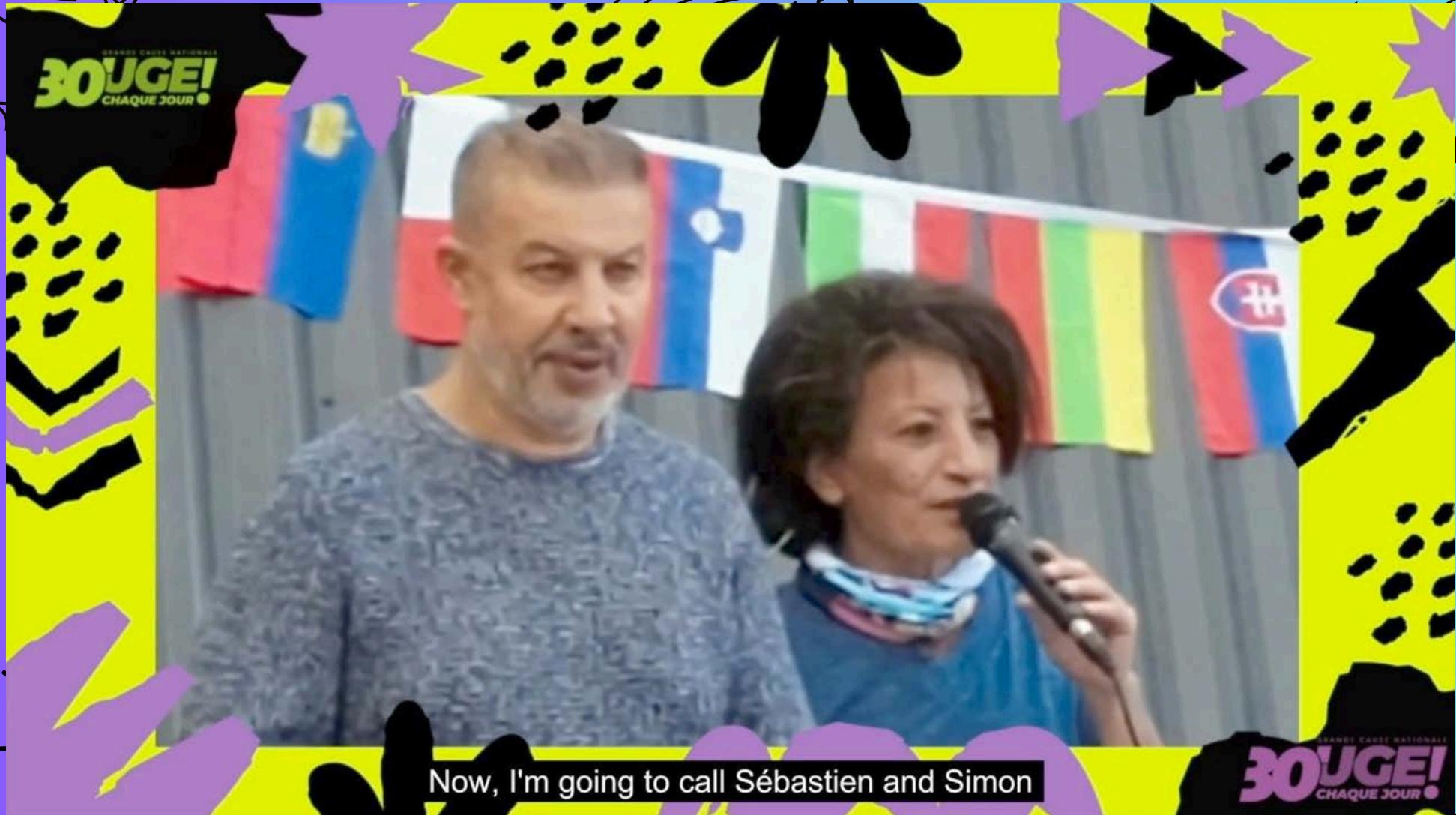


And when you hit the target,



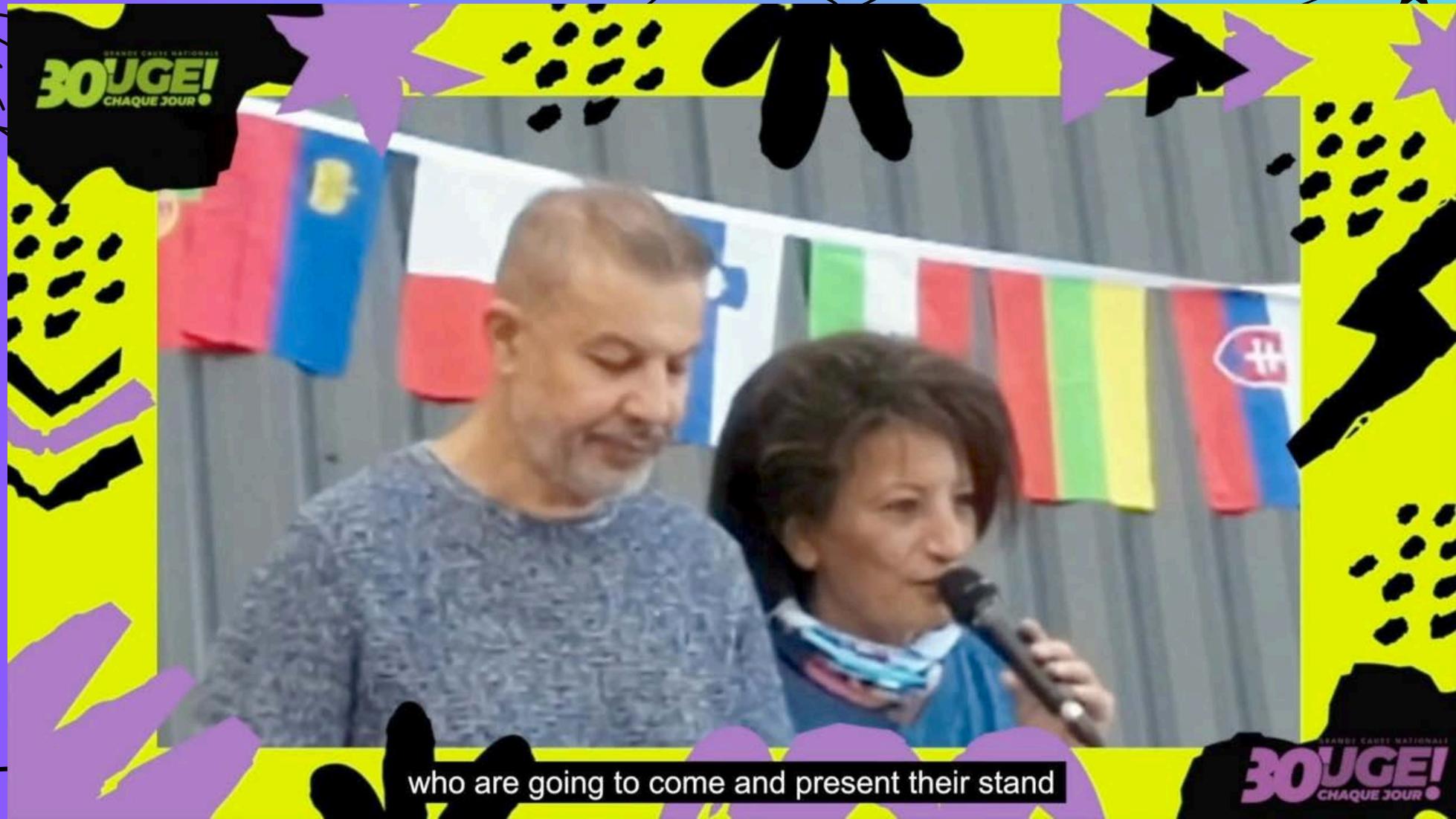
there's a little green light that tells you that you've managed to hit the center.

GRANDE CROISÉE NATIONALE  
**BOUGE!**  
CHAQUE JOUR

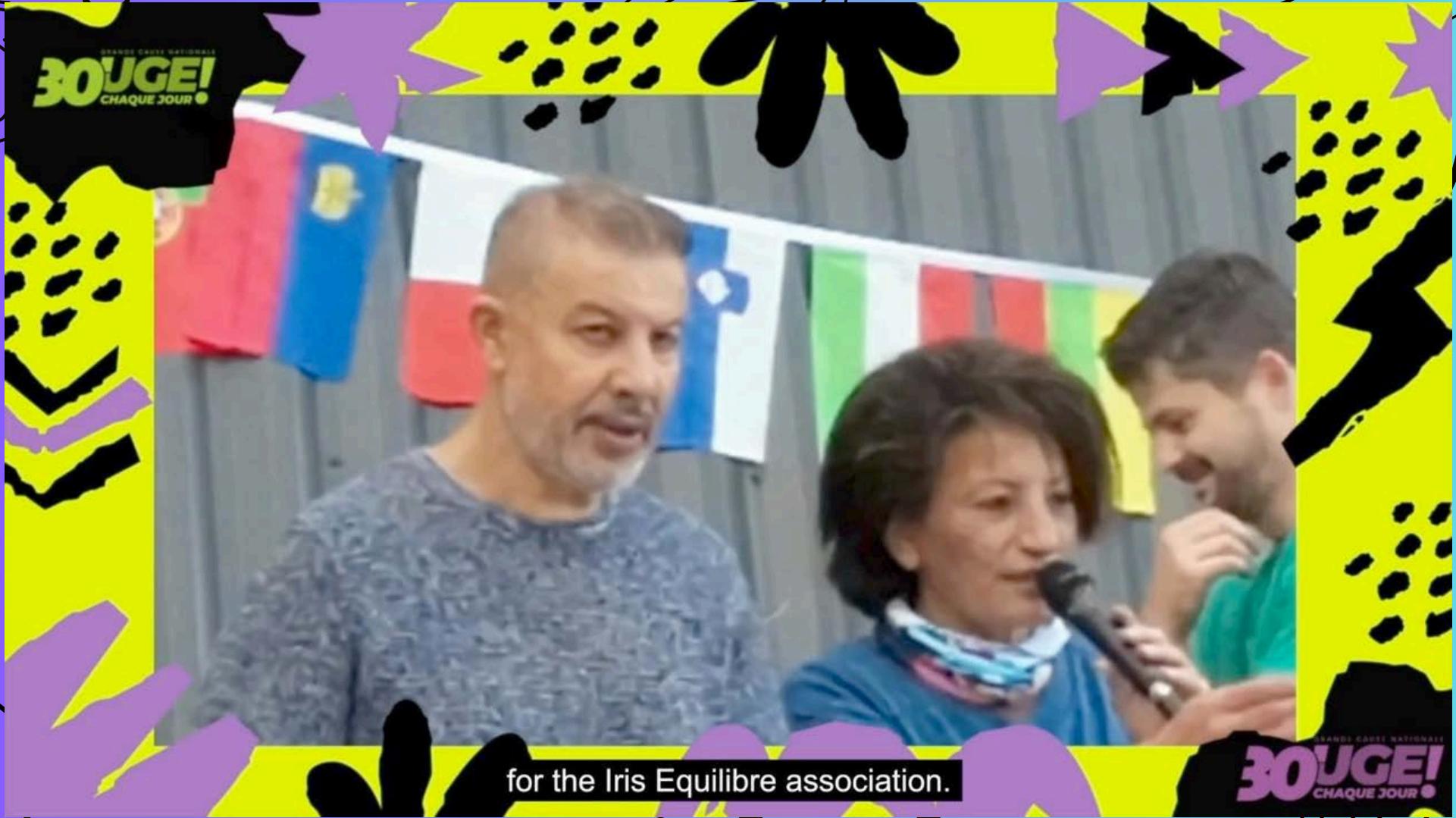


Now, I'm going to call Sébastien and Simon

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



who are going to come and present their stand



for the Iris Equilibre association.



Hello. We're here.



We carry out fitness assessments.



Our job is to carry out a technical inspection of the body,



to put it very simply.



We measure flexibility, strength and balance,

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR

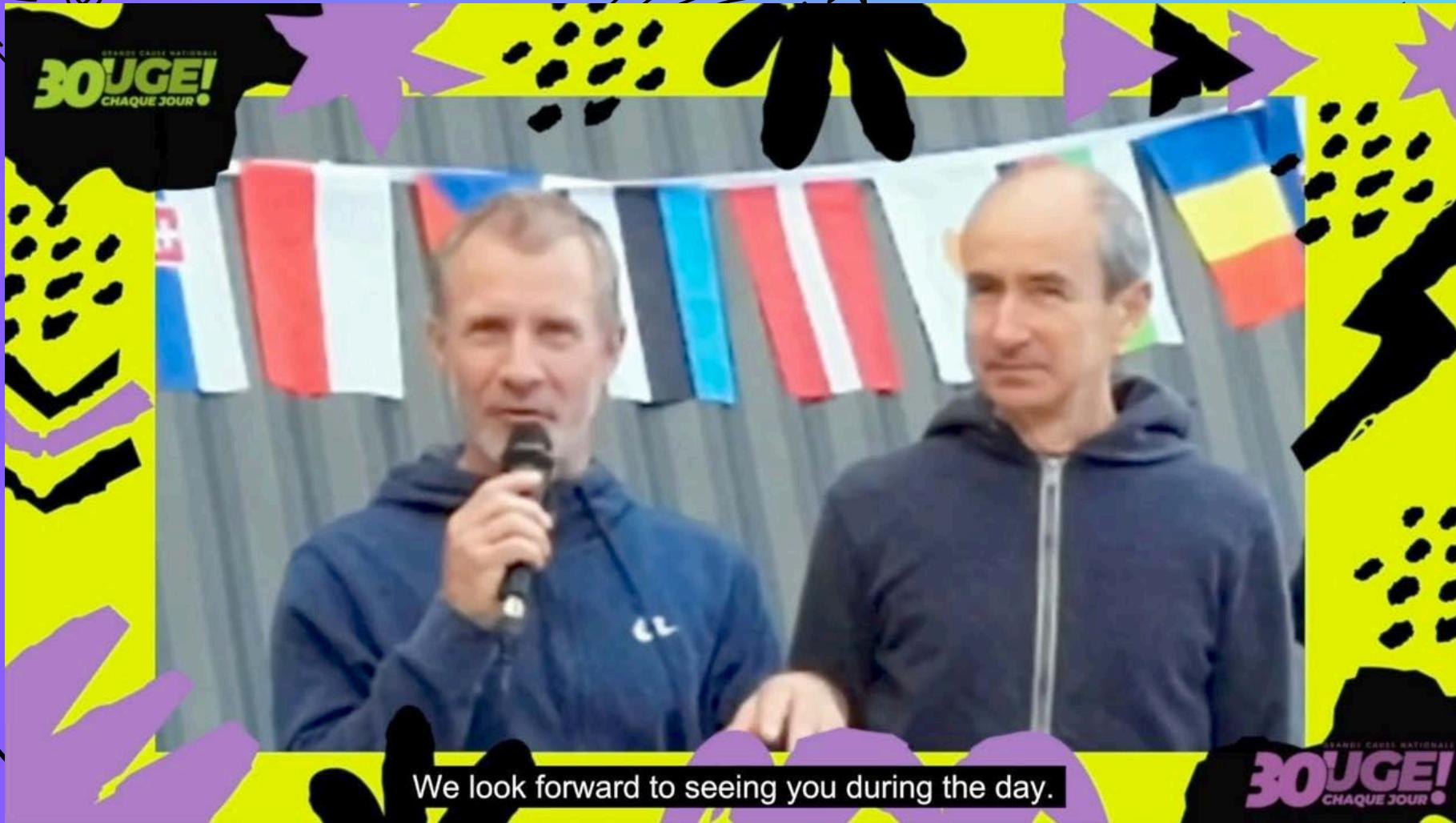


the five contribution factors.



And we'll see where you stand from that point of view.

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



We look forward to seeing you during the day.

