



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:
Finland

Pupils age:
9-11

Place:
School sports field

Date:
26.5.2020

Number of pupils:
14

Subject:
Sports

Connection to other subjects:

Preparatory activities:

The teacher chose what kind of sports the pupils could do under the strict hygienic circumstances of the corona virus time. The common javelins and petanque balls had to be swiped with a disinfectant after every child.

Activity:

The pupils discussed how it would feel to move or do sports without legs, feet or arms or without the eyesight. They ran a relay with their arms under the shirts. And they threw the javelin sitting on the chair and they played petanque also sitting. They did blind long jumping without using their eyes and running blind with a guide.

Subsequent activities:

Results:

After doing the sports in Paralympics way the pupils did the same sports in normal ways and compared the performances and realized the peculiarities of parasports. It was a really good experience for them to do the familiar sports in a new, more difficult way.

Comments: