

A TEXTBOOK OF PHYSICAL EDUCATION CLASS 12

Chapter 4

PHYSICAL EDUCATION AND SPORTS FOR CWSN (Children With Special Needs – *Divyang*)



As per the guidelines of NEP 2020

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BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”

- BISHAN SINGH BEDI



Includes
COMPETENCY-BASED QUESTIONS (CBQs)
Assertion-Reason
Type Questions
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A Textbook of

Physical Education

Based on the latest CBSE syllabus

XII



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ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS, PARALYMPICS, DEAFLYMPICS)

Special Olympics

The Special Olympics begun in 1968 by the efforts of Eunice Kennedy Shriver, the sister of former US President John F Kennedy, who believed in providing equal rights and opportunities to everyone, including people with intellectual disabilities for whom sports could act as a motivating factor for the stimulation of physical and mental growth.

***Special
Olympics***



Programmes under Special Olympics Across the World

Unified Sports Programme

Team sports bring people together. Special Olympics Unified Sports teams compete with this motto. About 14 lakhs people worldwide take part in Unified Sports, bringing together people with intellectual disabilities in a really fun way.

Young Athletes Programme

Special Olympics Young Athletes is an early childhood play programme for children with and without intellectual disabilities, ages 2 to 7 years old. Young athletes are encouraged to play basic sport skills, like running, kicking and throwing.

Healthy Athletes Programme

It was in 1997 that Special Olympics Healthy Athletes took an initiative to offer free health screenings and education to athletes in a warm and fun environment.

Special Olympics Bharat

Founded in 1988 as Special Olympics India, Special Olympics Bharat is a programme of Special Olympics International authorised to conduct Special Olympics for sportspersons with intellectual disabilities in India.

PARALYMPICS

The word 'Paralympics' is derived from the two Greek words 'para' means 'beside or alongside' and the other word is 'Olympics'. So, Paralympics are the parallel Games to the Olympics. The journey of the Paralympic Games started in 1960 side-by-side of the Olympics.

International Paralympic Committee (IPC)



The International Paralympic Committee was founded on 22 September 1989. It is an international non-profit organisation in Dusseldorf, Germany, to act as the global governing body of the Paralympic Movement.

IPC organises not only the Summer and the Winter Paralympic Games but it also coordinates and administers world championships and other competitions. The vision statement of IPC is 'To enable Para athletes to achieve sporting excellence and inspire and excite the world.' The Paralympic anthem is 'Hymne de' L'Avenir" or "Anthem of the Future." It was composed by Thierry Darnis and adopted as the official anthem of the IPC in March 1966.

THE PARALYMPIC MOVEMENT

The Paralympic movement was started by Sir Ludwig Guttmann, who believed in the power of sports to change lives for the better. He valued the ability to participate and competing spirit in sports for those with disabilities. He envisioned how they could overcome their physical limitations to the Greatest extent possible, and how they could also build their self-esteem by performing well.

Ceremony

The opening ceremony of the Paralympic Games is similar to that of the Modern Olympics, following the rituals of the Antwerp Summer Olympics Of 1920.

Classification

Paralympic sports could have become one-sided and predictable as the least impaired athlete in the competition category would have always won. To avoid this, the competitions are designed based on the disability.

Categories

About 10 disability categories, including physical, visual, and intellectual impairment have been recognised by the IPC. Athletes with any one of these disabilities can compete in the Paralympics.

1. Physical Impairment: There are eight different types of physical impairment.

- Impaired muscle power
- Impaired passive range of movement
- Loss of limb or limb deficiency
- Leg-length difference
- Short stature
- Hypertonia
- Ataxia
- Athetosis

2. Visual Impairment: Athletes with visual impairment ranging from partial vision, sufficient to be judged legally blind, to total blindness. This includes impairment of one or more component of the visual system.

3. Intellectual Disability: Athletes with a significant intellectual impairment and associated limitations in adaptive behaviour.

DEAFLYMPICS

The Deaflympics are an international sports event for deaf athletes, held every four years, with both summer and winter games held alternately after a gap of two years. First held in Paris in 1924, it is the second oldest multinational sports tournament. Over the years, it has gone by several other names, such as 'International Games for the Deaf' from 1924 to 1965, the 'World Games for the Deaf' from 1966 to 1999. The games were also sometimes referred to as 'World Silent Games'. The name 'Deaflympics' was adopted in 2001.



The criteria of participating in Deaflympics are as follows:

1. Participating athletes must have a hearing loss of at least 55 decibels in their 'better ear'.
2. Hearing aids and cochlear implants are not allowed during the competition.

