

# PHYSICAL EDUCATION

CHAPTER 4: PHYSICAL EDUCATION & SPORTS FOR CWSN



## PHYSICAL EDUCATION & SPORTS FOR CWSN

### Adaptive Physical Education

Adaptive Physical Education is an individualized program of instruction created for students with disabilities that enable success in Physical Education.

Adaptive Physical Education provides safe, personally satisfying and successful experience for students of varying abilities.

It is a diversified program and includes developmental and remedial activities.

### Aim And Objectives of Adaptive Physical Education

**Aim:** Adaptive Physical Education aims to ensure that the child is provided with physical education services that meet his/ her needs, that aims to achieve physical, mental, emotional, and social growth.

### Objectives

- To develop students motor skills
- To develop self-esteem and promote sportsmanship
- To develop social qualities for adjustment in the society
- To provide an opportunity to learn and to participate in several appropriate recreational and leisure time sports and activities.
- To develop organic and neuromuscular systems
- To develop knowledge and an appreciation of his physical and mental limitations.
- To help students to understand and appreciate a variety of sports that can enjoy as non-participants or spectators.

### Organization promoting Adaptive Sports

#### Special Olympic Bharat:

It is the organisation approved by National Sports Federation and Special Olympic International for the development of persons with intellectual disabilities.

It is a movement that uses sports to reform the lives of a disabled person. It gives training and coaching to build the interest in sports, skill perfection, social interaction, communication skills, talent, and leadership abilities in intellectually disabled persons.

### **Paralympic:**

Paralympic Games involve Athletes with a range of disabilities including impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonina, vision impairment, and intellectual impairment.

### **Deaflympics:**

The Deaflympics are an international event sanctioned by the IOC at which deaf athletes compete at an elite sports level. It provides opportunities for deaf persons to participate in elite sports.

The Deaflympic participants cannot be guided by sounds like the starter's guns or referee whistles.

### **Concept of Inclusion:**

Inclusion is an educational practice where every person can participate equally in all social processes. It is an approach to educate students with special educational needs.

In this inclusion approach, students with special needs are fully integrated into the general education classrooms at a school.

The ideology of Inclusion philosophy is, every individual, regardless of his/her disabilities, has the right to be incorporated fully into society. Fully inclusive schools don't separate general and special education, where all students learn together.

## **Need of Inclusive Education**

Need for Inclusion is very much there to improve the motor skills of students with disabilities.

Institutions need to provide equal chances to every disabled student to participate as per their abilities to boost their confidence level.

Diversified teaching strategies benefit all students. Children with disabilities learn more from other students, which develops their social and communication skills.

## **Implementation of Inclusive education**

- Teaching must be planned with all students in mind as per their abilities
- Teaching lessons must encourage the participation of all students

- Ensure that every student are actively involved
- Students are encouraged to support each other learning
- Proper support is provided in case students experience difficulties
- Students should feel that they have somebody to speak to when they are worried
- All students are equally valued
- Teachers and students treat each other with respect
- The school must be accessible to all students
- Teachers should make sure that all students participate and learn
- The school should monitor the participation, and achievement of all students

## Role of Various Professionals

### Role of counsellor:

A school counsellor helps children in all ways, be it academic, social, behaviour or emotional. They work in collaboration with the parents, teachers and special educators to create a healthy learning environment that makes them feel comfortable.

### Role of Occupational Therapist:

The Occupational Therapist will provide education and resources to teachers and parents about how children typically develop motor skills and how to promote this development in the classroom and at home.

They help teachers learn to recognise and help children who may have motor skill problems which are making some daily activities a challenge to learn.

### Role of Physiotherapist:

Physiotherapy is an allied health care profession which promotes the health and well being of all.

It aims to help maximize movement and functions when someone is affected by injury, illness, developmental delay or other disability.

### Role of Physical Education Teacher:

Physical Education Teachers are responsible for the education of primary and secondary school

students in physical activity and psychomotor learning.

He is responsible for the overall wellness and development of students.

PET evaluates the student performance, attitude and level of Physical Fitness. Students are evaluated in periodic tests that give teachers a better picture of students' overall health and level of athletic skill.

### **Role of Speech Therapist:**

Speech and language therapy is concerned with the identification, assessment and support of speech, language, and communication of children.

They work closely with parents, teachers, nurses, occupational therapists and doctors. Speech and language therapists have an important role in supporting schools to meet the needs of children.

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