

Value: Sport as a human right

Activity: Video presentation and discussion on the Paralympics

Activity
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GENERAL GOAL

To understand that sport can be practiced by everybody.

SPECIFIC GOALS

- To learn (expand knowledge) about the Paralympic Games and Paralympic Sports.
- To gain knowledge of adaptations and adapted equipment.
- To experience (indirectly) the thrill and excitement of the Paralympic Games.

ENVIRONMENT

Large classroom that can be darkened.

SUGGESTED EQUIPMENT

- Projector and big screen (details have to be visible).
- Beamer, DVD player or video recorder and speakers.
- Paralympic Games video (provided on the PSD DVD).
- Paralympic Sports worksheet (provided on the PSD DVD).
- Paralympic mascots worksheet (provided on the PSD DVD).

PEOPLE INVOLVED IN THE ACTIVITY

Session leader and assistants.

STARTING THE ACTIVITY

The session leader should begin by explaining that a video will be shown several times and following each showing a specific task will be given. The session leader should emphasize the importance of attention and concentration while viewing.



RUNNING THE ACTIVITY

1. Before the first showing of the video no instruction is given. After the showing, the students are asked to explain what they observed from the video.
2. Before the second showing, the students are asked to name the sports showing in the video. As the students name the different sports they recognized, the session leader lists the sports on the blackboard. If not all sports are recalled, the session leader should complete the list. When the list is complete, the session leader asks the students how many of the summer sports have able-bodied equivalents and how many do not (2: Goalball and Boccia). The session leader should emphasize that the students have been previously exposed to a majority of the sports. The session leader then provides the students with the worksheet with mascot sport poses of all the 20 summer sports of the Beijing 2008 Paralympic Games (provided on the PSD DVD).
3. Before the third showing, the students are instructed to concentrate on specific equipment (e.g., wheelchair, prosthesis, eyeshades).
The task is to look for tools that athletes use during performance. Students are free to come up with numerous different answers (e.g., javelin, weights, wheelchair, bike, black mask, etc.).

As a conclusion, the session leader explains that sport for persons with a disability is simply sport in its own right (it is nothing extraordinary), but the only difference is the addition of specialized equipment and the adaptation of some rules.

Did you know...?

There are 20 sports played at the Paralympic Summer Games and five sports at the Winter Paralympics. Can you name them all?



GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Provide the worksheet with the 20 images of Paralympic summer Sports (provided on the PSD DVD) before the beginning of the activity.

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Research world records (worksheet with records, where they can trace the improvement of athletic achievements).
- Place on map the hosting cities of all summer/winter Paralympic Games (see worksheet provided on the PSD DVD).
- Explore the meaning of Paralympic symbols eg, Paralympic Symbol, Paralympic Games emblem or mascots, etc (see worksheet provided on the PSD DVD).

REFLECTION

The session leader should ask the sample questions in order to create a summary of what was previously viewed.

Sample Questions

- How would you describe the Paralympic Games?
- Which Paralympic Sport did you enjoy watching the most?
- Which Paralympic Sport would you like to try yourself?
- In which sports do athletes with blindness/visual impairment, cerebral palsy, amputees and spinal injuries participate?
- Where were the last summer/winter Paralympic Games held?
- Do you personally know a Paralympian? Have you ever met a Paralympian?
- What does one need to achieve to become a Paralympian?

Note: Students need to understand that persons with a disability are able to take part in sports at all levels. They only need specific adaptations, equipment or assistance.



Otto the Otter
Salt Lake 2002
Paralympic Winter Games



Proteas the Seahorse
ATHENS 2004
Paralympic Games



Aster the Snowflake
Torino 2006 Paralympic
Winter Games



Lele the Cow
Beijing 2008 Paralympic
Games

adapted equipment

Below are some examples of adapted equipment used by athletes at the Paralympic Games:



Photo © Lieven Coudenys

wheelchair



Photo © Lieven Coudenys

guide



Photo © Getty Images

blindfold



Photo © Getty Images

prosthesis



Photo © Lieven Coudenys

sit-ski



Photo © Getty Images

chute

LINKS

Website: [www.paralympic.org/release/Paralympic Games](http://www.paralympic.org/release/Paralympic%20Games)

PSD Manual: Section Two, Chapters 7 and 8