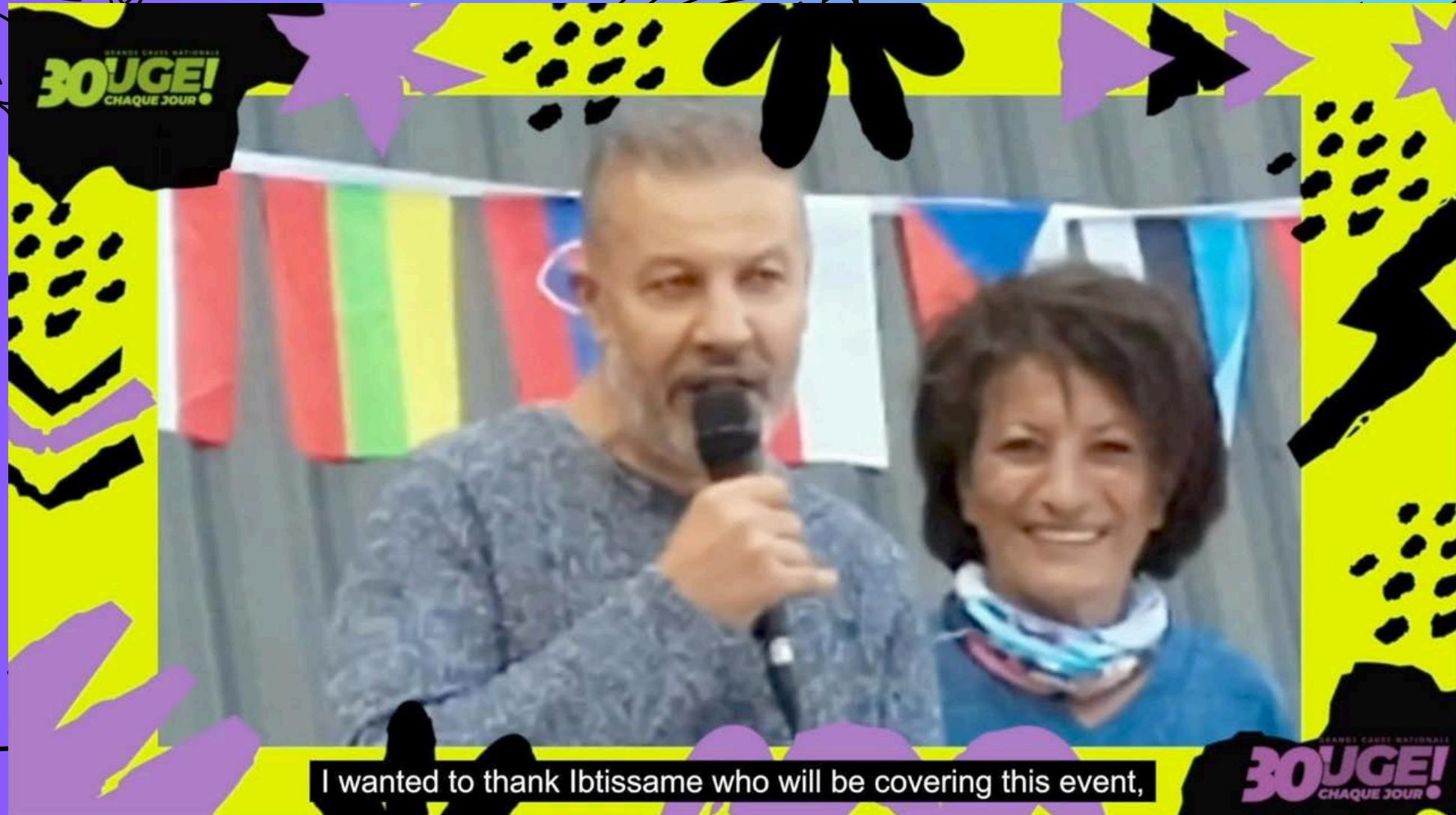


And to round off this sporting journey,





So, right from the start,

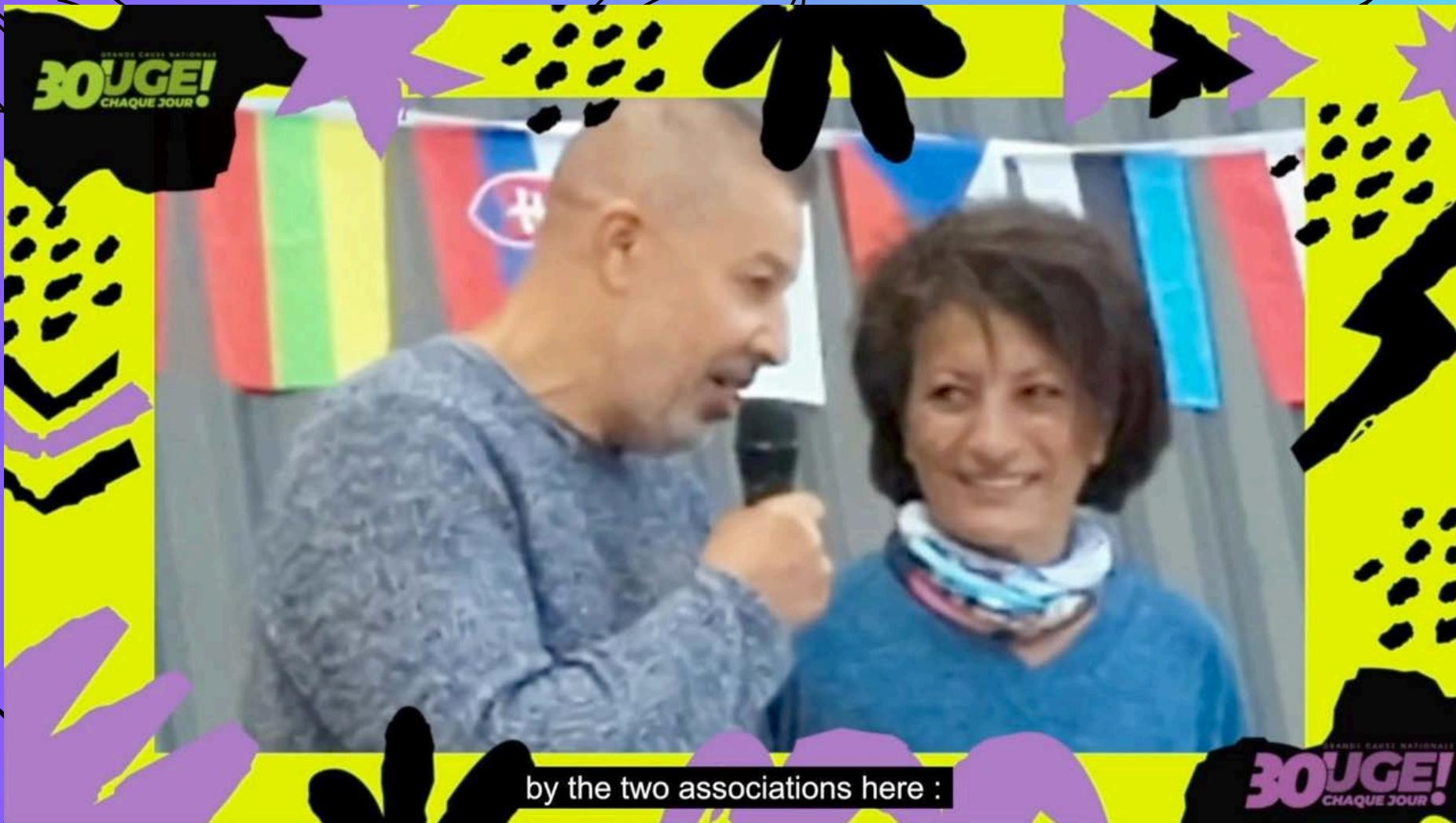


I wanted to thank Ibtissame who will be covering this event,

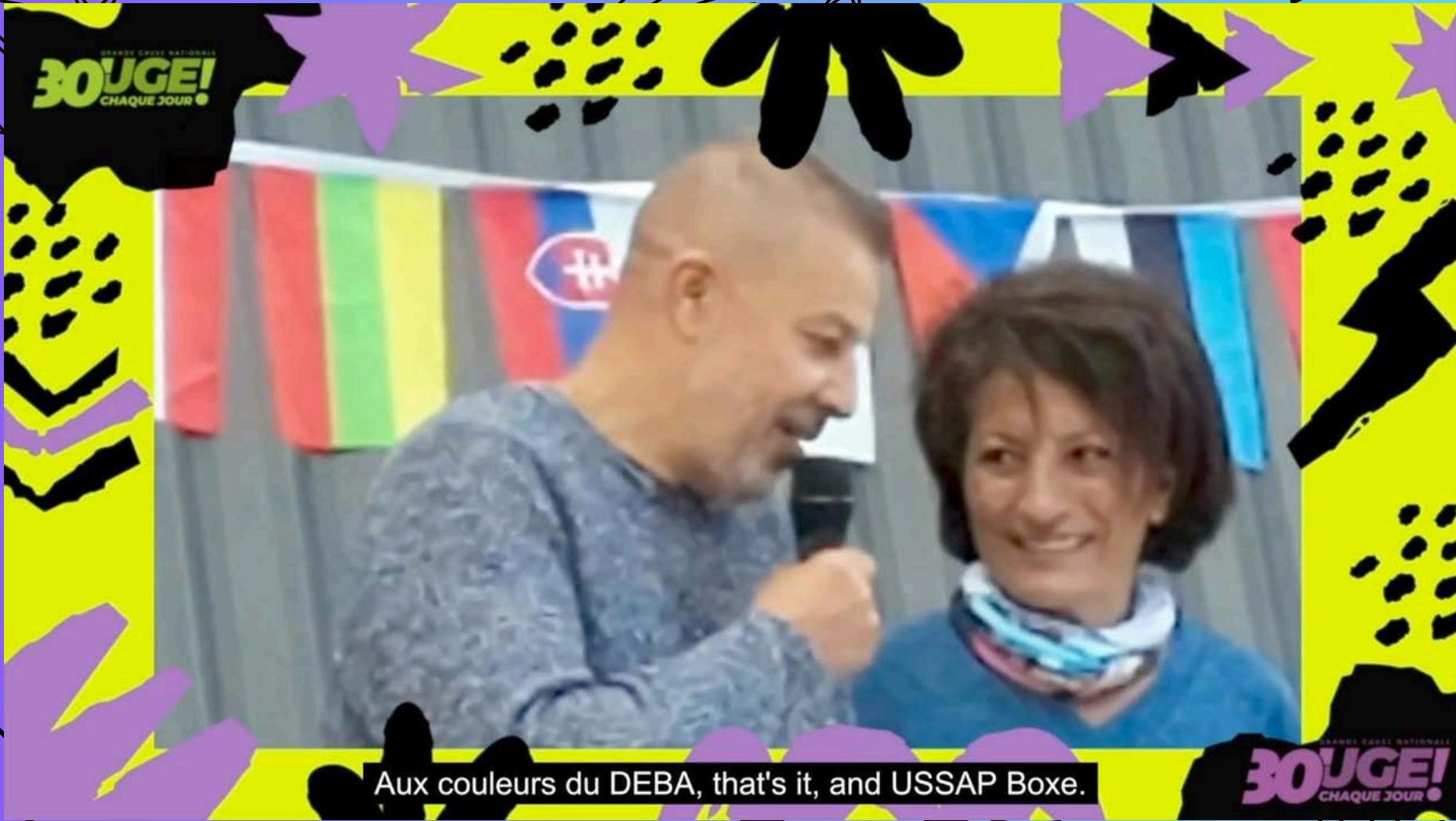


which will shine a light on all the work done

GRANDE SAUTÉ NATIONALE  
**BOUGE!**  
CHAQUE JOUR



by the two associations here :



Aux couleurs du DEBA, that's it, and USSAP Boxe.

BOUGE!  
CHAQUE JOUR





who has been with us from the start,



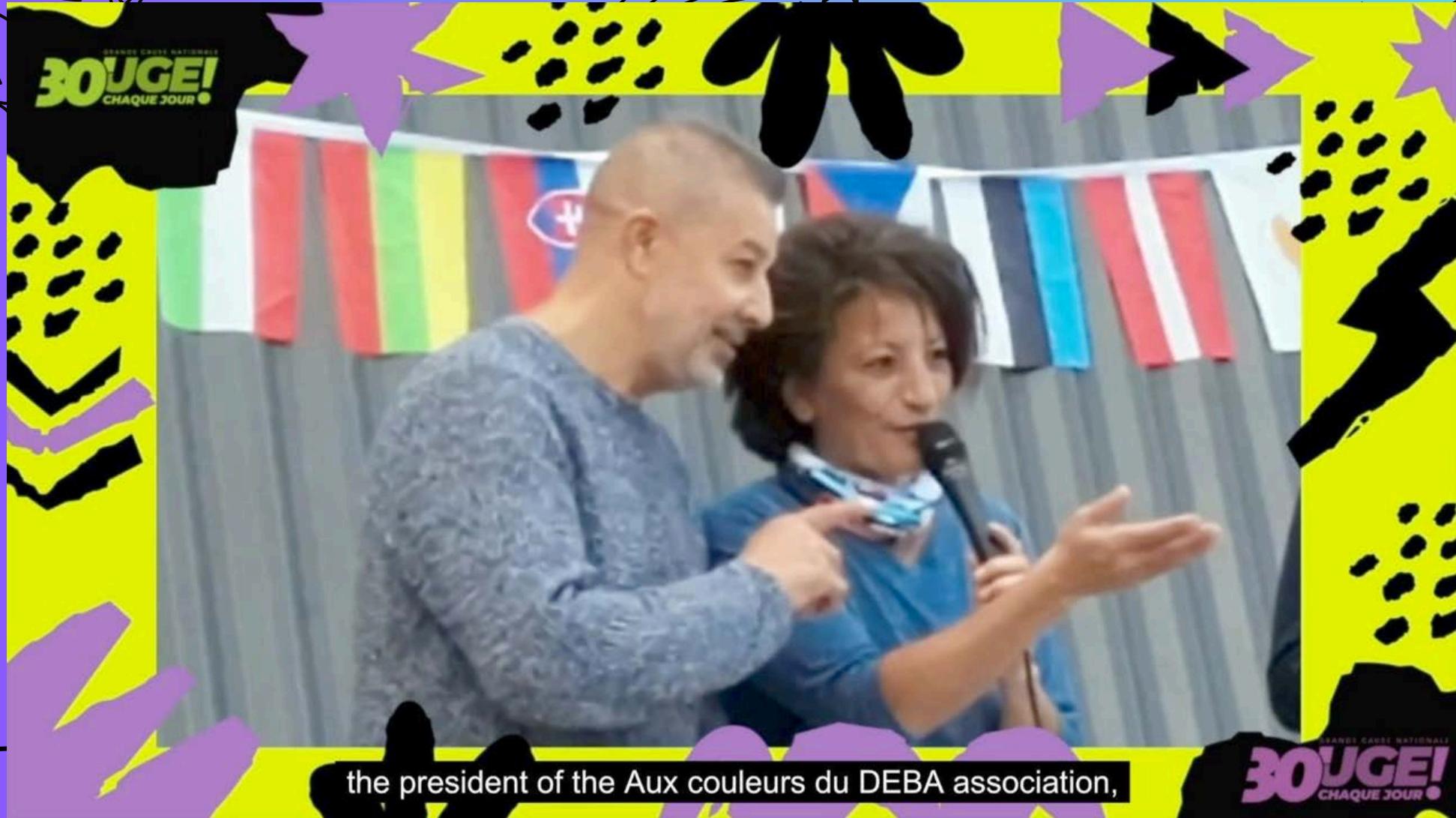
and above all, the jury table.



Because you'll get trophies if there's a jury.



So we're going to call



the president of the Aux couleurs du DEBA association,



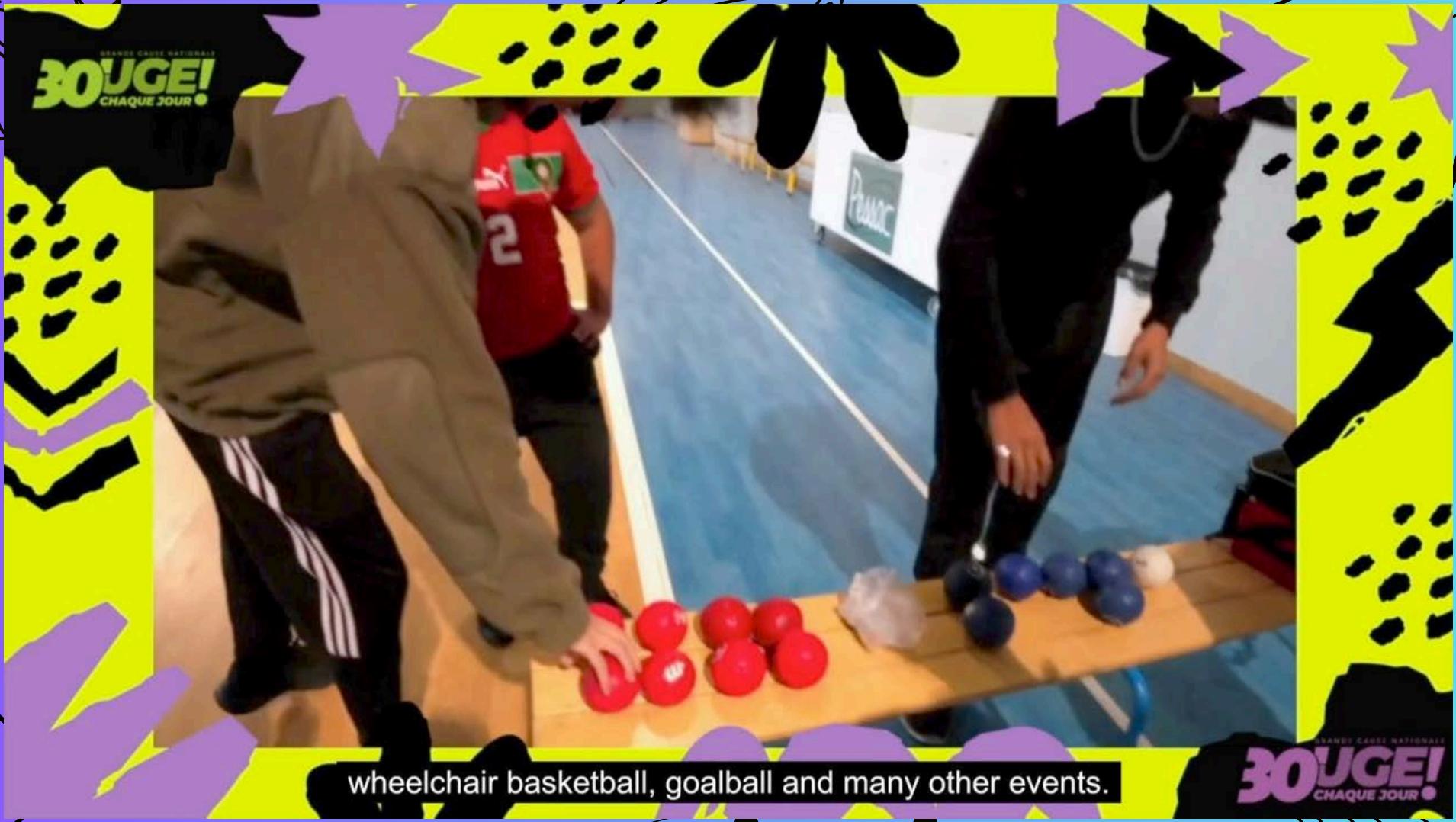
who will be manning the jury stand.







Follow the teams as they compete in boccia,



wheelchair basketball, goalball and many other events.

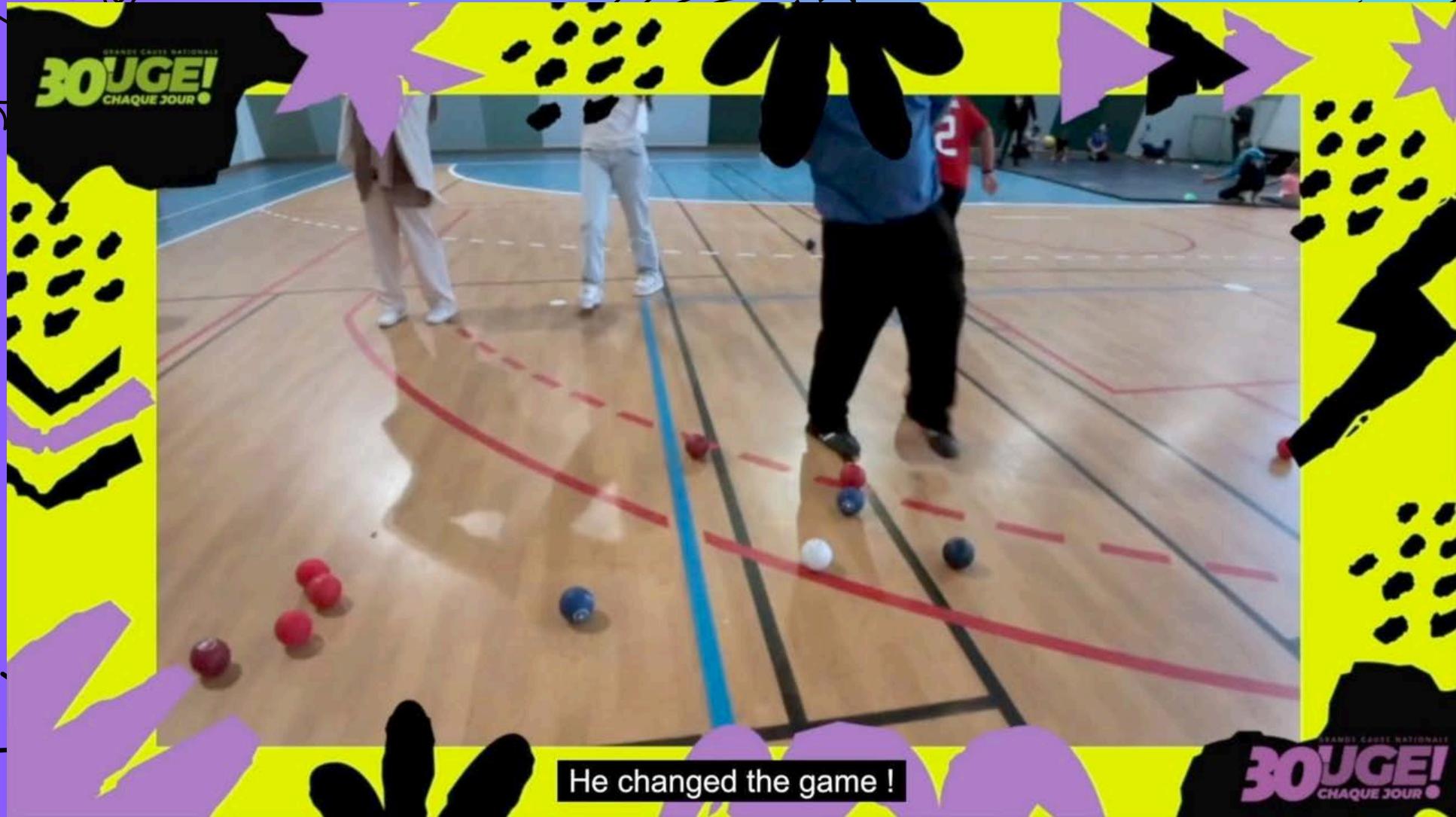
GRANDE GRUVE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



but always with respect and solidarity !

