

WELCOME TO *MOVEMENT PARK*

Your attitude
determines
your
destination



What is Mindful Moves?

At Movement Park, we believe every child should have the chance to move, play, and grow with confidence.

That's why we created Mindful Moves – a fun and supportive adaptive sports programme designed especially for disabled children and young people.

Our inclusive programme supports children and young people with disabilities to explore their movement potential in an enjoyable and empowering way.

Let's talk about barriers

We know that many disabled children face extra barriers when it comes to getting active. In fact, one in three do less than 30 minutes of physical activity a day during term time. As they get older, staying active often becomes even harder, and feelings of loneliness or being left out can creep in.

Mindful Moves is here to change that.

Through a variety of creative and movement-based activities, we help young people discover what their bodies can do. And we build skills, confidence and independence to develop physical literacy and a lifelong love for being active.

It's not just about sport, it's about finding joy in movement, making new friends, and feeling good.

Our approach

We've designed this programme to help children get active, build confidence, and have fun, offering a variety of playful, inclusive activities that support physical development in a relaxed and supportive environment.

Creative Movement (LEGO-inspired sessions)

- These sessions spark imagination and creativity! Using LEGO-themed games and problem-solving activities, children explore movement while building important skills like balance, coordination, and spatial awareness – all through play.

Chair Based (Yoga and Boccia)

- Open, adaptive and supervised sessions that build confidence and mobility on wheels – designed to accommodate various abilities and adapt to each individual's progress. Gentle yoga style movement and the fun, strategic game of Boccia help develop coordination and accuracy, with plenty of encouragement along the way.

Mat Movement (Physical literacy)

- On the mat, kids get to move freely while learning key movement skills. These sessions help build strength, stability, and balance through guided activities that support overall physical literacy – all in a safe and supportive space.

Our goal

We're here to help disabled children and young people feel confident, capable, and excited about moving their bodies in ways that work for them. Through inclusive, accessible sessions, we open the door to movement and sport without barriers, encouraging a healthy, active lifestyle that can last a lifetime.

For each child, this means building self-belief, making friends, gaining independence, and discovering the joy of movement all in a safe, supportive environment.

Looking at the bigger picture, it means growing a generation of young people who challenge old ideas about disability, show the world what's possible, and lead the way toward a more inclusive future in sport and beyond.

How to join in?

We run a FRE four week **weekly programme** focused on creative, wheels-based, and mat/chair-based movement, tailored to support the development of physical literacy in sensory, learning and physically disabled children and young people.

These take place at **Movement Park, Clydeaway House, 813 South Street, G14 0BX every Saturday from 1pm - 3pm.**

Our places are limited. If you would like to join the programme please register your interest on our website **[HERE](#)**. Or contact us directly via email on info@movementpark.org.uk / 0141 434 0002.