

CLASS NOTES

Class: XI

Topic: PHYSICAL EDUCATION
AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS/SKV

Subject: PHYSICAL EDUCATION

Aims and Objectives of Adaptive Physical Education

To identify the disabled children so many programmes have been conducted by the government. Some of these are corrective physical education, remedial physical education, physical therapy, corrective therapy development physical education and individual physical education.

Adaptive Physical Education is a modified program of games, sports and other development activities that is suited to the interest, capacities and limitations of students and individuals with special needs. It is created for students with special needs so they can also enjoy the experience of sports and recreations. Every school has students who are differently abled and require special service to be able to realize their maximum potential.

Objectives:

1. Through medical checkup
2. The programme based on Interest and capacity of the students.
3. Easy environment
4. Proper equipment should be provided.
5. Teaching strategies based on students level
6. Rule should be easy.

Integrated Physical Education :

Concept and Principles: Under this one must have the knowledge of different sub topic and other utility, so that the students could be trained properly. The knowledge of integrated physical education will promote the fitness and willingness of the individuals. It will help in designing high quality programmes.

Adaptive Physical Education :

Concept and Principles there are many children who suffer from various types of disabilities like mental retardation, deafness, blindness, speech impairment etc. For such children and special programme may be organized, so that physical, musical cognitive, social and emotional abilities can be developed in them.

Principles :

For successful implementation of adaptive physical education certain principles may be kept in mind such as medical examination interest and capacity of the students, appropriate equipment, proper environment, specific instructional strategies etc.

Special Olympic Bharat

This organization prepares the progress with physical and mental disability for special Olympic. At national level, they are trained to participate in 24 single and team games by the sports authority of India. This organization was established in 2001 as per the act of 1982.

Para Olympics

This is similar to Olympic game for disabled sports person in 1960 first time it was organized in Rome. The head quarter of international para Olympic is situated at Bonn, Germany. The international para Olympic is responsible for organizing summer and winter Olympic games. At present it comprises of 176 National Para Olympic Committees.

Deaflympics

The 'Deaflympics' are games for deaf athletes. Previously they were called the International games for the Deaf. These games are organized by "The International committee of sports for the Deaf" since the first event and they are sanctioned by International Olympic committee. The deaf Olympian cannot be guided by sounds for example, the starter gun, bullhorn commands or referee whistles. The Deaflympics were held in Paris in 1924 and were also the first ever international sporting events for athletes with disability.

The Deaflympic winter games, was added in 1949. The games began as a small gathering of 148 athletes. Now these games are grown into a global movement.

To qualify for the games, athletes must have a hearing loss of atleast 55db in their "better ear".

Hearing aids, cochlear implant and the leek are not allowed to be used in competition.

Deaflympions cannot be guided by sounds so alternative methods are used to address the athletes. For example the football referees wave a flag instead of blowing a whistle, on the track races are started by using a light, instead of using a starting pistol.

Concept and need of Integrated Physical Education

Integrated Physical Educations using physical activities and games to teach others subjects. This is a new concept in the field of Physical Education. Research and studies have shown that integrating two or more subject at areas can stimulate the interest of students and hence promote the learning of each subject. Teachers are increasing conducting activities both side and outside the classroom to teach various concepts of Science, Social science and Mathematics.

Integrated physical education is a comprehension concept. It is not only limited to physical activities, games and sports but has become a complete discipline within the past two decades the knowledge in this field has increased tremendously. Due to research works, various subdisplines such as sports sociology, sports Biomechanics, Sports medicine, sports pedagogy, Exercise Physiology, Sports Psychology, Sports Philosophy and sports management, etc. Integrated physical education lays emphasis on multidisciplinary learning it the integration of its sub disciplines.

Integrated physical education provides opportunities for students to see new relationships, to transfer what they have learnt from are setting to the next and to reinforce learning in various ways.

This knowledge of integrated physical education would be able to help in the fitness, health and wellness of all individuals. High quality physical education programmes can be prepared with the help of integrated physical

education.

Need of Inclusion

Inclusion in physical education helps the students with disabilities to increase their social skills and in making friends'.

A child feels that he/she also belongs to the entire group of class so a feeling of belongingness is developed.

Inclusion helps a child to increase his/her motor skills and experience success with peers.

Inclusion Implementation

To make inclusion work, general classroom teachers, support specialist, parents and students themselves must work together to create the best educational environment possible.

With knowledge of inclusive practices and strategies, teachers can manage classrooms that encourage learning and discovery among all students, regardless of physical abilities.

School principals must cooperate and share the message that all staff members, not just special education teachers, are expected to be involved in educating children with disabilities.