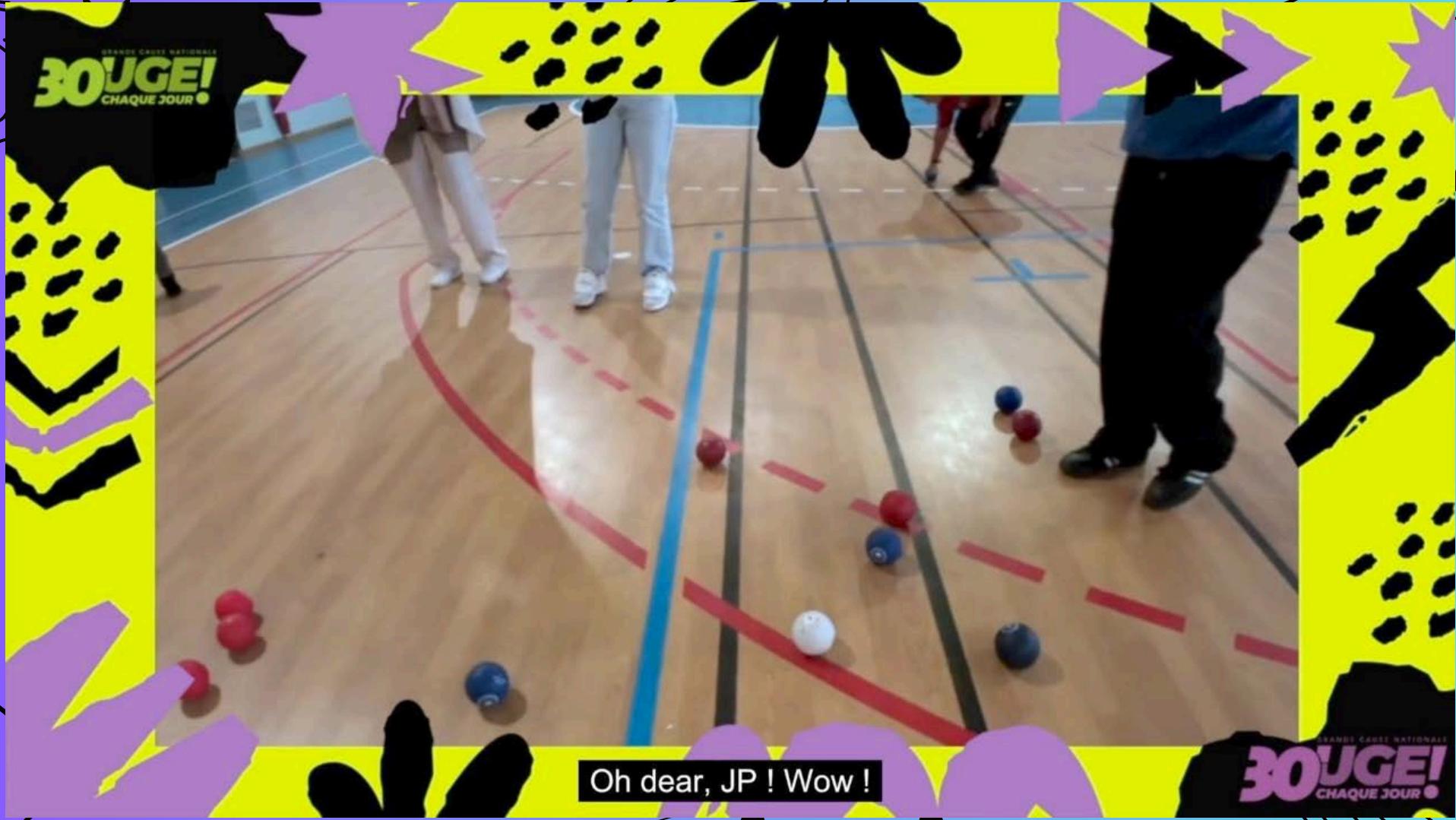






He changed the game !

GRANDE GAULE NATIONALE  
**BOUGE!**  
CHAQUE JOUR





One for the blues, two for the reds.







It's really not easy to play sitting down!



Now let's discover wheelchair basketball.

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



If he's like that,



he has the right to take the ball from me.

GRANDE CANTINE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



Now,



if he has the ball and his hand is on it,

GRANDE CROIS NATIONALE  
**BOUGE!**  
CHAQUE JOUR





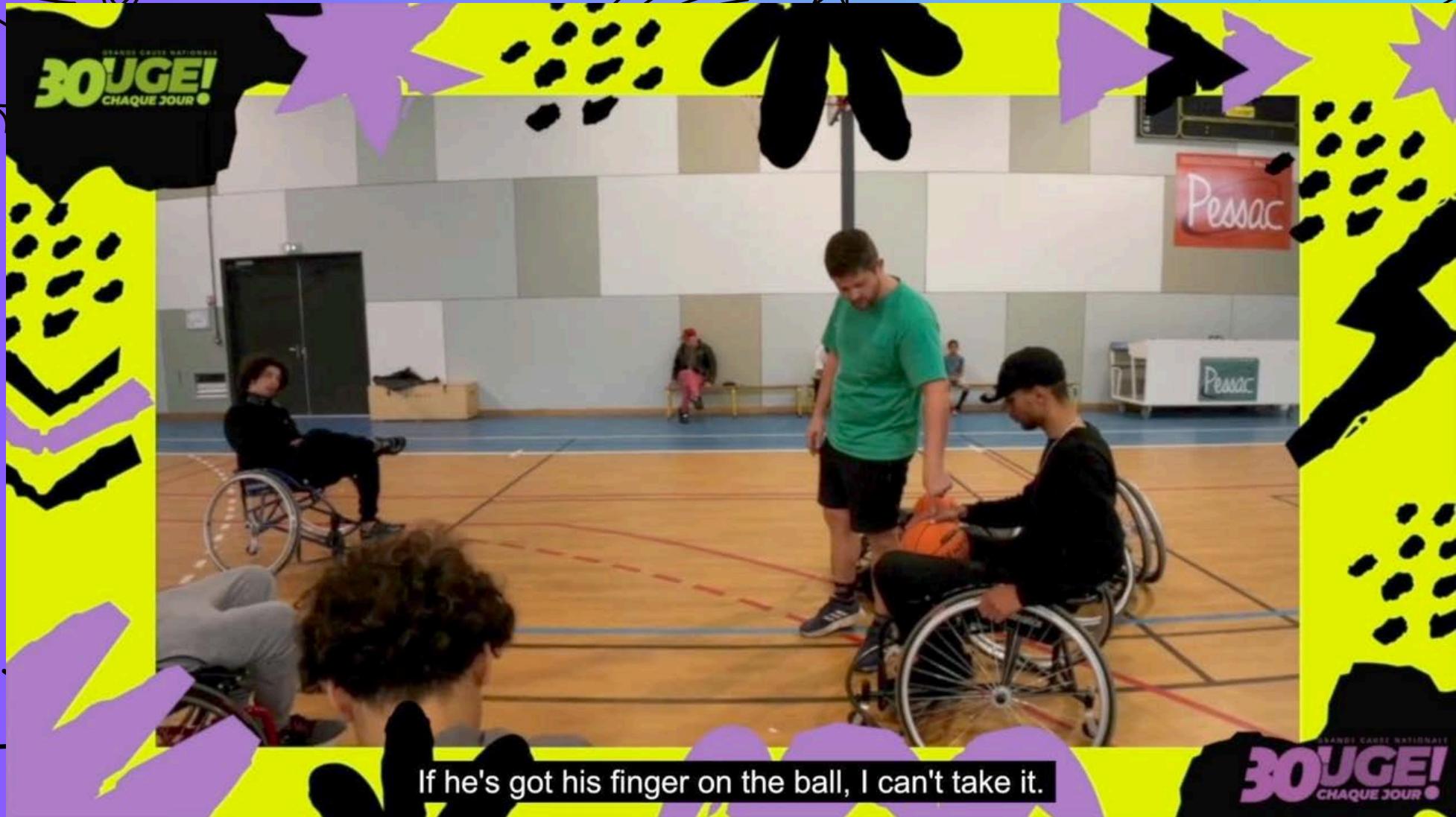
I'm not allowed to catch it.

GRANDE CAMPAGNE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



As long as he's got his hand on it, I can't.

**BOUGE!**  
GRANDE CAUSE NATIONALE  
CHAQUE JOUR



If he's got his finger on the ball, I can't take it.





If it's on the sides, I can take it.











That's good, that's good.

BOUGE!  
CHAQUE JOUR



Yes, bravo !

GRANDE CAMPAGNE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



Well done, it's over.

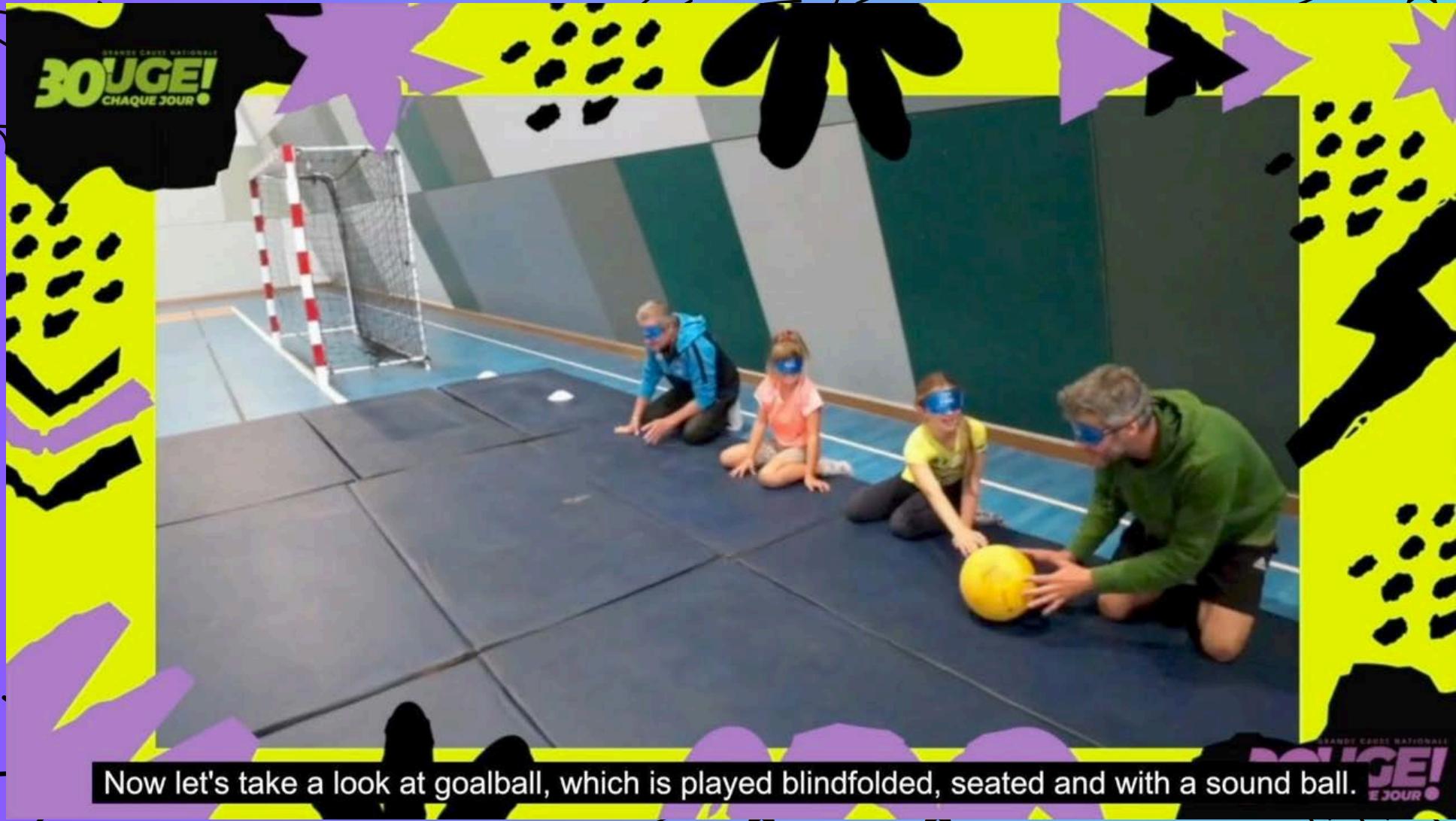
BOUGE!  
CHAQUE JOUR



Come on, let's get up.

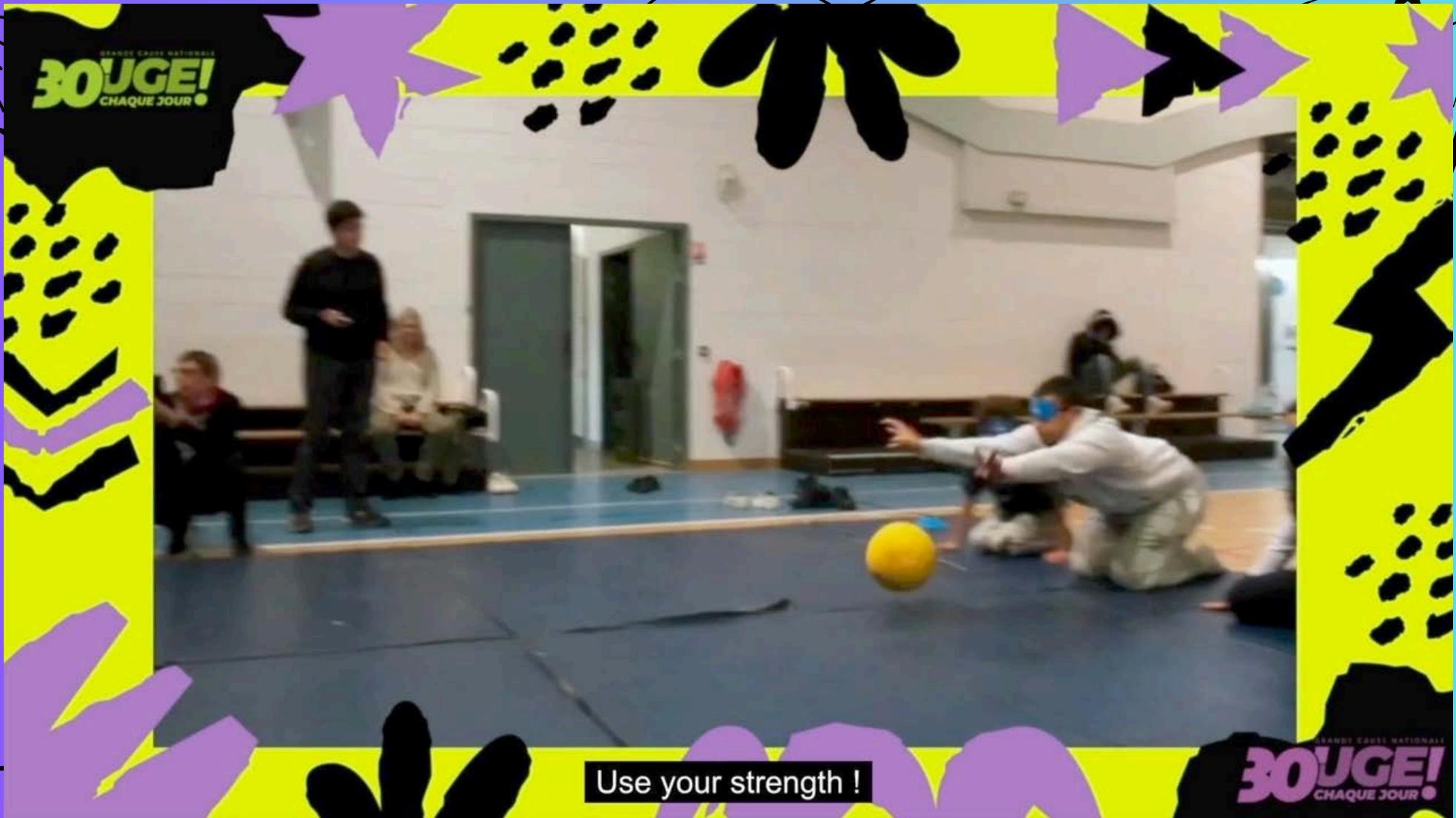






Now let's take a look at goalball, which is played blindfolded, seated and with a sound ball.

BOUGE!  
CHAQUE JOUR



Use your strength !



Let's leave the gym and



take a look at the other events outside.



Let's start with handiboxing.



Breathe between each stroke.



And that's it.

