



Healthy soul in healthy body



This document reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Documentation

Activity:
P10

Name of the activity:
Paralympic games

Country:
Czech Republic

Pupils age:
7 - 14

Place:
Football playground, Okna

Date:
June 2021

Number of pupils:
80

Subject:
Sport

Connection to other subjects:
History, Geography

Preparatory activities:

The teachers first had to decide and choose the sport activities of Paralympic games: relay races with different disabilities, football(soccer) with disabilities, dodgeball with disabled arms or legs, throwing the cricket ball with no legs, archery being blind.

Children were divided into teams of 7 different countries. These teams represented the partner countries of the project, plus Greece as the mother country of Olympic games and Japan as the host country of the actual Olympic games.

The teams prepared their own flags. They got acquainted with the hymns of the countries, they learned the greetings in the language of their country, they made their own team shouts and relay pins.

Activity:



Dividing into teams



Teams made their own flags.



Relay races without eyesight with the guide



Relay races with disabled legs



Relay races with disabled legs, helping to the others



Playing football with different kinds of handicaps



Playing dodge ball with one arm or one leg



Arows shooting being blind



Throwing the cricket ball with no legs

Subsequent activities:

Children tried to do 5 different sport activities being disabled. They found out the difficulties of handicapped persons and learnt that they had to co-operate more with others and that they had to rely upon the others. Children also tried to do the sports with no disabilities. Results:

Children tried to co-operate with others much more than in usual sport activities. They found out how difficult it is being disabled, they tried to help each other to be successful.

Comment

Children experienced the feeling of being disabled. They could compare doing the same sport with and without handicap.

The project Paralympic games was a very nice sport event with a nice atmosphere. Children could enjoy being together, being a part of a team, doing sport in the open air, competing. They could enjoy the atmosphere of the traditional Olympic games, traditional ceremonies, international society – even if we just “pretended” being from different nations and countries.