



Note

11

PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS (CWSN)

Education is for everyone and this means that all students participate equally in the learning process. With the introduction of the Right to Education, education became a fundamental right for all children between the ages of 6 and 14. They have the right to attend schools and develop skills through the educational process. Improvement in learning of students is therefore the duty of every school.

Do you ever think about children with special needs or divyang? How do they enjoy their life? Do they participate in tournaments or competitions? If yes, then which are the tournaments organised for them at national and international level?

In this chapter, we will discuss about all these aspects.



Learning Outcomes

The learner,

- describes different sports for CWSN
- enumerates different organisations promoting sports for CWSN
- applies the etiquette and code of conduct in sports for CWSN

11.1 SPORTS FOR CHILDREN WITH SPECIAL NEEDS (CWSN)

Sports are essential for children with special needs (CWSN) due to their numerous physical, mental, and social benefits. Engaging in sports improves physical fitness, motor skills development, social interaction, self-confidence, emotional and mental well-being, cognitive development, inclusion, and acceptance. Physical activities develop cardiovascular endurance, muscle strength, flexibility, coordination, and





Note

motor skills, promoting a healthy lifestyle, reducing obesity risk, and overall well-being. Motor skills development is crucial for children with special needs, as sports provide opportunities to practice fine and gross motor skills, enhancing their daily activities. Social interaction and inclusion also benefit CWSN, as they foster friendship, teamwork, and a sense of belonging.

Self-confidence and self-esteem are also enhanced through sports, as they help CWSN to achieve personal goals, learn new skills, and overcome challenges. Cognitive development is also supported through sports, as it promotes attention span, decision-making skills, and sensory stimulation. Sport events and competitions challenge stereotypes, promote inclusion and acceptance and showcase abilities. Thus, a more inclusive society is fostered. Regular physical activities bring about long-term health benefits and enhance the overall quality of life as children transition into adulthood. Engaging in sports promotes growth, happiness and overall success. Thus, it deeply impacts the lives of CWSN.

Various Sports for CWSN

Sports for CWSN (Children with Special Needs) are designed to provide inclusive opportunities for participation. They promote physical activity, social interaction and overall well-being. The following are some sports, commonly adapted for CWSN:

1. **Boccia:** Boccia is a precision ball sport similar to bowls or pétanque. It is primarily designed for athletes with severe physical disabilities. Participants aim to throw or roll their coloured balls to a white target ball as close as possible.
2. **Wheelchair Basketball:** Wheelchair basketball is played by individuals with physical disabilities, particularly those who use wheelchairs. It follows the same rules as traditional basketball but with adaptations to accommodate wheelchairs.
3. **Goalball:** Goalball is a team sport designed for visually impaired athletes. Players try to throw a ball, with bells inside, into the opponent's goal, whereas opponents defend their goal by listening to the ball's sound and use their body to block it.
4. **Para-Swimming:** Para-swimming is adapted for individuals with physical disabilities or visual impairments. Swimmers may use different strokes and techniques, and they may also use adaptive equipment such as floats or starting blocks.





Note

5. **Sitting Volleyball:** Sitting volleyball is a modified version for individuals with lower limb impairments. Players must remain seated on the ground while playing, and the net is lower than the traditional volleyball.
6. **Powerlifting:** Powerlifting is a strength-based sport with three main lifts: squat, bench press, and deadlift. It is open to athletes with physical disabilities, with adaptations such as using specialized equipment like lifting chairs or prosthetic limbs.
7. **Athletics (Track and Field):** Athletics events are adapted for CWSN, allowing individuals with a wide range of disabilities to compete. Events include sprints, long jump, shot put, discus throw, and wheelchair racing.
8. **Wheelchair Tennis:** Wheelchair tennis is similar to regular tennis, but players use wheelchairs to move around the court. The rules remain the same, and the game can be played in singles or doubles formats.
9. **Polybat:** Polybat is a table tennis adaptation for individuals with physical disabilities or limited mobility. Using a lightweight racket to hit a larger and slower ball across a table, with modified rules and playing techniques.
10. **Goal-All:** Goal-All is a team sport that combines elements of soccer, handball, and hockey. It is designed for individuals with physical disabilities who may have limitations in running but can use wheelchairs. Players aim to score goals by hitting the ball into a goal using their hands or adapted sticks.