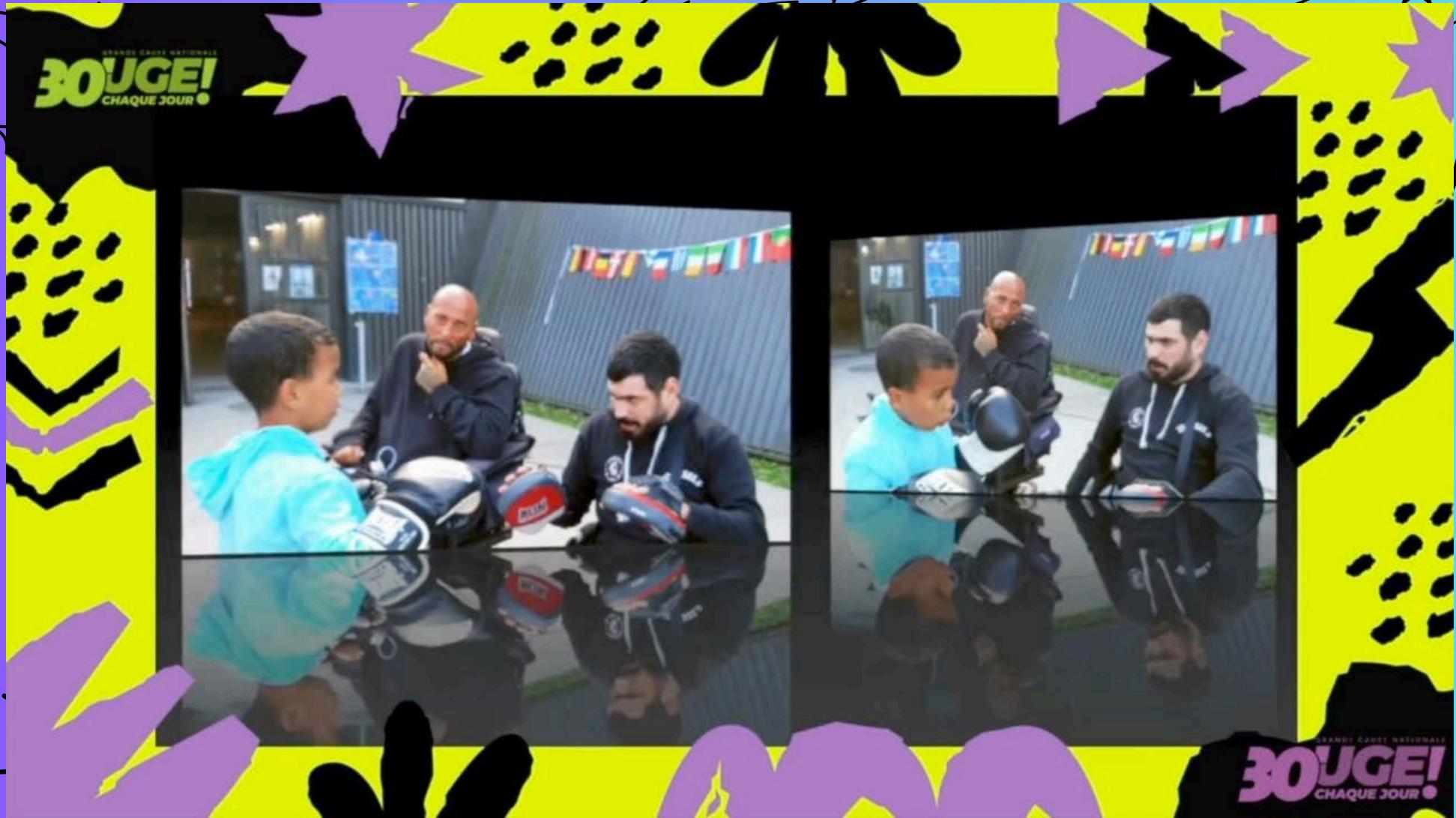


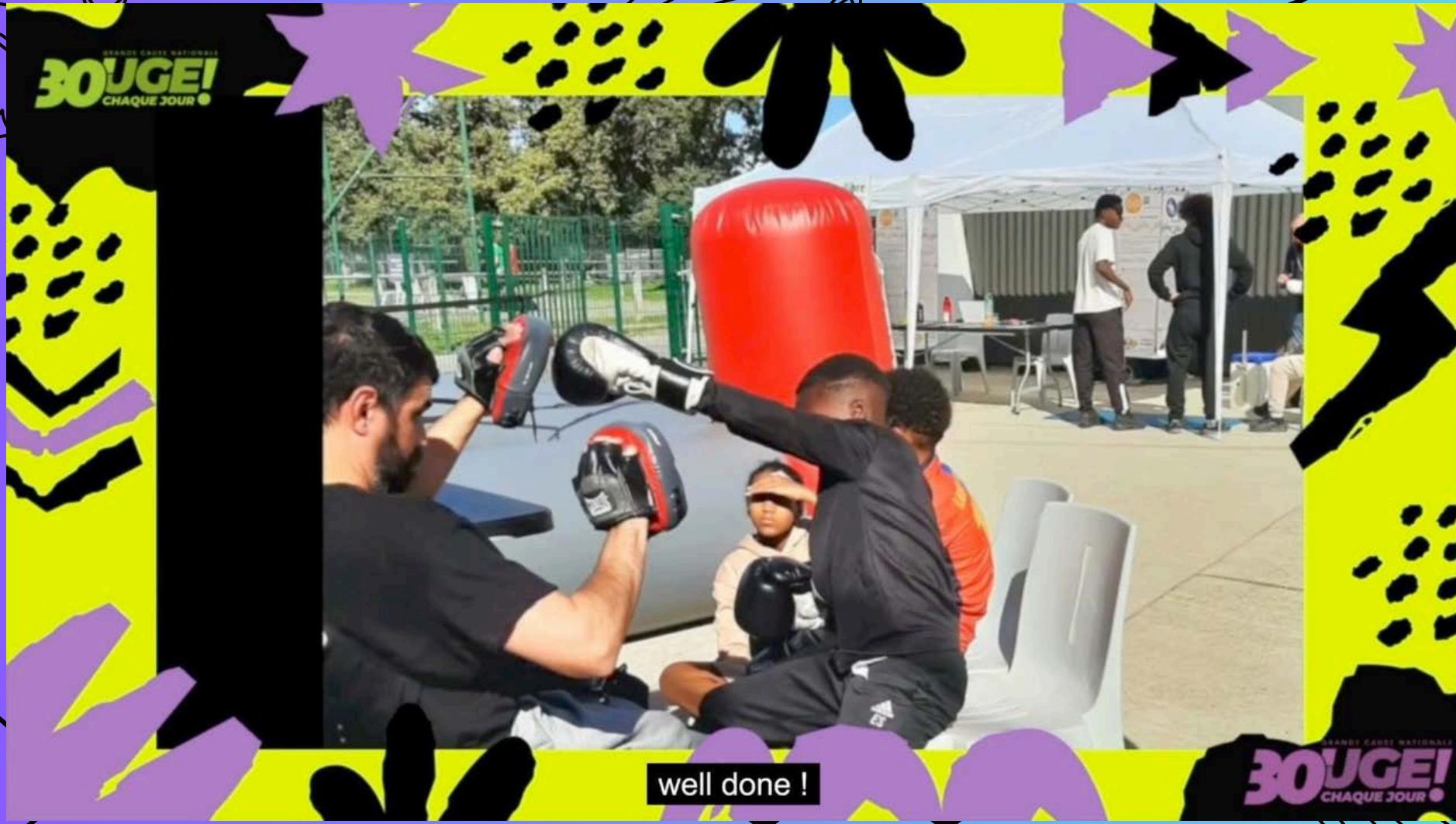


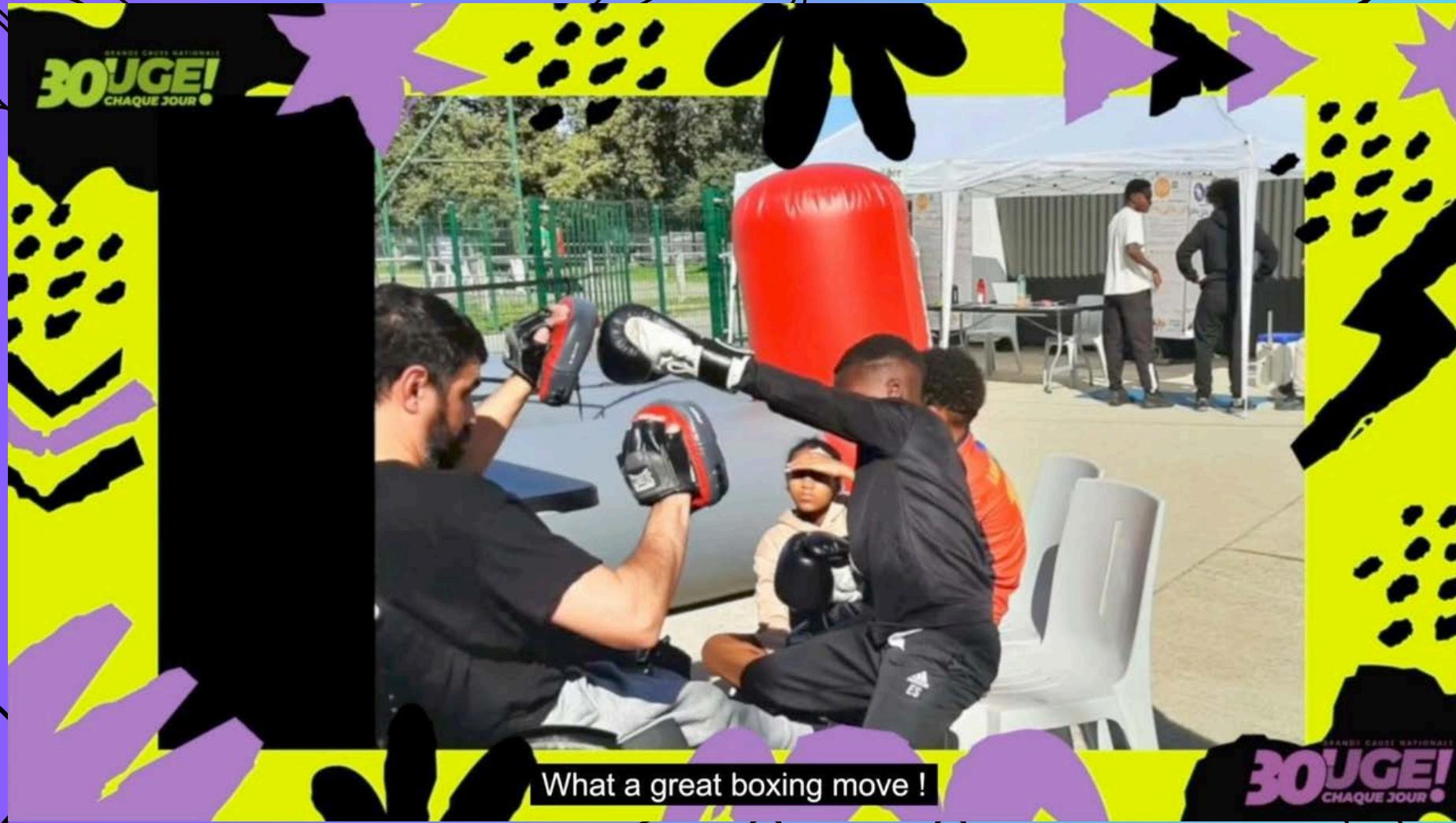
Hold out your arm when you strike.



That's right.







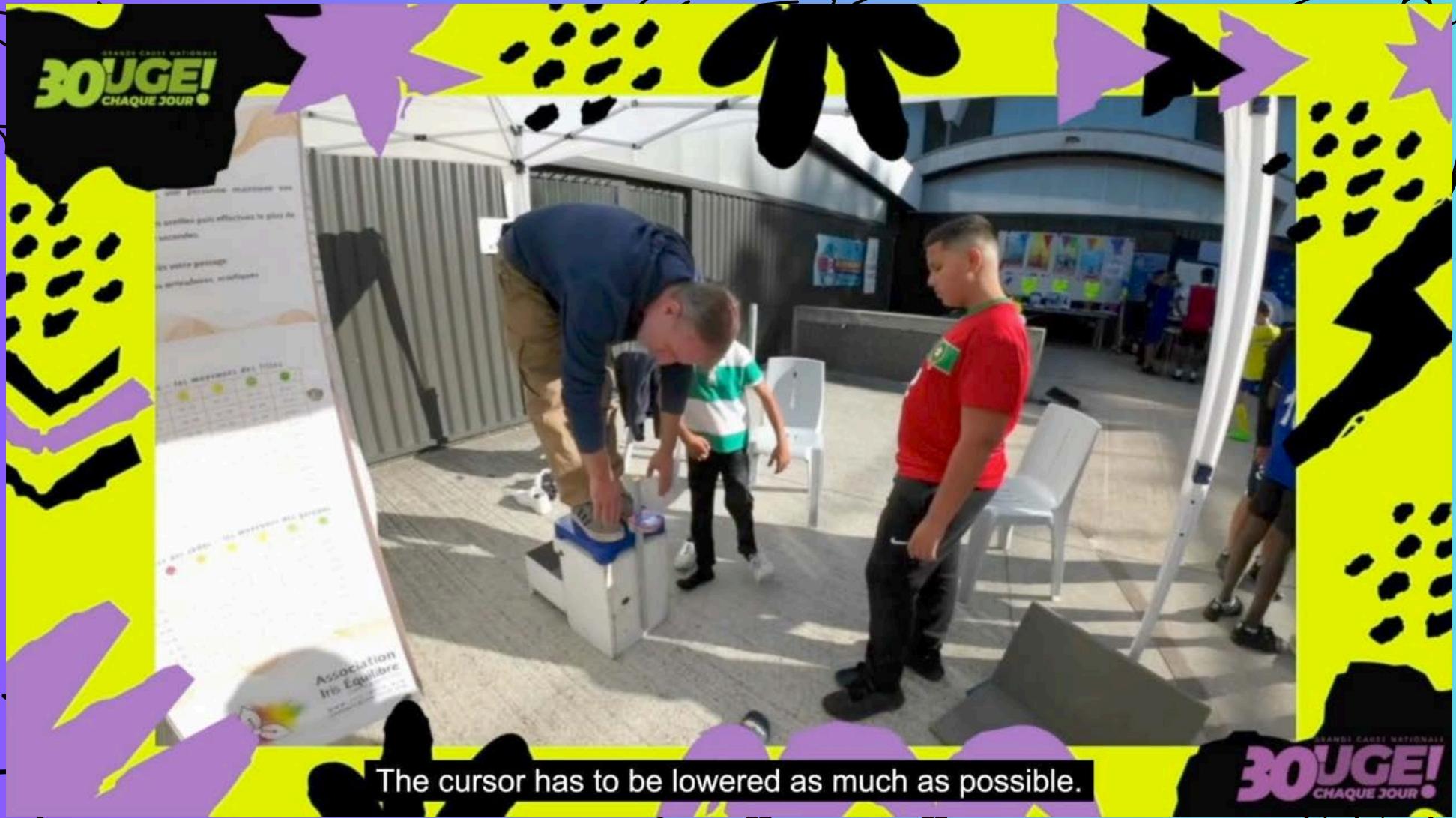
What a great boxing move !



Now let's do some exercises



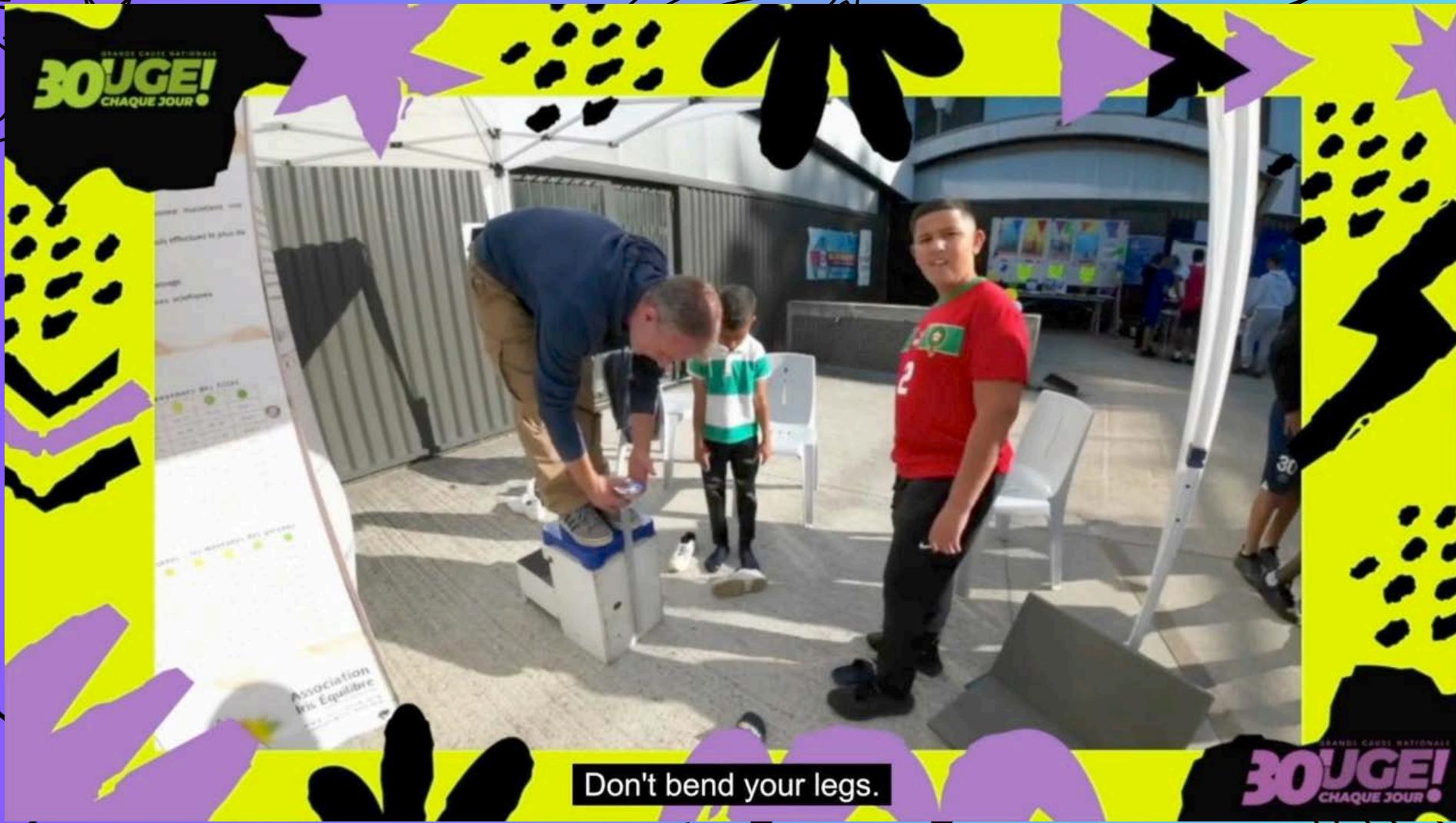
to find out how fit we are.



The cursor has to be lowered as much as possible.



You don't put on a brace.



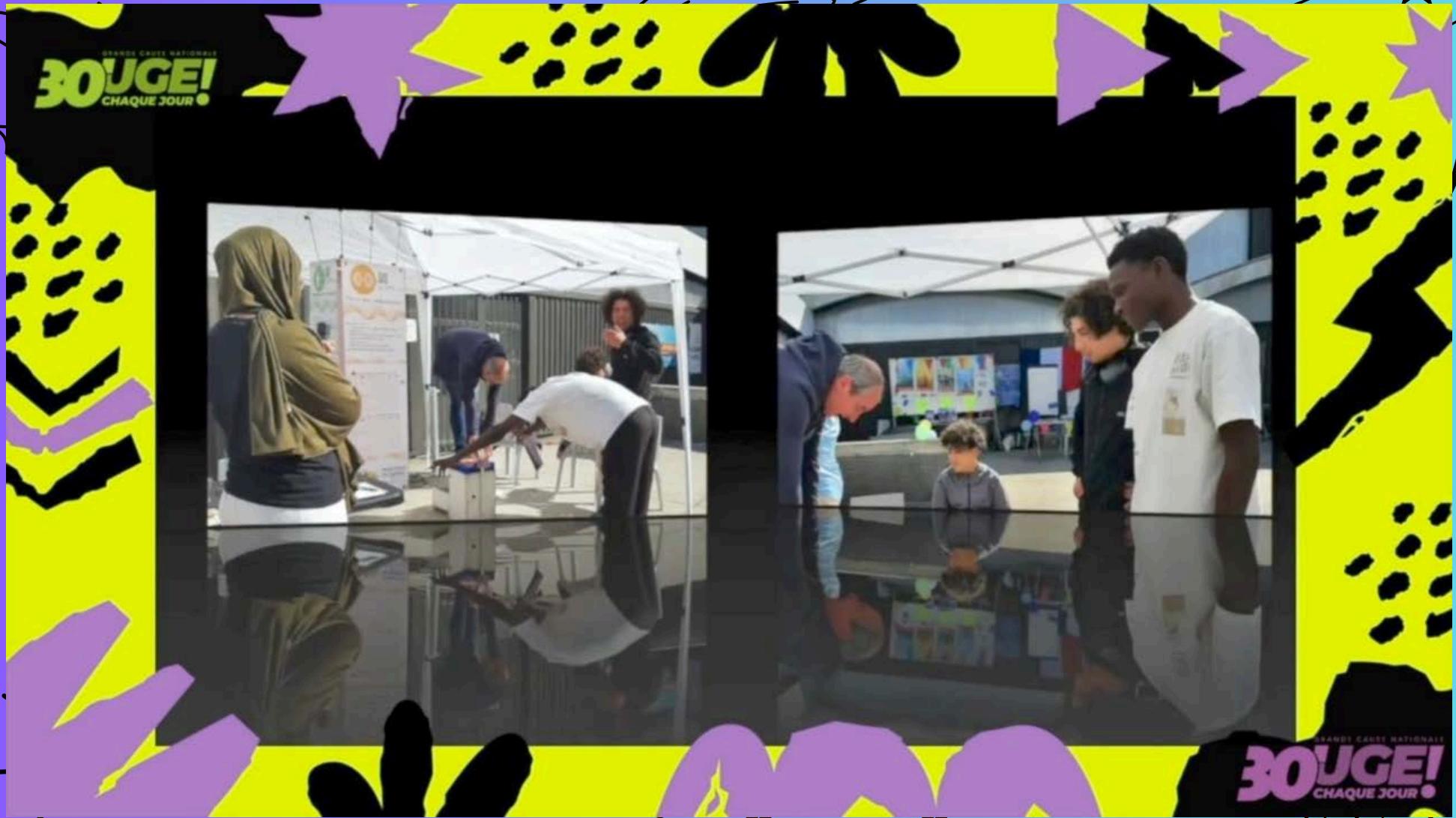
Don't bend your legs.