Inclusion also requires specially trained staff. Since classroom teachers need training and ongoing support to effectively teach many types of learners, they must meet regularly with inclusion specialists.

School Counselor

Special education counselors work with special need children in elementary school, middle schools and high schools to ensure they have the support services they need in order to achieve their highest potential in the areas of academics, personal and social and career development

Occupational Therapist

The goals of occupational therapy for a child are to improve participation and performance of a child and all the child's "occupation" like self care, play, school and other daily activities.

The occupational therapist will assess the child and modify the environment, or the way of doing a task to promote a better participation and independence.

Physical Education Teacher

Physical education program plays a very progressive role in improving cognitive functions and academic performance. Social skills and collaborative team work can also be enhanced through the different programs of physical education.

The physical education teacher helps in executing these programs

Physiotherapist

Physiotherapist the best known therapist who work with children with special needs. They use exercises to help their patients and keep the best possible use of their bodies. They also try to improve breathing to prevent the development of deformities and to slow down the deterioration caused by some progressive diseases.

Speech Therapist

Speech therapist is known by many names like speech language pathologist, speech pathologist and speech teacher. They work with children with a variety of delays and disorders spanning from mild articulation delays to more complex disorders such as autism, down syndromes, hearing impairment, motor speech disorders and other developmental delays.

Speech teacher helps your child with speech, talking and communication

Special Education Teacher

Special education teachers work in classrooms or resource centers that only include students with disabilities. Students with disability may attend classes with general education student's also known as inclusive classrooms. Special education teacher's duties vary by the type of setting they work in, student disabilities and teacher specialty.

MCQ ONE MARKS

1. The head quarter of Paralympics is at

- (a) Paris
- (b) New York
- (c) Germany
- (d) Denmark

Ans. (c) Germany

2. Deaflympics started in

- (a) 1924
- (b) 1960
- (c) 1947
- (d) 2001

Ans. (a) 1924

3. Cochlear implant is not allowed in

- (a) Special Olympics
- (b) Deaflympics
- (c) Asian games
- (d) Olympic games

Ans. (b) Deaflympics

4. Speech therapist helps a child in

- (a) Grooming
- (b) Communication
- (c) in hancing mobility
- (d) playing

Ans. (b) Communication

5. "Let me win. But if I cannot win, let me be brave in the attempt". In which game this oath is taken?

- (a) Special Olympic Bharat
- (b) Paralympics
- (c) Deaflympic
- (d) Asian games

Ans. (a) Special Olympic Bharat

6. 'Spirit in motion' is the motto of

- (a) Paralympics
- (b) Special Olympic Barat
- (c) Common wealth games
- (d) Deaflympic

Ans. (a) Paralympics

7. What is the motto of deaflympic?

- (a) Spirit in motion
- (b) Per ludos aequalitas
- (c) Cetus, altius fortius
- (d) Let me win brain in my attempt

Ans. (b) Per ludos aequalitas

8. Inclusion is needed to....

- (a) Social development of CWSN
- (b) To increase motion skills
- (c) To improve academic performance
- (d) All of these.

Ans. (d) All of these.

9. Name the teacher who is specially trained to work with CWSN....

- (a) Physical education teacher
- (b) Physiotherapist
- (c) Principal
- (d) Special educator

Ans. (d) Special educator

10. Whistles or guns are not used in these games...

- (a) Common heath
- (b) Deaflympic
- (c) Paralympics
- (d) Special Olympic

Ans. (b) Deaflympic

Question for 3 Marks (60 Words)

Write a short note on the origin of Para Olympic Games.

Ans. In the second world war majority of people suffered. They lost their will power and kept remembering the horrors of wars all the time. In 1960 Rome Olympic, Sir Ludwig Collected 400 disabled Athletes and organized games and it was named Para-Olympics. Shooting was the first game to be introduced in Para Olympic games; the international Para Olympic committee is responsible for organizing summer and winter Olympic game. The head quarter IPC is situated in Bonn (Germany). The symbol of Para Olympic Games is three colours red, Blue and green flag and the motto of Para Olympic is 'Spirit in Motion' 2014 winter para Olympic games were successfully hosted by Russia.

Describe the principles of integrated and comprehensive physical education.

- Ans.**
- (i) It should be based on the inter related sub-topics of physical education.
 - (ii) It should cater to the requirements of different people.
 - (iii) It should be capable of facing the challenges of the present and the future.
 - (iv) It should be capable of providing comprehensive and deep knowledge about physical education.
 - (v) It should motivate an individual to engage in a lifelong healthy and active

lifestyle.