These are just a few examples of the many sports and activities available for CWSN. The sports chosen often depend on the specific abilities and interests of the individuals, ensuring they can actively participate and enjoy the benefits of physical activity.

Sports for individuals with intellectual disabilities

Many games can be modified or adapted so that people with intellectual disabilities can participate. People with intellectual disabilities often enjoy sports like track and field, swimming, basketball, football (soccer), tennis, golf, table tennis, bocce, badminton and unified sports. They bring people with and without disabilities together on the same team.

We must remember that the adaptations and modifications may differ for each participant on the basis of their needs and abilities. Changes can be made to the rules, equipment, or use of visual aids or directions to ensure everyone can participate and have the same chance. There are various organisations and events whose sole purpose is to promote and set up sports programmes for people with intellectual disabilities.



Sports Education



Boccia, Wheelchair Basketball, Goalball, Para Swimming, Sitting Volleyball, Powerlifting, Athletics (Track and Field), Wheelchair Tennis, Polybat, Goal-All. Wheelchair Rugby, Wheelchair Racing, Para Table Tennis, Para Cycling, Blind Cricket, Sled Hockey, Snowboarding/Skiing for individuals with physical disabilities, Wheelchair Fencing, Para-Archery, Wheelchair Badminton, Wheelchair Softball, Wheelchair Dance, Adapted Karate, Wheelchair Rugby League, Goalkeeper Football (Soccer) for individuals with physical disabilities, Blind Football (Soccer), Handcycling, Adapted Martial Arts, Wheelchair Curling, Wheelchair Athletics.



Person with locomotion	Person with locomotion	Person with vision impairment
1	2	3





Intext Questions 11.1

1. Which sport involves the use of a wheelchair and is adapted for children with mobility impairments?
 - a) Swimming
 - b) Basketball
 - c) Gymnastics
 - d) Powerlifting
2. Which sport can be modified to include children with sensory sensitivities?
 - a) Swimming
 - b) Gymnastics
 - c) Cycling
 - d) Golf
3. Enlist any five that sports can be adapted for children with intellectual disabilities?

11.2 PROMOTION OF SPORTS AND PHYSICAL ACTIVITIES FOR CWSN

Organisations promoting sports and physical activities for children with special needs (CWSN) have important role in promoting inclusion, physical health, social interaction, skill development, and personal achievement. These organisations create opportunities for children with special needs to participate in sports alongside their peers without disabilities. This helps to break down barriers and promotes a more inclusive society. Regular participation in sports enhances physical fitness, cardiovascular endurance, motor skills and weight management. It reduces the risk of chronic health conditions and brings about an overall sense of well-being. Sports also provide significant psychological and emotional development by building self-confidence, self-esteem and resilience.

Organisations for CWSN create opportunities for social interaction and relationship building. They help children with special needs to develop social skills, form



Note



**Note**

friendships and build a sense of belonging within a supportive sports community. Coaching, training and practice offer skill development and a sense of personal achievement. This improves athletic abilities, coordination and specific sports skills.

It is important to advocate and raise awareness for CWSN regarding their rights and inclusion. This would challenge stereotypes and promote a more inclusive society. To ensure their safe and proper participation in sports activities, education and resources are provided for coaches, parents and caregivers. Thus, organisations promoting sports and physical activities for CWSN play a crucial role in promoting inclusion, social interaction, skill development, physical health and personal achievement.

11.2.1 Organisations Promoting Sports and Physical Activities for CWSN

Numerous organisations around the world are dedicated to promoting sports and physical activities for CWSN. Some prominent organisations are:

Special Olympics

Special Olympics is an international organisation that offers year-round sports training and competition for individuals with intellectual disabilities. Founded in 1968 by Eunice Kennedy Shriver, the organisation aims to create inclusive opportunities for individuals with intellectual disabilities to showcase their abilities, improve physical fitness, and experience the joy of participation. Special Olympics operates in over 190 countries with a global reach, providing sports training and competitions at local, regional, national, and international levels. The organisation offers various sports, including athletics, basketball, football (soccer), swimming, gymnastics, tennis, powerlifting, cycling, golf, bowling, and more.