GRANDE CAMPAGNE NATIONALE  
**BOUGE!**  
CHAQUE JOUR





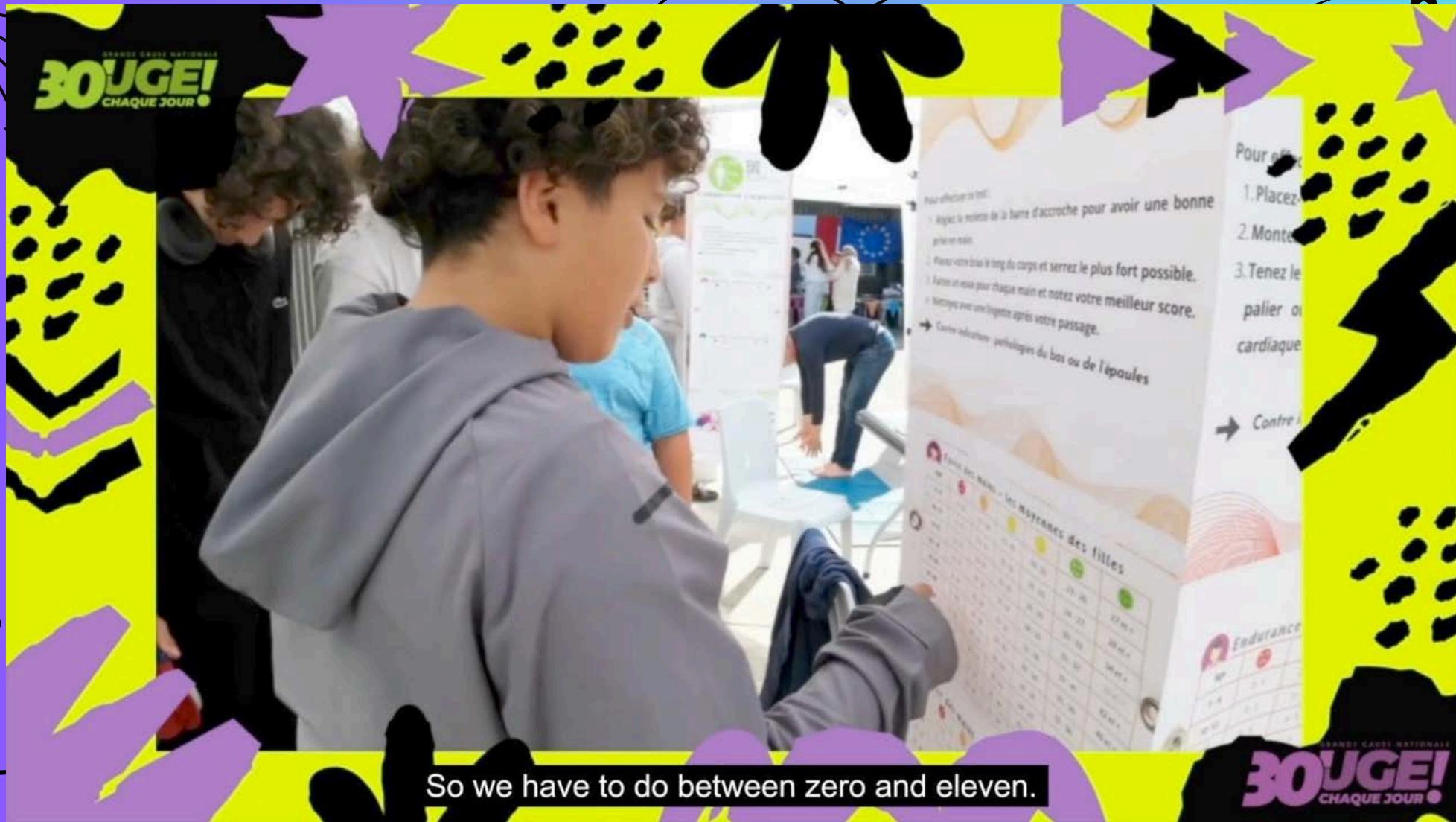
Everything's going to be fine !