It should be able to develop social and emotional skill among people

Write a note on special Olympic Bharat?

Ans. This organization was established in 2001, its aims are to increase the participation of differently abled person's in games and sports. It's another objectives was to develop leadership quality and healthy. This organization organizes sports competition at state level. It also serves talented players and trains them for international games. After 2002, about 23,750 participants have participated in national games. Between 1987 and 2013, a total of 671 Indian athletes participated in Olympic. They won 246 Gold medals, 265 Silver medals, 27 bronze medals and they raised the glory of the country in the world.

Today around 1 million athletes are the members of this organization and 84905 coaches train these athletes. This organization does the all round development of the players through games and sports.

How can we implement inclusive education in physical education?

Ans. PEER TO PEER: EVERYONE'S A PLAYER, EVERYONE'S A LEADER

Special Olympics believe in the power of sport and in the power of young people to build a more inclusive world. In high quality Inclusive Physical Education classroom students recognize their abilities to create inclusive communities as they learn to value difference and appreciate each individual's unique gifts and talents.

Peer to peer teaching is a fundamental strategy for implementing successful Inclusive Physical Education programs, but it is important that it be implemented in a truly inclusive manner and grounded in equality.

An inclusive peer to peer teaching model provides opportunities for students of all abilities to participate as leaders in some way, reinforcing and confirming the potential of every student to lead and contribute meaningfully.

Question for 5 Mark (150 Words)

Which principles are required to be followed to make the adapted physical education effective? Explain.

Ans. 1. Medical Examination: It is very important for the success of programme related to adapted physical education. Otherwise it will be difficult to find out what kind of disability, the student is suffering from.

Therefore it is imperative to conduct medical examination of the students.

2. **Programmes according to the interest of the students:** programmes should be made keeping in mind the interest, capacity and previous experience of the students. The teachers should also have deep knowledge about it, and then only they can make any successful programme.

3. **Equipment should be appropriate:** Students should be provided with equipments as per disability concerned for example, students suffering from visual impairment should be given a ball with bell so that they may catch the ball as it rolls because of the sound. Thus such students can make out the direction and distance of the ball.
4. **Proper Environment:** The play area also should be limited because of the limited speed capacity of the children for example, speech impaired children be given rest in between the games. The play area should be limited to top smaller area.
5. **Modification of rules:** Rules and regulation of the game and sports should be modified depending on the specific needs of students. In order to learn new skill they may be given extra time, extra effort, extra rest and 2 marks in place of 1 mark.

Thus, they might be given the opportunity for all round development.

Explain the concept of Inclusion.

Ans. A defining characteristic of an excellent physical education program is that it includes students with a diverse range of abilities, needs, interests and learning styles in meaningful learning experiences. The term "Inclusive Physical Education" reflects a program where respect and acceptance of all students, specifically students with disabilities, is an essential component of the classroom environment and teaching strategies.

Inclusion is about creating a classroom in which every student is welcomed, valued, respected and enabled to reach his her full potential. In a successful Inclusive Physical Education program, all students are fully engaged in instructional activities, sharing equally and learning together. Although the activities may be modified or adapted, students with disabilities learn the same concepts, skills and content as all other students in the class. The result is educational equity and access for all students!

Inclusive Physical Education requires educators to believe in the concept that success for each student can be different The educator must be willing to modify and adapt lessons and activities to ensure that every student learns and achieves success at his own pace and according to his own abilities. Educators see the abilities of all students as contributing to the whole class. Effective teaching for students with disabilities is basically the same as effective teaching for all students.

What is the role of school counselor in special education?

- Ans.** 1. The role of a school counselor is to help all students, including those with special needs, to achieve their full potential. Introducing an appropriate individualized education programme (IEP) at early age can make all the difference, not only in these children's academic Learning but in their emotional health and social adjustment and ultimately in their ability to become productive, contributing member of society.
2. Counseling sessions with special education students.

- a. Encouraging family involvement in IEP.
- b. Consulting with and working with other school staff to better understand the Child's special needs.
- c. Collaborating with other school and community professionals like, teachers, school, psychologist, physical therapist and occupational therapist etc.
- d. Identifying other students who should be assessed to determine the eligibility for special education.

What is the need of inclusion in physical education?

Ans. Inclusion is needed for following reasons—

1. Inclusion in physical education increases social skills of students with disabilities.
2. Inclusion is needed to increase motor skills of students with disabilities.
3. A disabled student gets equal chance to participate in age appropriate activities so, it increases the confidence level.
4. Typical students get a chance to increase friendships with disabled children.
 - a. Inclusive education provides an opportunity to typical students to go beyond tolerance to acceptance and advocacy.
 - b. Inclusive education enables a student to increase their knowledge and acceptance based on the “contact theory”. Through frequency, meaningful and pleasant interactions, changes in attitude can occur.