Special Olympics promotes inclusion and unified sports, fostering understanding and friendships between individuals with and without intellectual disabilities. Unified sports programs allow athletes with and without intellectual disabilities to compete on the same teams, emphasising teamwork, acceptance, and equality. The organisation also recognises the importance of health and wellness for individuals with intellectual disabilities, offering free health screenings, education on healthy lifestyles, and resources to support overall well-being.



**Note**

Special Olympics encourages athlete leadership and empowerment, providing opportunities for athletes to take on leadership roles, serve as advocates for inclusion and contribute to decision-making processes. Volunteerism is vital to deliver quality sports programs and foster an inclusive and supportive environment. Special Olympics has deeply impacted the lives of individuals with intellectual disabilities, promoting their physical and emotional well-being, nurturing social connections and empowering them to reach their full potential.

International Paralympic Committee (IPC)

Founded in 1989, the International Paralympic Committee (IPC) is the global governing body for the Paralympic Movement. Its mission is to enable para-athletes to achieve sporting excellence and inspire the world. The IPC works closely with the International Olympic Committee (IOC) to organise and oversee the Paralympic Games, held in conjunction with the Olympic Games. The IPC comprises National Paralympic Committees (NPCs) from countries worldwide, responsible for developing and promoting Paralympic sports within their respective countries. The IPC oversees a broad spectrum of para-sports, including athletics, swimming, wheelchair basketball, wheelchair rugby, para-cycling, para-equestrian, para-rowing, and wheelchair tennis.



The IPC establishes rules and regulations for each sport and ensures fair competition. The IPC implements a classification system that groups athletes with similar impairments into specific sports classes, creating a level playing field for athletes with various disabilities. The IPC is committed to developing and educating para-athletes, coaches, officials, and administrators, providing support and resources to NPCs and promoting the growth and accessibility of Paralympic sports worldwide. The IPC advocates for the rights and inclusion of persons with disabilities through various initiatives, raising awareness about para-sports, challenging stereotypes, and promoting a more inclusive society that recognises and respects the abilities of individuals with disabilities. Through the Paralympic Games and other initiatives, the IPC inspires individuals with disabilities and contributes to the overall promotion of sport as a powerful tool for social change.



**Note****International Blind Sports Federation (IBSA)**

The International Blind Sports Federation (IBSA) is the global governing body for blind and partially sighted sports, founded in 1981. Its mission is to promote and develop sports for blind and visually impaired athletes worldwide, providing opportunities for participation, physical fitness, and social inclusion. The IBSA oversees various sports, including athletics, judo, powerlifting, swimming, football (soccer), chess, goalball, and more, setting rules and regulations for fair competition. The IBSA implements a classification system to ensure fair competition among blind and visually impaired athletes, allowing them to compete against others with similar functional vision levels.

The IBSA organises and oversees various international competitions, including World Championships and regional championships, in different blind sports disciplines. The IBSA is committed to developing and educating blind and visually impaired athletes, coaches, and officials, providing support, resources, and training programs to member organisations and individuals involved in blind sports. The IBSA also advocates for the rights and inclusion of blind and visually impaired individuals in sports, collaborating with international sports organisations, national governments, and disability advocacy groups to promote inclusive sports and equal opportunities for blind athletes.



Now, think what are the goals of Special Olympics...

Other Organisations Promoting Sports and Physical Activities for CWSN

1. **Challenged Athletes Foundation (CAF):** CAF provides support and resources to individuals with physical disabilities, including grants for adaptive sports equipment, coaching, and participation in sports events. They aim to enhance the quality of life and promote independence through sports.
2. **National Sports Center for the Disabled (NSCD):** The NSCD is based in the United States and offers adaptive sports and recreational programs for individuals with disabilities. They provide opportunities for skiing, snowboarding, kayaking, rock climbing, and other activities.