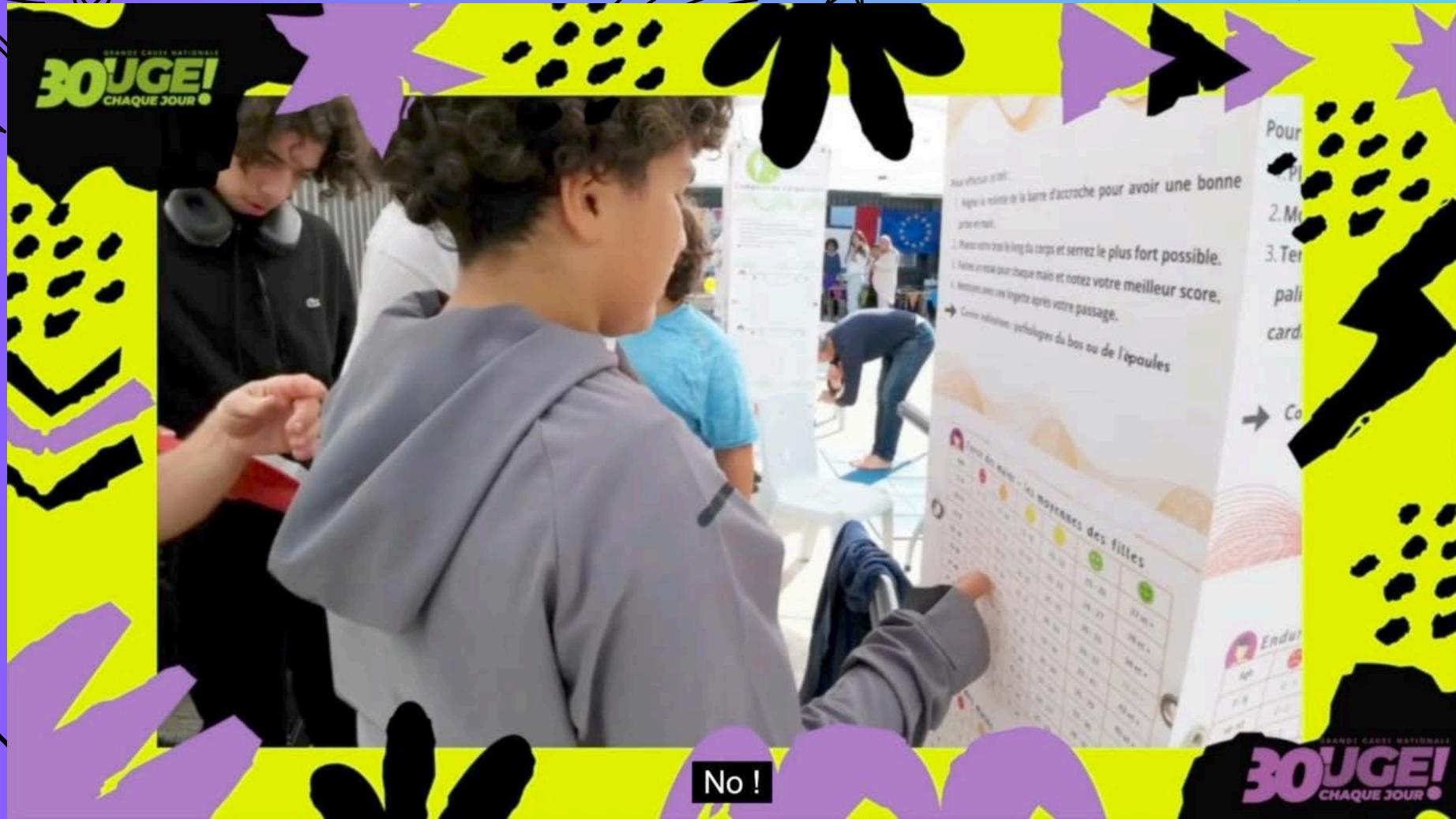


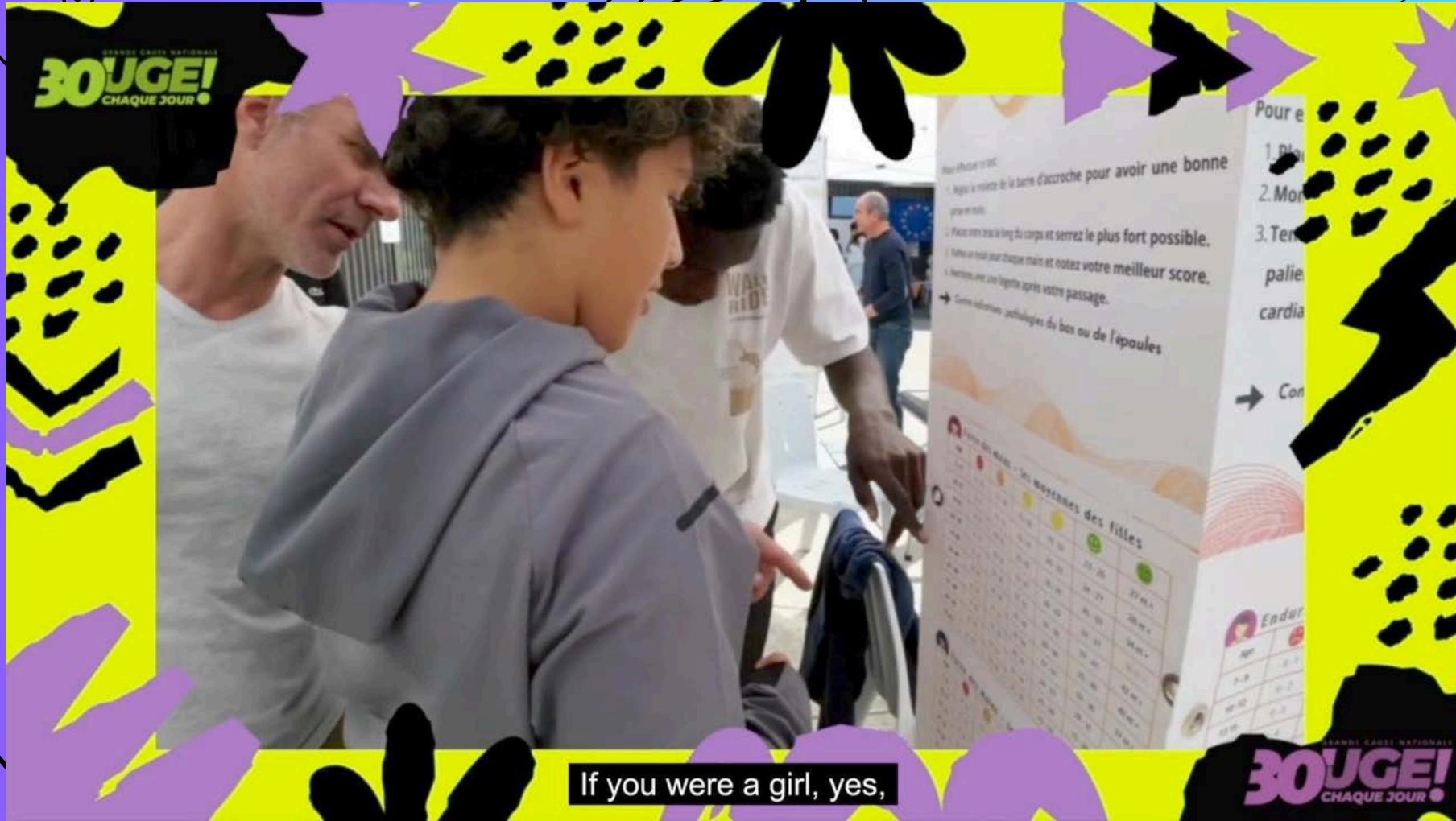


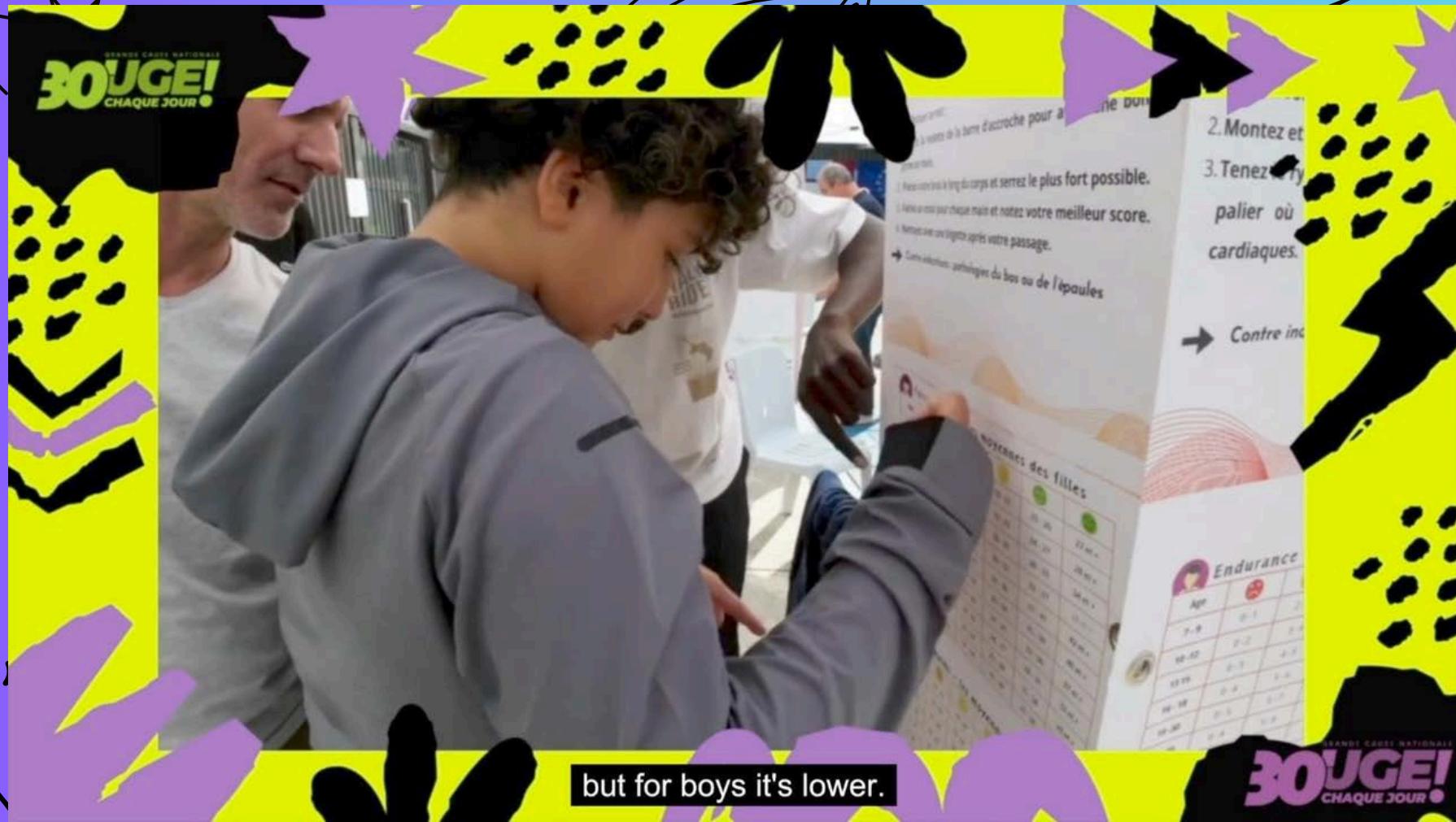




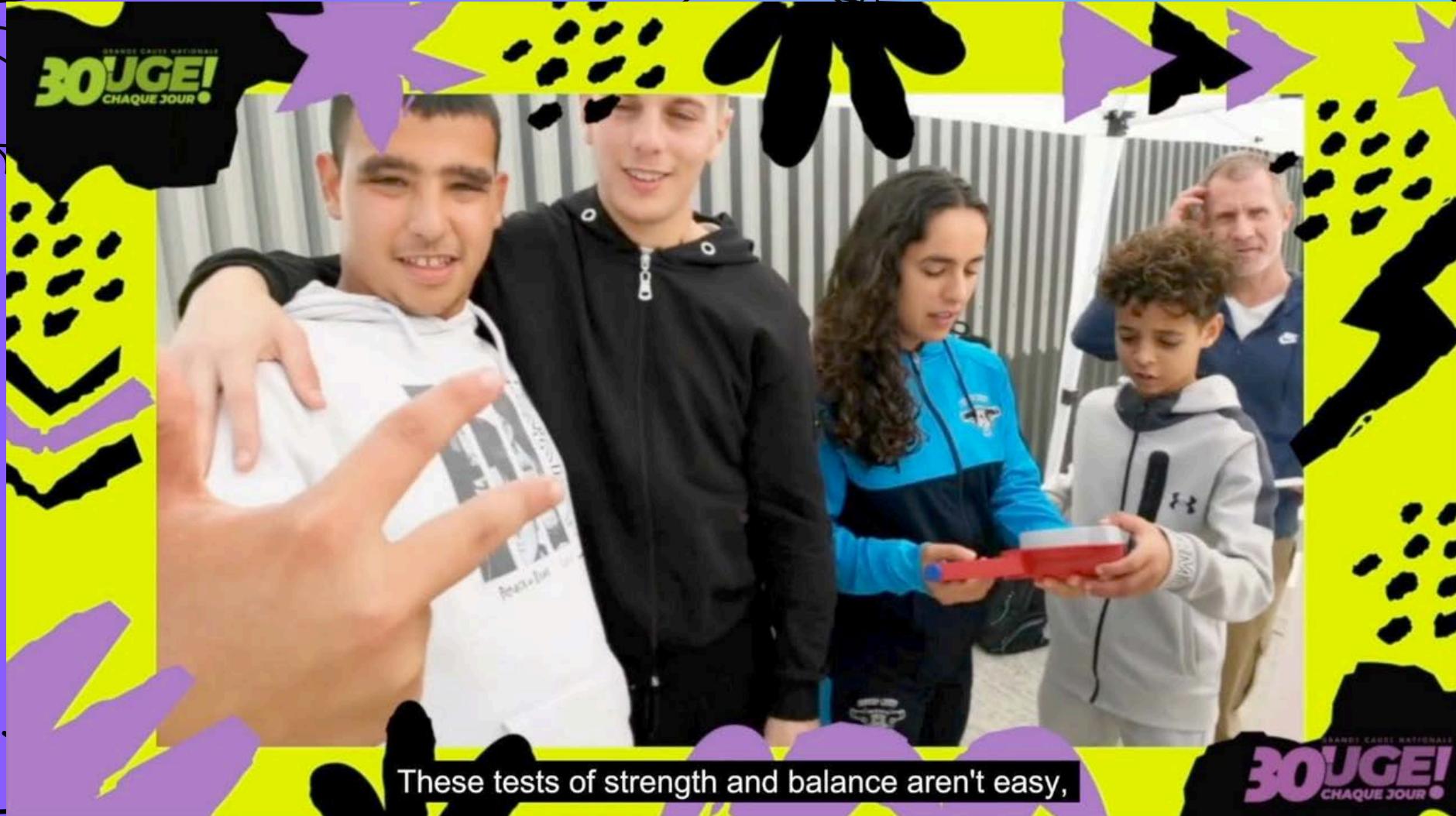






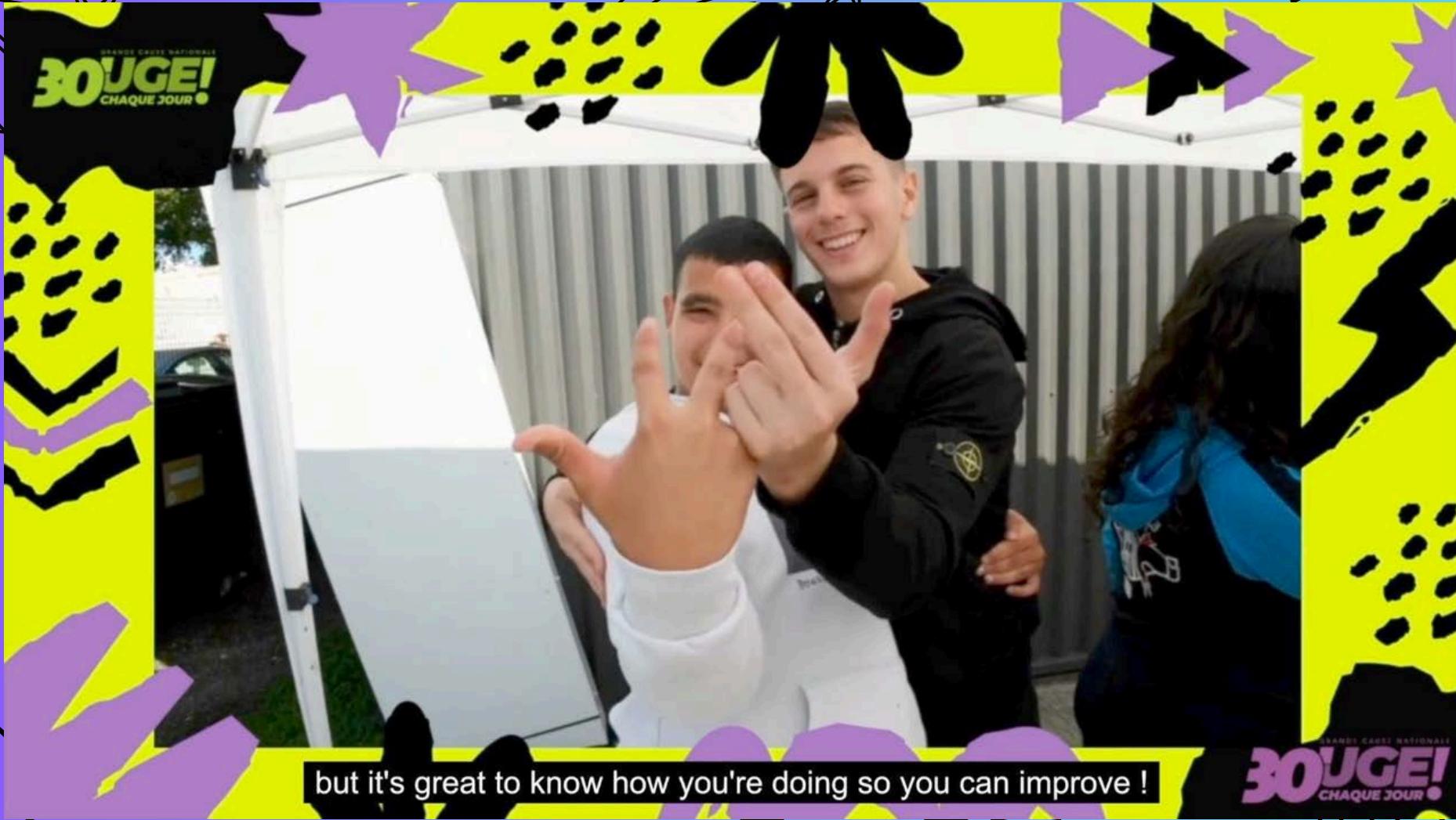


but for boys it's lower.



These tests of strength and balance aren't easy,

GRANDE SAUTÉ NATIONALE  
**BOUGE!**  
CHAQUE JOUR



but it's great to know how you're doing so you can improve !



Come on, let's go and see the laser shooting.



Here you can see two small dots.





The aim of the game when you're aiming is



to put this point here in the middle of the two.





but it's going to be fine.



For the pistol,



I recommend a strong hand on the pistol,

GRANDE CROIX NATIONALE  
**BOUGE!**  
CHAQUE JOUR



BOUGE!  
CHAQUE JOUR



some people do it that way,

GRANDE CAGNE NATIONALE  
**BOUGE!**  
CHAQUE JOUR!



but it's less legible.



With your arms outstretched,



you'll have a better view of the small dots



and therefore the viewfinder.



When you manage to aim into the black area,



a green light comes on.



There are five lights,



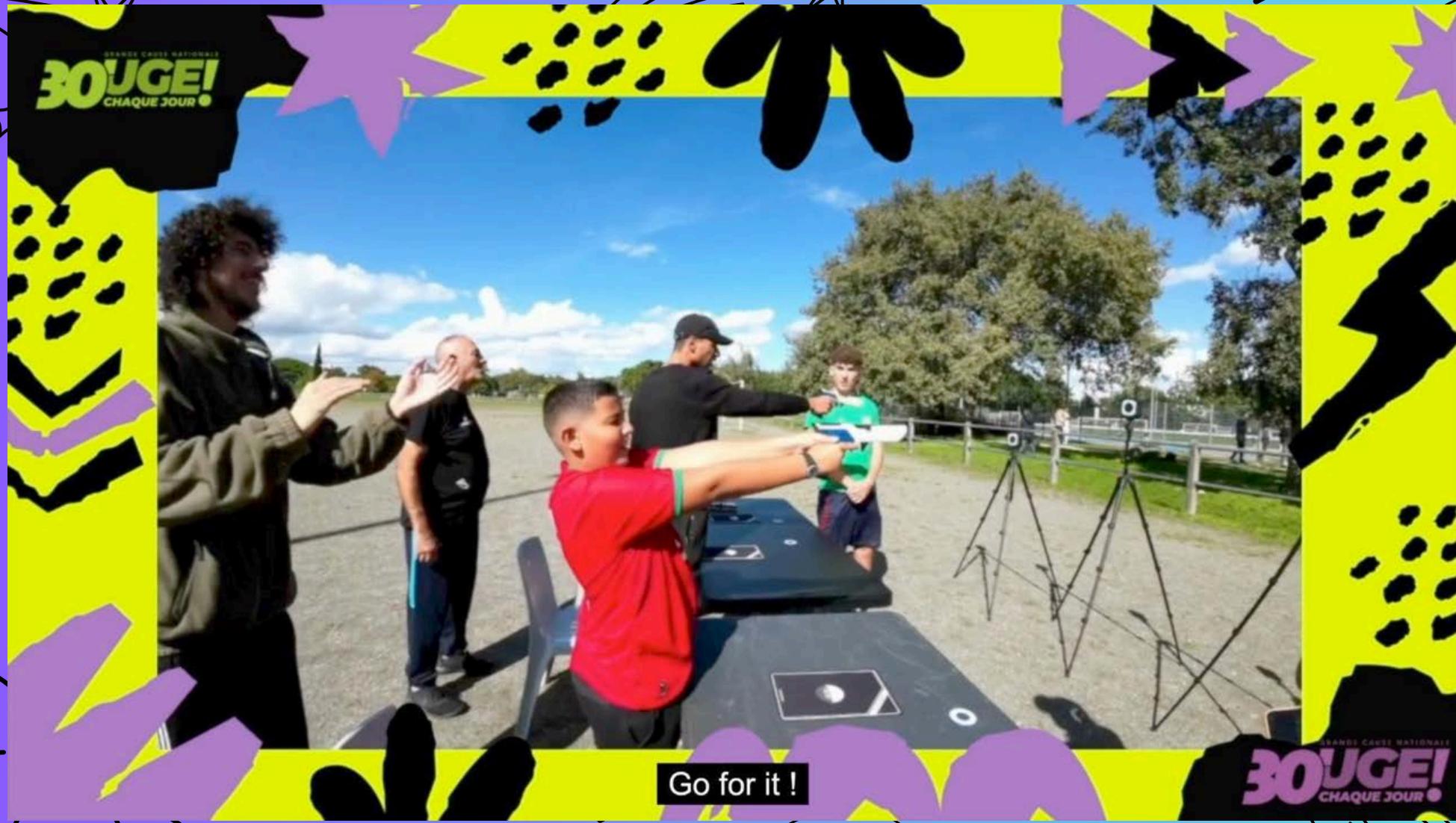
and then, once we've got the five,



it will go grey and then it will reset and start up again.



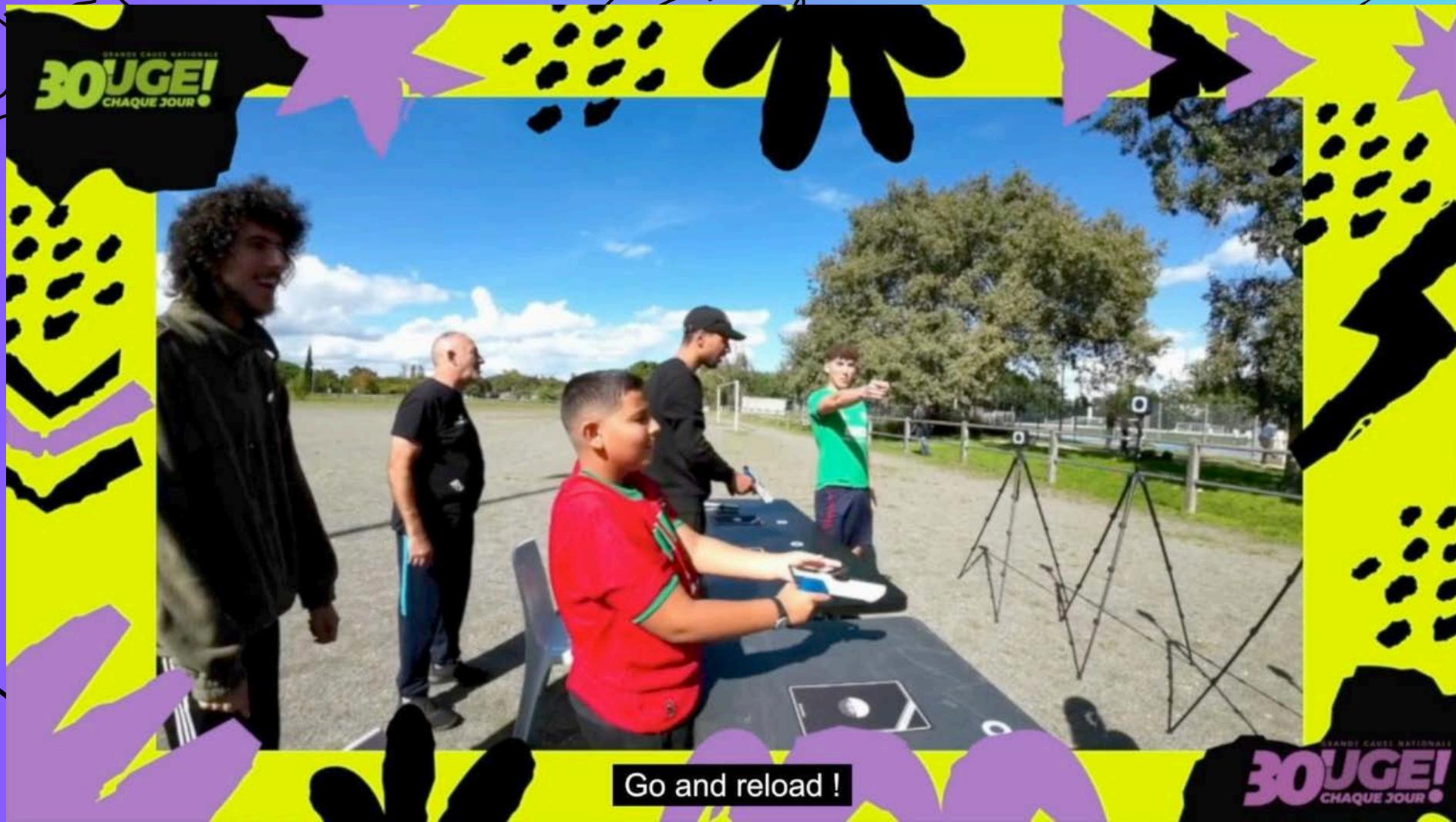
and then, once we've got the five,



Go for it !



You're doing great !



Go and reload !

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



Well done !

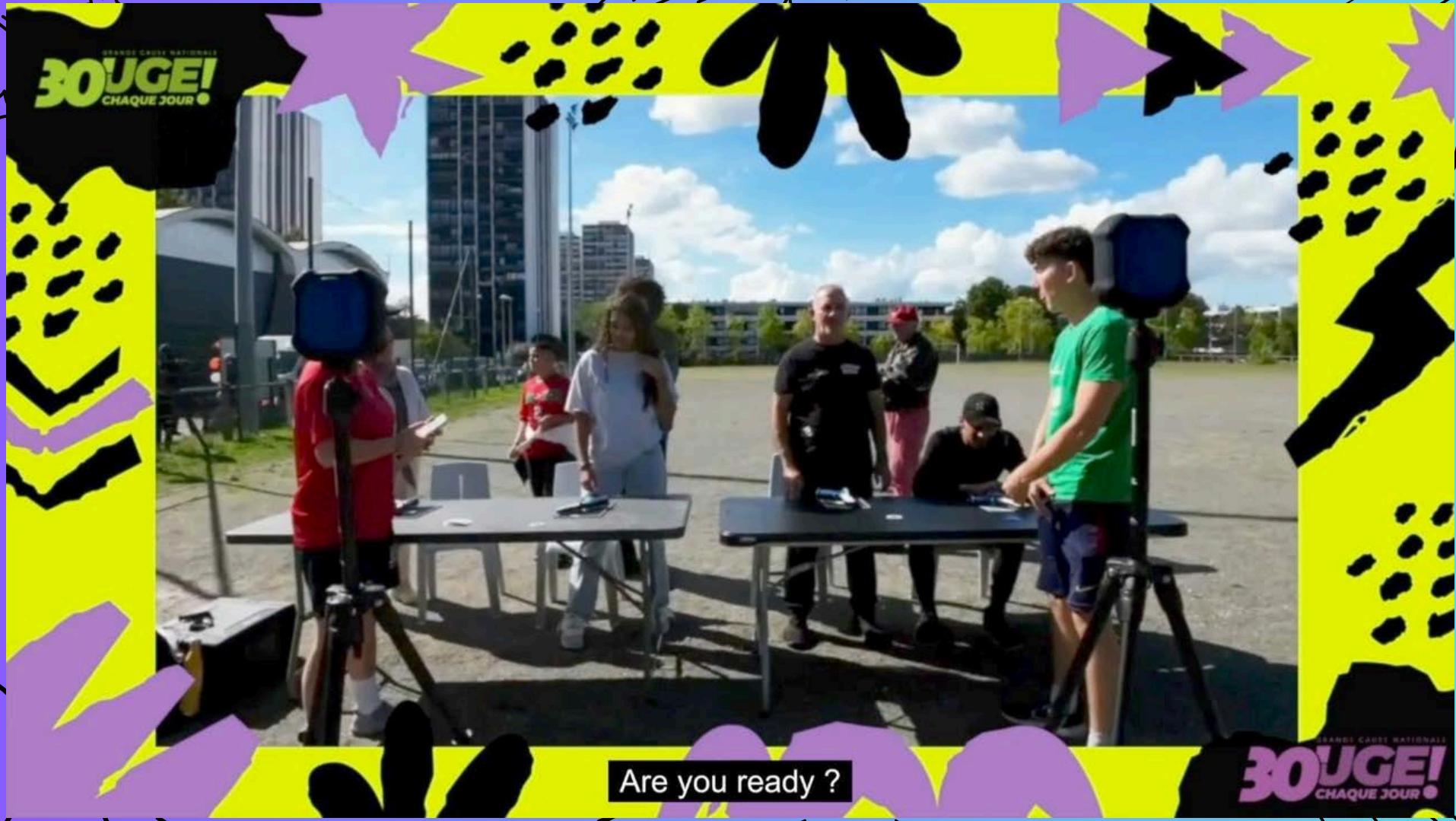




One more,



Come on !



