



## Healthy soul in healthy body



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## Documentation

**Activity:**  
P10

**Name of the activity:**  
Paralympic games

**Country:**  
Poland

**Pupils age:**  
11-14

**Place:**  
Kowala School

**Date:**  
2020

**Number of pupils:**  
30

**Subject:**  
Paralympic games

**Connection to other subjects:**  
P.E.  
Social studies

**Preparatory activities:** Trying to imagine having a physical handicap.

As there are some students with special needs in our school, we found that activity extremely important.

**Activity:** In this sports event we simulated a situation of having some physical handicap (blind, deaf, missing legs etc.). Children experienced the feeling of being physically limited.





**Subsequent activities:** Playing games without using the sight and arms and/or legs.

**Results:** Improved knowledge about disabilities and empathy.