What is the role of occupational therapist for special need children?

- **Self care** – An occupational therapist will help a child perform and be independent in self care skills like eating, dressing, toileting, bathing and grooming.
- **Play** – An occupational therapist helps children participate and interact with others in play. They may suggest modifications in the position, mobility aids or modified toys to help a child to play.
- **School** – Occupational therapists help children participate and be adept to regular school. They may suggest aids for writing and other classroom activities to help them participate equally with other children. Children with special needs may also require special furniture to help them sit and write better.
- **Environmental modifications:** Occupational therapists can suggest modifications in the house, school or playground that will help the child participate more easily. Helping the child become independent early in life, will encourage them to live independently as an adult.
- **Fine motor skills and Hand writing** occupational therapists also play a role in helping a child improve their fine motor skills handwriting. They will be able

to identify the specific deficits in the child and suggest activities that will help improve these skills.

- **Splinting** – Occupational & therapists can also make simple splints to help the child perform activities in a better way.

What is the contribution of a special education teacher in developing education plans for special need children?

- Ans.**
1. Assess student's skills to determine their needs and to develop teaching plans.
 2. Adapt lessons to meet the needs of students.
 3. Develop Individualized education programs (IEPs) for students.
 4. Plan, organize, and assign activities that are specific to each student's ability.
 5. Implement IEPs, assess students.
 6. Update IEPs throughout the school year to reflect student's progress and goals.

What is the role of a Physical Education teacher for children with special needs.

- Ans.** — The rights of persons with disabilities Act 2016, that gives pupil a right to inclusive activity. So physical education teachers are expected to take action within the individual school context and modify and adopt existing practices in order to facilitate full entitlement to the access of physical activity for pupils with special need.
- The PETs organize ball games for disabled children to improve overall strength and agility hand eye co-ordination and gross motor skills. Students have shown that throwing, catching, rolling and passing the ball improve the disabled child's muscle response.
 - Scientific research has demonstrated that physical education can enhance academic performance and cognitive function. So parents with the help of teachers should always encourage the child with special need to participate in activities.

What is the role of speech language pathologist for special need children?

Ans. Speech therapist/pathologist works with children with varieties of delay and disorder such as autism, Down syndrome, hearing impairment, motor speech disorders, and other developmental delays.

They help child with :

1. Articulation skills/speech intelligibility articulation is the physical ability to move the tongue, lips, jaw and palate (known as the articulators) to produce individual speech sounds which we phonemes **Expressive Language Skills:** While speech involves the physical motor disability to talk, language is a symbolic system used to convey a message. Proper use of these is developed by speech therapist.
2. **Receptive Language/Listening Skills:** Receptive language refers to child's ability to listen and understand language. Therapist can help teach the child new vocabulary and how to use that knowledge to follow direction, answer question and participate in single conversations with others.

- Physical education teacher need to determine the abilities of students with special needs so that to design special sports activities according to their need.
- 3. **Speech Fluency/Stuttering:** Sluttering is a communication disorder that affects speech fluency. Therapist can teach the child strategies on how to control behavior like tension in the neck, showdess, face, jaw, chest, eye blink, etc. and thus increasing lies speech fluency and intelligibility.
- 4. **Voice and Resonance:** Voice disorders refer to disorders that affect the vocal folds that allow us to have a voice. These can include vocal cord paralysis, nodales or polypes on vocal folds. Therapists can work with children to decrease these behaviors (vocal classes) and repair the strain/damage of the folds.

Physiotherapist – Physiotherapist are trained to evaluate and improve the function of the body, with particular attention to physical mobility, balance, posture, fatigue and pain.

The physical therapy programme involves educating the child about the physical problems caused by their disability, designing and invidualised wise programme to address the problems, and enhancing mobility and energy conservation through the use of a variety of mobility aids and adaptive equipments.

Physiotherapy can be used to help children who have a neurological condition that affects the nervous system, such as multiple sclerosis, stroke and cerebral palsy.

Physiotherapy can be used to treat injuries that affect the bone, joints and muscles such as sports injuries and arthritis. Pediatric treatment – Physiotherapy can be used to treat children affected by ‘Muscular Dystrophy’. These and other conditions may require the child to have help to improve balance, strength and co-ordination
Techniques of physiotherapy

1. Massage and manipulation
2. Exercise and movement
3. Electrotherapy
4. Hydrotherapy