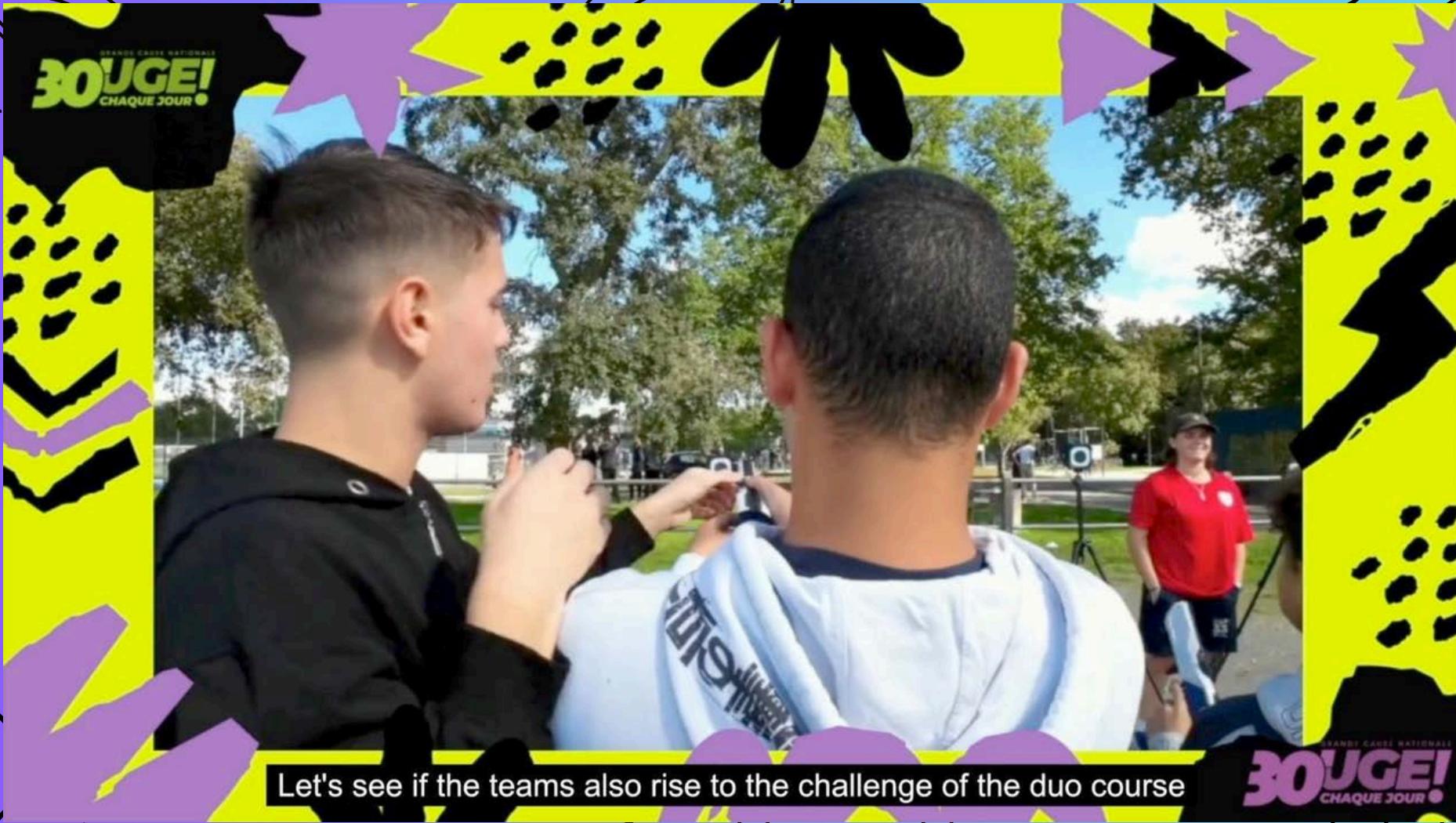


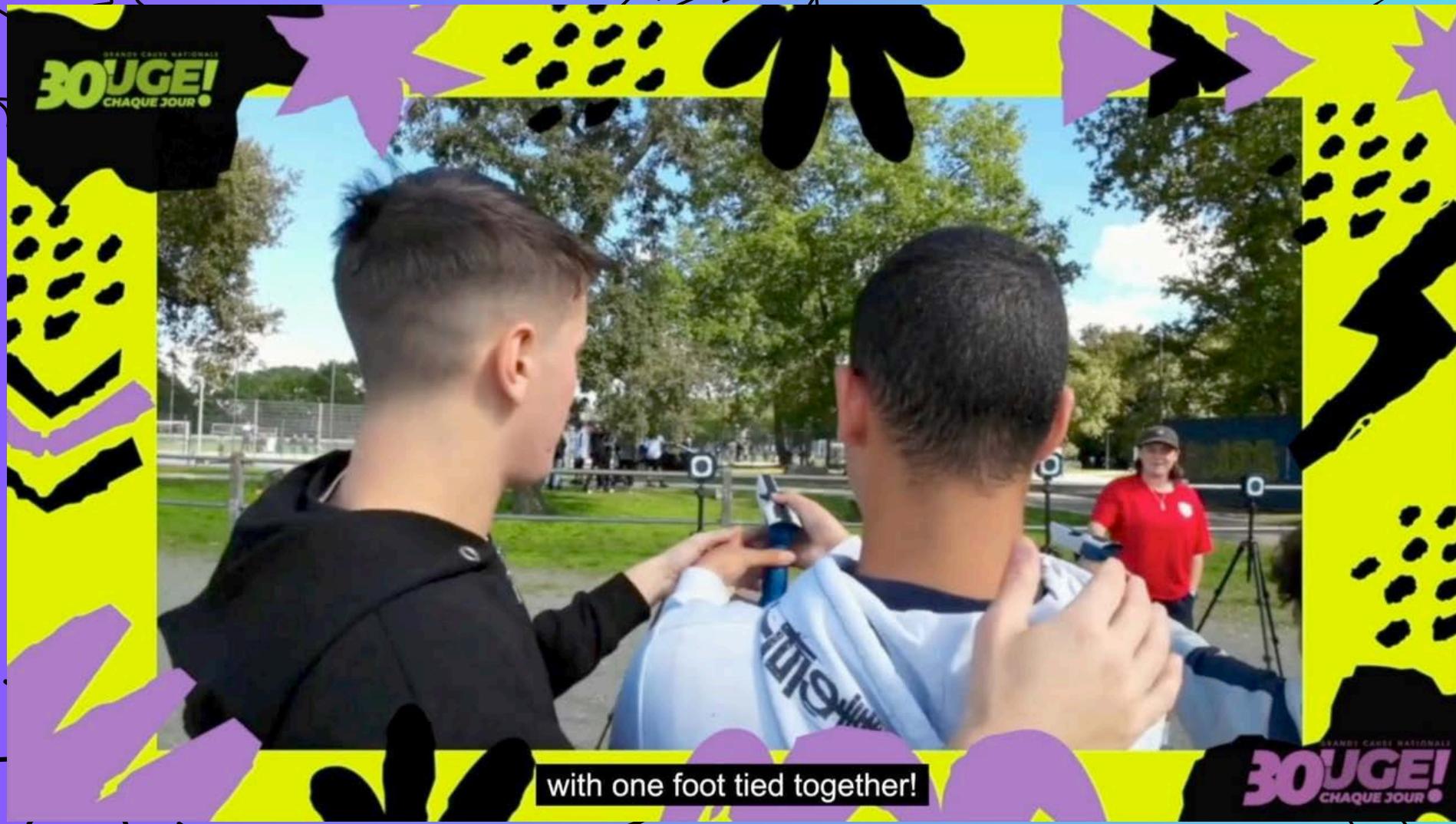






It's not easy to shoot fast and well !







Here we go, gentlemen





















Teams rewarded for their performance,



but also for their exemplary behaviour.



That's the spirit of the Disabled Sports Olympics !

GRANDE CAISSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



GRANDE CÔTE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



I hope you all had a great time

BOUGE!  
CHAQUE JOUR



so the team that won today



it's the KAIZEN team



second place goes to the DEMIX team



Bravo !





Applause !



Ouais ! ouais ! ouais !



We've all got a medal !



They've got the trophy and the medal !































GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR





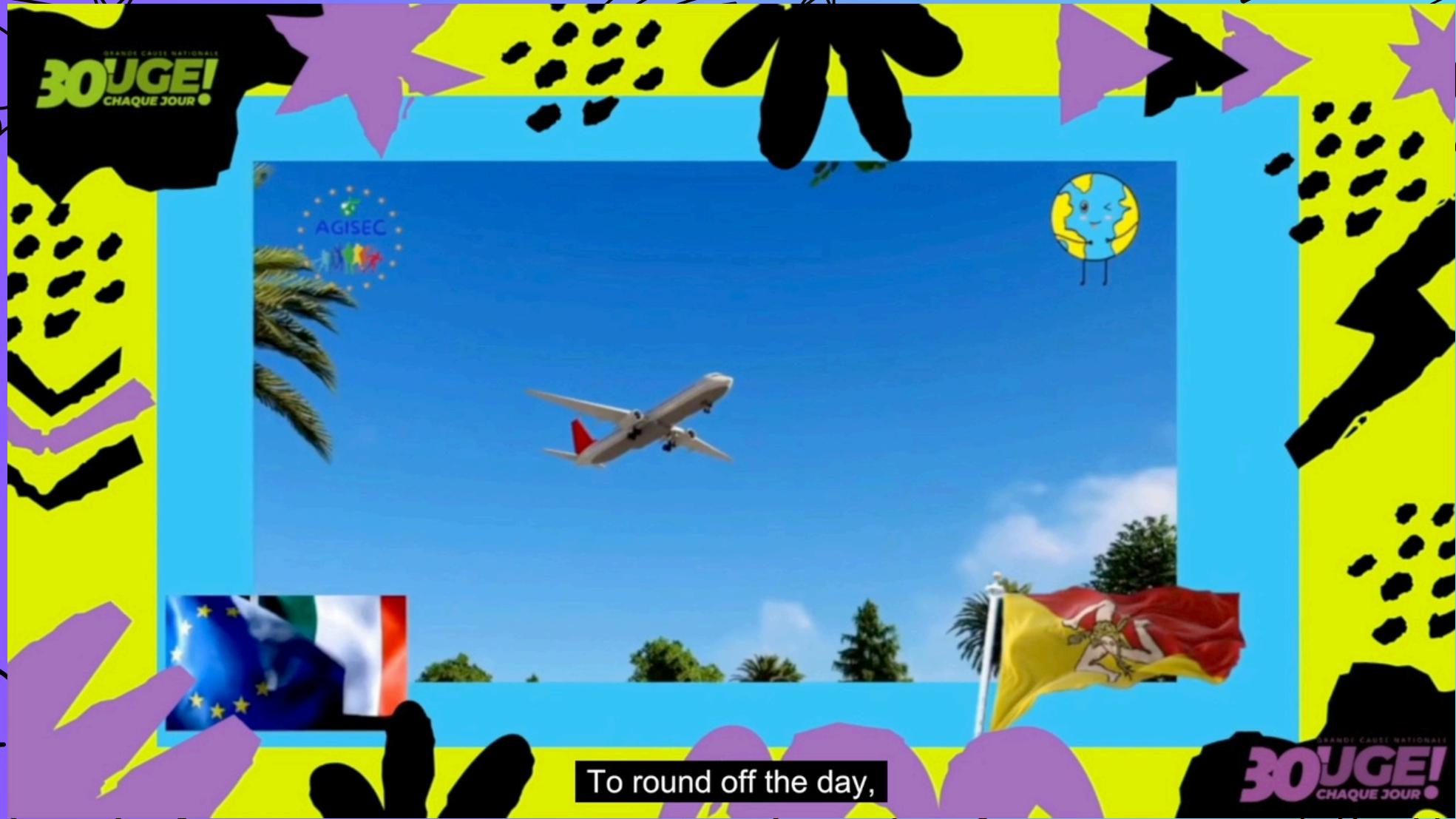


Well done to all the teams



for their active participation in the Handisport Olympics.

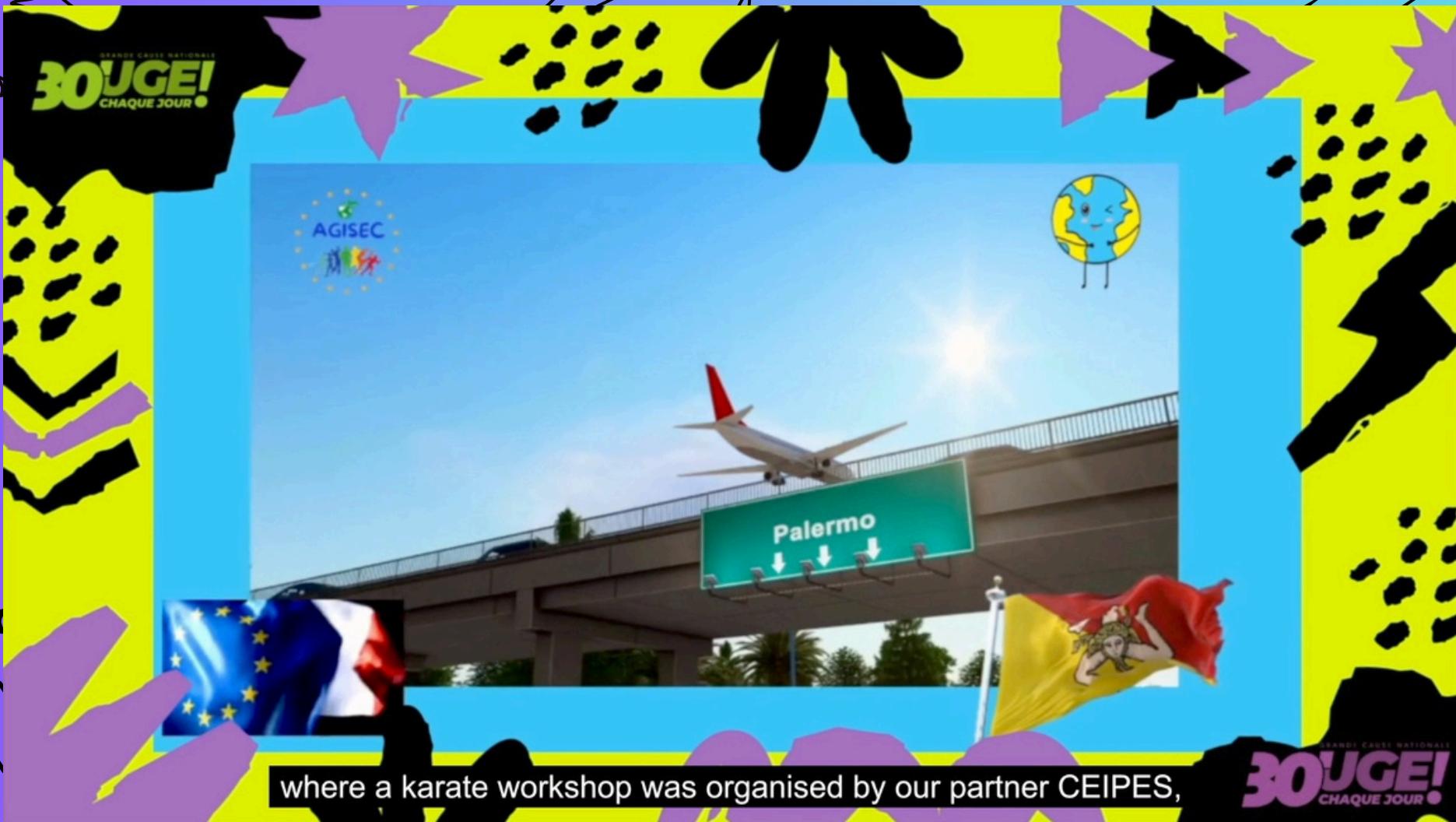
GRANDE CAVALE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



To round off the day,

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR





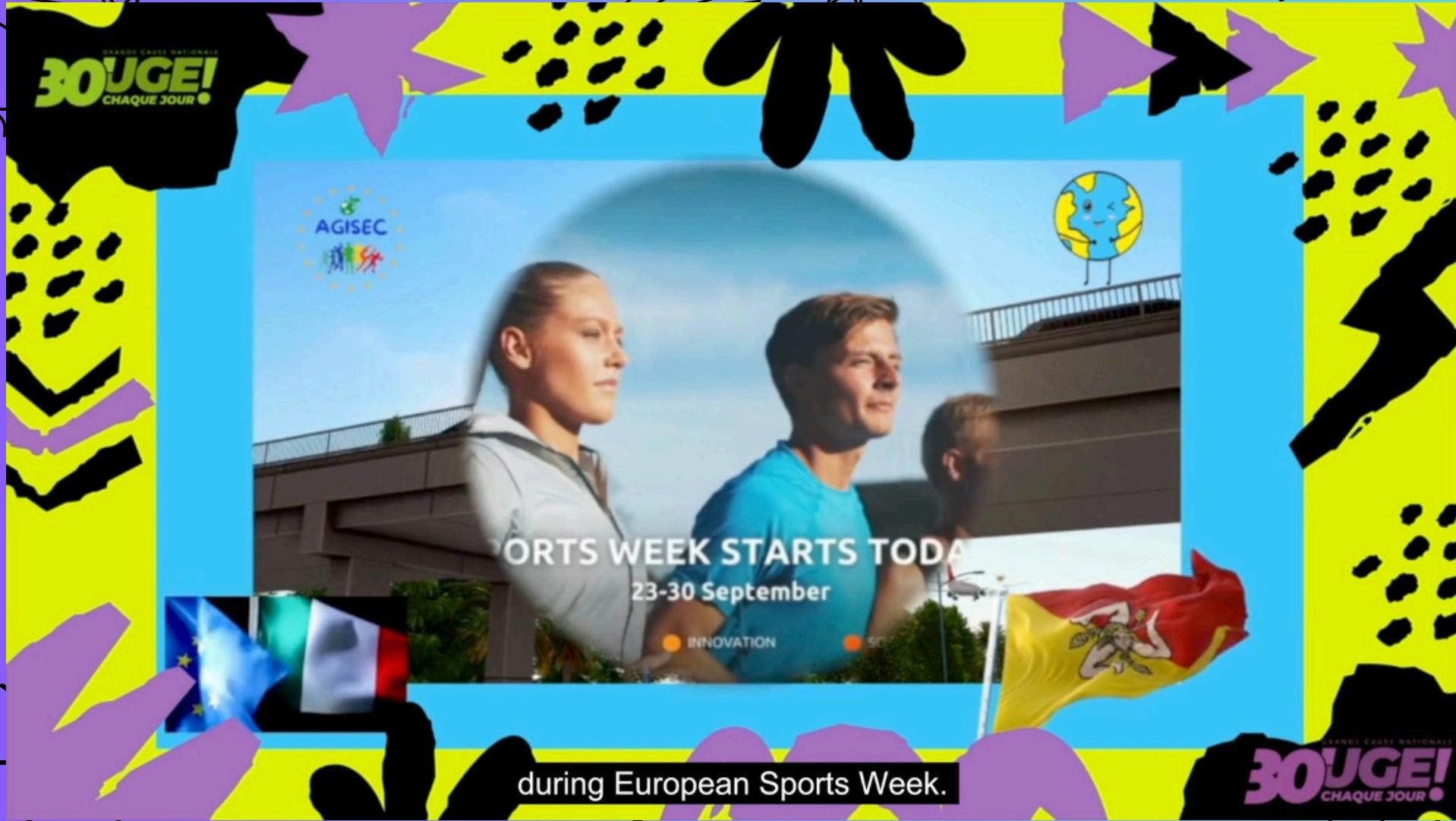
where a karate workshop was organised by our partner CEIPES,

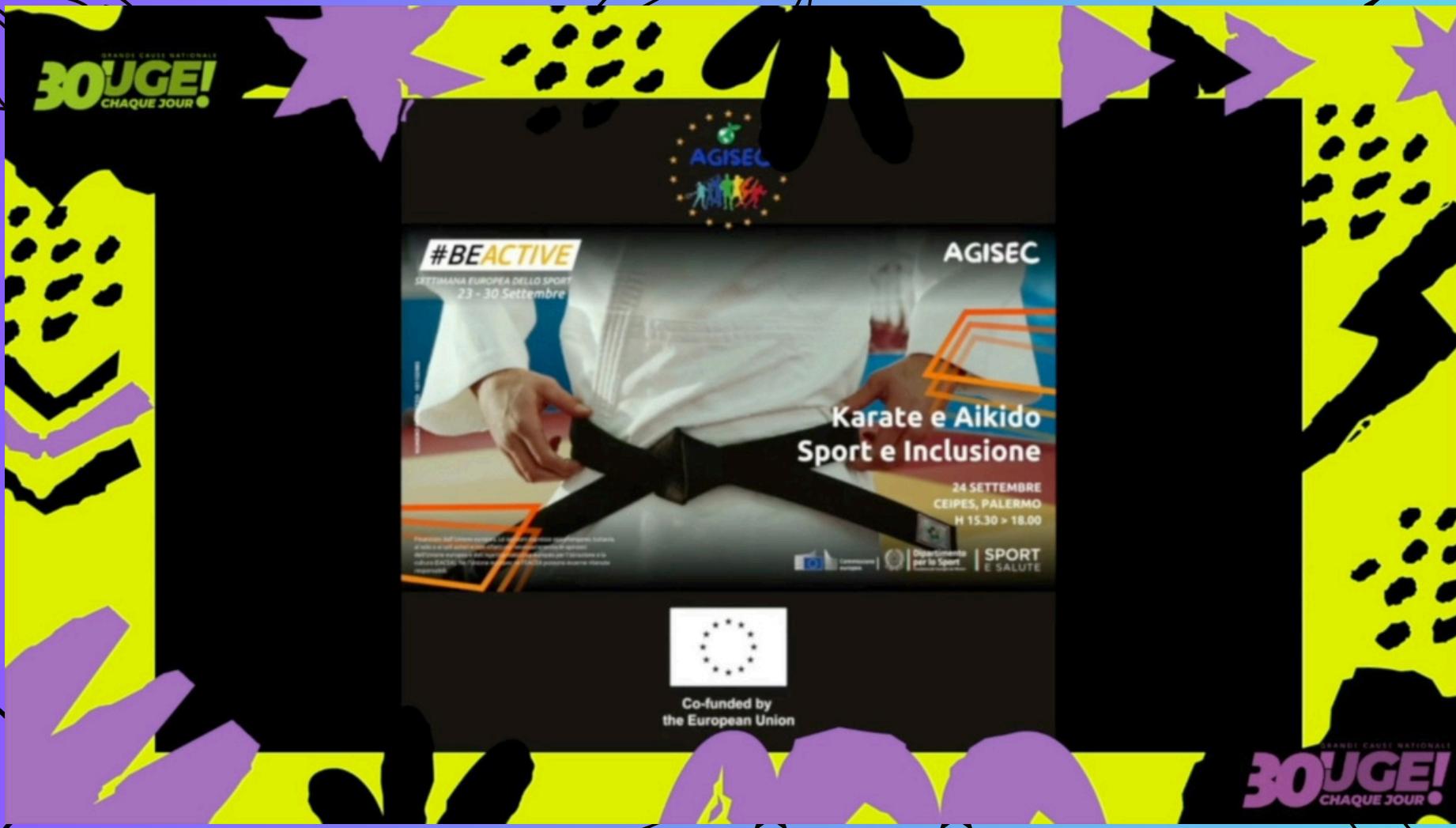


as part of the AGISEC project.



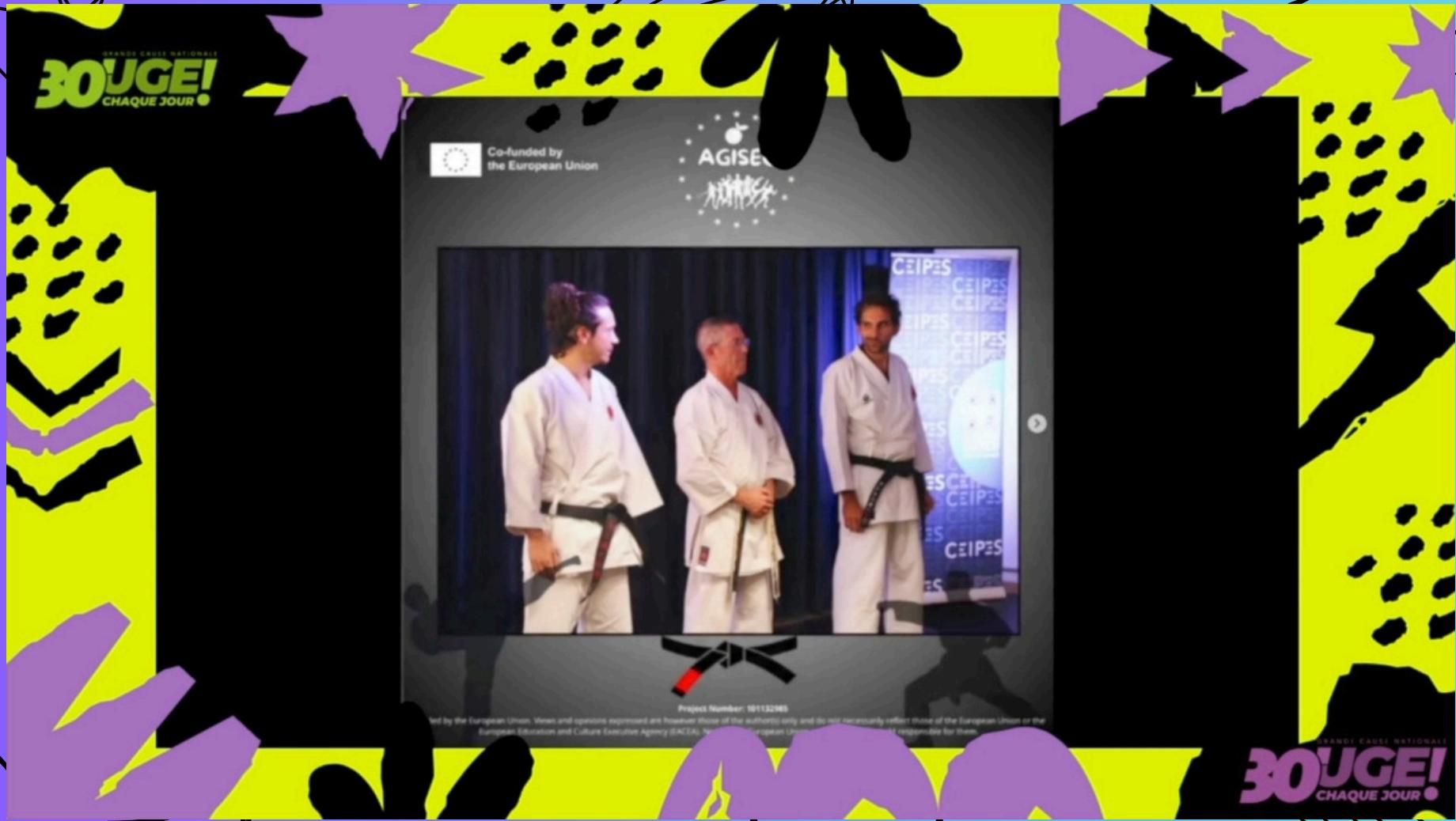
Another highlight of the project,





















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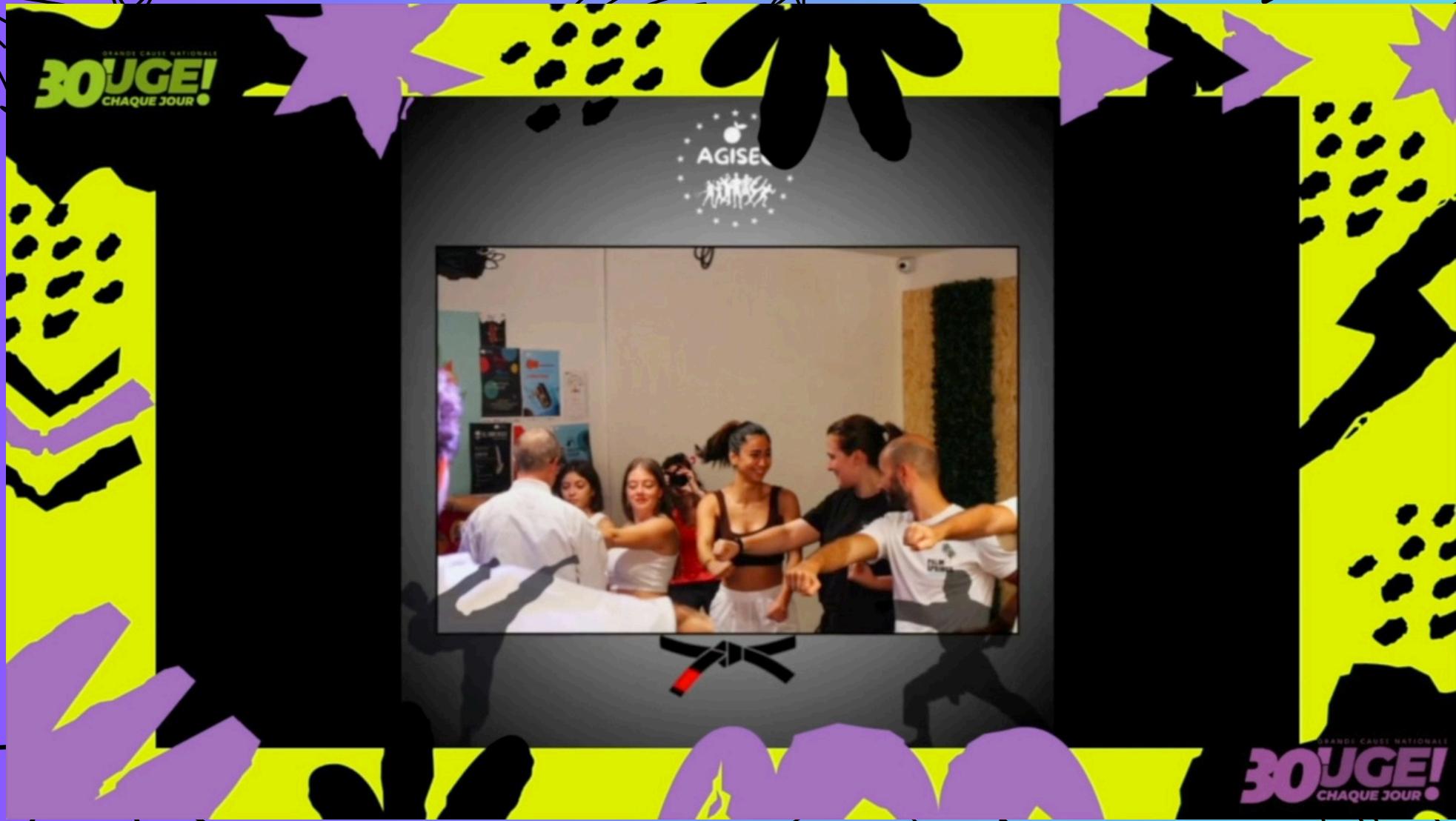
GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR!

AGISSE

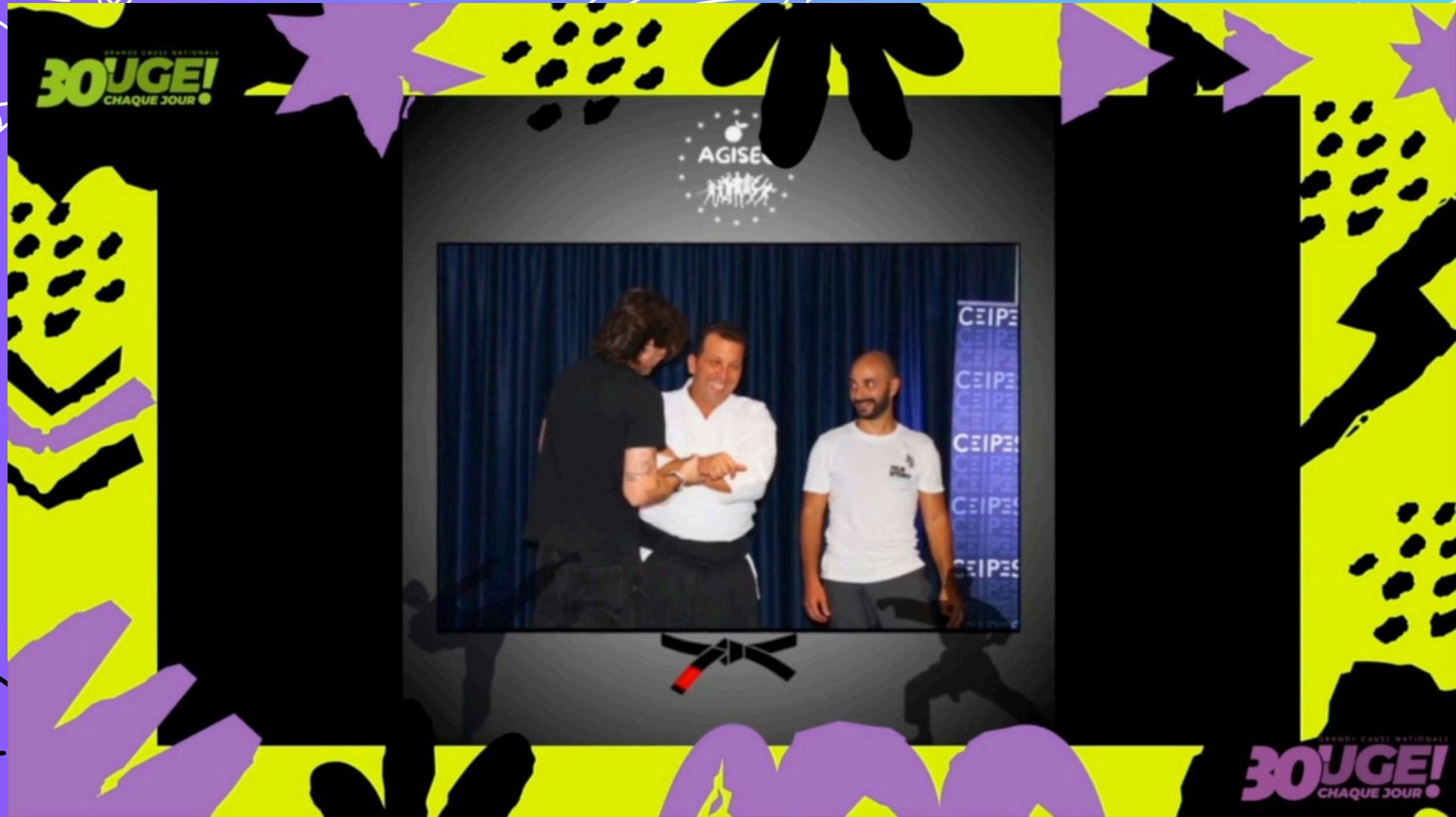


GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR!



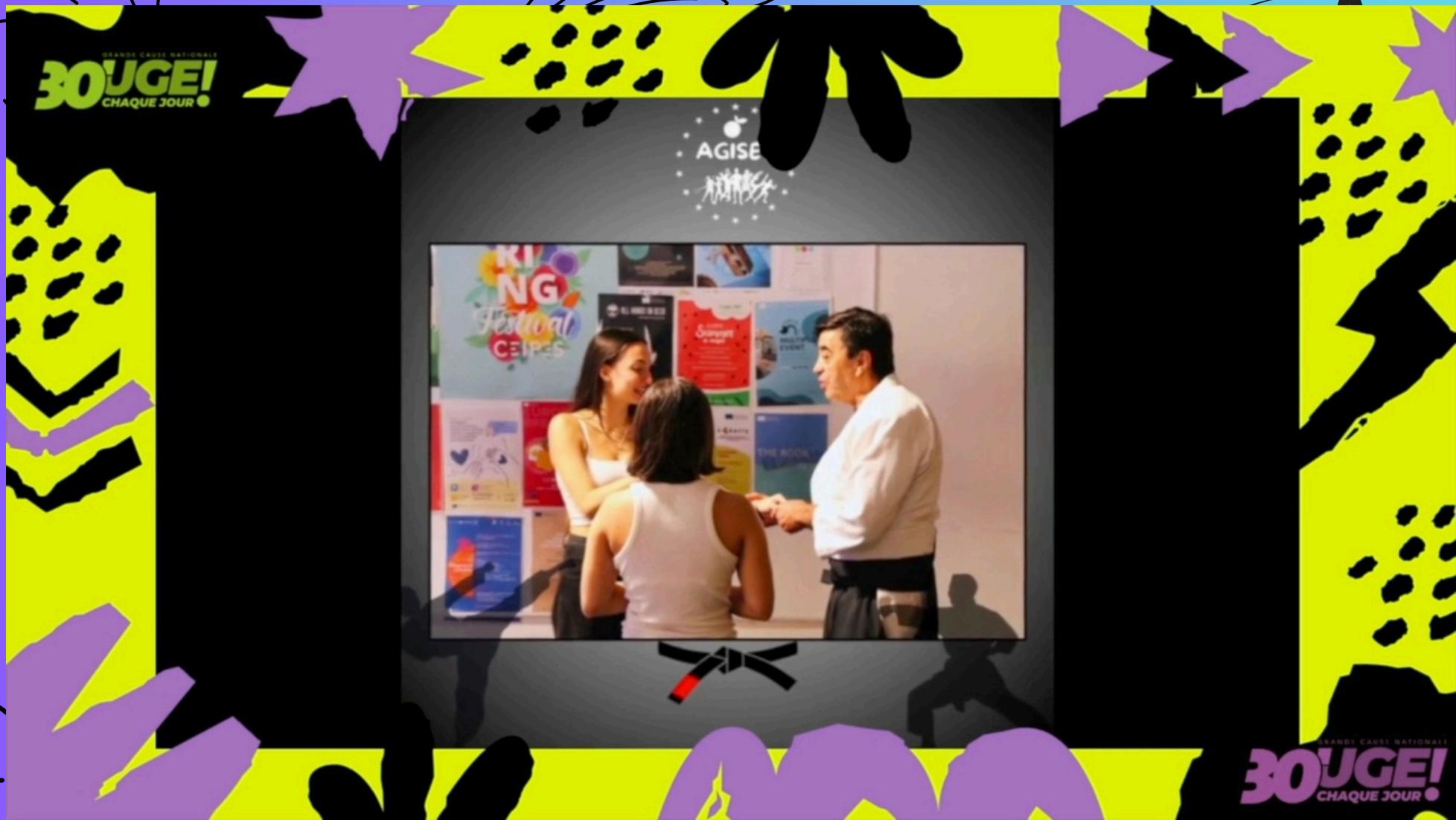










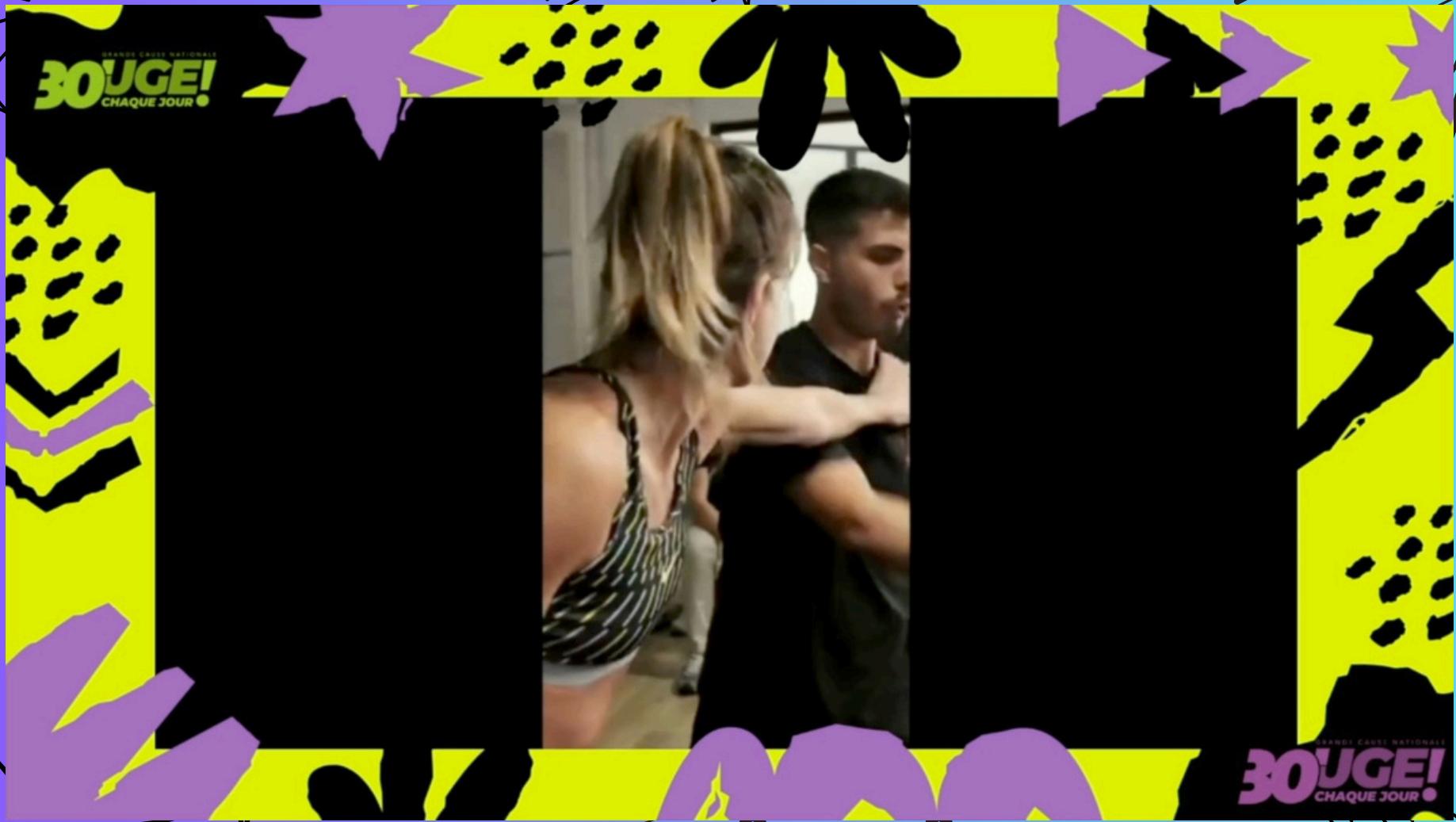




GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR







GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR



GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR

GRANDE CAUSE NATIONALE  
**BOUGE!**  
CHAQUE JOUR







full of discoveries and highlights.





for taking part !