3. The athletes cannot be guided by sounds, such as bullhorns, whistles and bells. Visual tactics such as waving flags, flashing lights, etc. are used for commencing and refereeing the games.
4. Like all other sporting events, it also enforces a drug-free sports environment for all deaf athletes in collaboration with the World Anti-Doping Agency (WADA).
5. It aims to provide deaf athletes a platform free of discrimination where they can compete under conditions of fairness and equality.
6. Events included in Summer Deaflympics are athletics, badminton, beach volleyball, volleyball, basketball, bowling, road cycling, football, golf, handball, judo, karate, mountain biking, orienteering, shooting, swimming, table tennis, taekwondo, tennis, freestyle wrestling and Greco-Roman wrestling. Winter events include alpine skiing, cross-country skiing, curling, ice hockey and snowboarding.

ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS

Some of the advantages of physical activities are as follows:

1. Physical activities are a good strategy for imparting motor skills and physical fitness that children with physical or intellectual disabilities might not have due to their condition. They will be able to develop hand-eye coordination, flexibility of the body, muscle strength and endurance, increased bone density and improved cardiovascular performance.
2. Physical activities, as we know by now, are also good for mental functions and emotional stability. They uplift the mood, reduce anxiety and provide relief from depression to an extent. The physically active child with disability has an improved self-esteem. She/he gains self-confidence and becomes better at social interactions.

Figure 4.7 A disabled child during a physical exercise session



3. Physical activities sharpen the mind, allowing the child with disability to have enhanced cognitive skills.
4. Physical activities are performed in an interactive environment. By taking part in such group activities, the social life of the child improves and she/he learns to establish relationships with her/his peers.
5. Exercising helps children with special needs to avoid debilitating health conditions like obesity, high blood pressure and diabetes. Their immune system is also boosted through regular exertion.
6. Physical activity has positive psychological and cognitive effects on CWSN. It improves general mood and wellness by improving their self-esteem and self-confidence, which in turn empower their lives. It also leads to improved cognitive conditions as they develop skills that they cannot develop in classrooms. Qualities like self-regulation, decision-making, team work, problem-solving, increases attention span, focus on task are developed in CWSN due to their participation in sports and games. These qualities then transfer outside of sports arena helping them lead a fruitful life.
7. Often CWSN are found to be obese or overweight due to their sedentary lifestyle. Physical activity gives them a chance to become more healthy, both physically and mentally thus allowing them to overcome their unhealthy lifestyle. Due to improved health and skills, CWSN can lead a more independent life. They would ultimately require less assistance and be less dependent on others.

STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEEDS

- All the schools must have a separate wing to admit children with special needs.
- Experts or trained personnel should be made available in the school on regular basis.
- Society level activities should be organised for such children to uplift their lifestyle.
- District, state and national level competitions must be organised for the children with special needs, so that they can prove their potentials on a regular basis.
- Individuals and organisations should be recognised by the society and government who are working to provide physical activities and sports to the children with special needs.

- Equipment should be made available at subsidised rates so that activity centres can be built-up at the society level.



Figure 4.9 Children are so happy to be alive and they do not let their disabilities hamper their lives in any way.

SUMMARY

1. Children with Special Needs (CWSN) are children who may experience physical, cognitive, linguistic, social, emotional or psychological difficulties, therefore, require special attention to overcome their challenges.
2. The Special Olympics begun in 1968 by the efforts of Eunice Kennedy Shriver, the sister of former US President John F Kennedy.
3. The Special Olympics provides training to 5 million athletes and Unified Sports partners in around 172 countries and prepares them for competitions.
4. The Special Olympics competitions include local, national and regional competitions, adding up to more than one lakh events in a year.
5. Programmes under Special Olympics across the world include Unified Sports Programme, Young Athlete Programme and Healthy Athletes Programme.
6. The word 'Paralympics' is derived from the two Greek words: 'para' means 'beside or alongside' and 'Olympics'. So, Paralympics are the parallel games to Olympics.
7. The International Paralympic Committee (IPC) was founded on 22 September 1989. It acts as the global governing body of the Paralympic Movement.

SUMMARY

- 8.** There are currently 28 Paralympic sports (22 summer and 6 winter) approved by the IPC.
- 9.** About 10 disability categories, including physical, visual, and intellectual impairment have been recognised by the IPC. Athletes with any one of these disabilities can compete in the Paralympics.
- 10.** The Deaflympics are an international sports event for deaf athletes, held every four years, with both summer and winter games held alternately after a gap of two years.
- 11.** If physical activities are planned in a systematic manner for the differently able children, it can have an effective impact on their physical, mental, psychological, social and behavioural performance.
- 12.** A cumulative effort by each and everyone in the society and a positive attitude of everyone will certainly help to open up avenues of physical activities for the children with special needs.