**Note**

3. **BlazeSports America:** BlazeSports America is a nonprofit organisation that promotes adaptive sports and physical activity for individuals with physical disabilities. They provide coaching, training, and sports opportunities for CWSN in various sports, including basketball, track and field, swimming, and more.
4. **Disabled Sports USA (DSUSA):** DSUSA offers adaptive sports programs and events for individuals with disabilities across the United States. They provide resources, training, and support for a wide range of sports, including skiing, snowboarding, cycling, water sports, and team sports.
5. **CP Sport:** CP Sport is a UK-based organisation that focuses on promoting sports and physical activities for individuals with cerebral palsy. They offer coaching, competitions, and training opportunities in sports such as athletics, football, swimming, and table cricket.

These organisations play a vital role in creating inclusive sports environments, organising events, and providing resources and support to CWSN, enabling them to participate and excel in sports.

**Activity 11.2**

Collect information about two Paralympics athletes who have participated in Olympics and fill the following table (there's no table given here)

	1	2
Name of the Athletes		
Event		
Highest Medal		
World Ranking		



**Note**

11.2.2 Tournaments and Competitions for Children with Special Needs (CWSN)

There are several tournaments and competitions specifically organised for children with special needs (CWSN) across various sports. These tournaments provide a platform for CWSN to showcase their skills, compete with their peers, and experience the joy of sports. Here are some notable tournaments for CWSN:

The Special Olympics World Games

The Special Olympics World Games is a global sporting event that celebrates the athletic abilities of individuals with intellectual disabilities. Held every two years, the event attracts athletes from various countries and regions, creating a vibrant unity and cultural exchange atmosphere. Key features of the World Games include participating athletes from different age groups, backgrounds, and skill levels, competing in various sports disciplines, and hosting on a global scale. The opening and closing ceremonies begin with a grand opening ceremony, followed by performances, the lighting of the Special Olympics Flame, and the passing of the flag to the next host city.

The World Games are hosted in cities worldwide, with multiple venues dedicated to specific sports. Unified sports, which involve teams of athletes with and without intellectual disabilities, foster social inclusion, teamwork, and friendship between individuals of all abilities. Cultural and educational programs are also featured, encouraging understanding, respect, and appreciation for different cultures.

The World Games leave a lasting legacy in the host city and country, helping create inclusive communities, raise awareness about the capabilities of individuals with intellectual disabilities, and advocate for the rights and dignity of all people. The event serves as a powerful catalyst for promoting inclusion, acceptance, and unity on a global scale.

The Paralympic Games

The Paralympic Games is a major international multi-sport event held after the Olympic Games, dedicated to athletes with disabilities, including physical, visual, and intellectual impairments. The games feature a wide range of sports, including athletics, swimming, wheelchair basketball, sitting volleyball, para-cycling, para-archery, para-table tennis, wheelchair rugby, and more. The Paralympics showcase elite competition, with athletes at the top of their respective sports demonstrating exceptional physical prowess, skill, and determination, challenging the perception of what people with disabilities can achieve.





Note

Organised by the International Paralympic Committee (IPC), the Games are a global event that fosters cultural exchange, understanding, and unity among nations. They are closely linked to the Olympic Games, sharing the same host city, and organising committee, promoting inclusivity, accessibility, and equal recognition for athletes with disabilities.

The Paralympic Games receive extensive media coverage, raising public awareness about para-sports and challenging stereotypes surrounding disability. The stories and achievements of Paralympic athletes inspire millions around the world and provide role models for individuals with disabilities.

The Paralympic Games leave a lasting legacy by promoting accessibility, inclusion, and social change, contributing to shifting attitudes towards disability, breaking down barriers, and advocating for the rights and opportunities of people with disabilities in society. Through the Paralympics, the world witnesses the incredible power of sport to empower, unite, and transform lives.

The Deaflympics

The Deaflympics, also known as the World Deaf Games, is an international multi-sport event for deaf athletes, offering a diverse range of sports disciplines similar to the Olympic Games. The event allows deaf athletes to showcase their abilities and compete at the highest level. The sports program aims to provide a comprehensive platform for deaf athletes to excel in various sports.

International representation is another crucial feature of the Deaflympics, with deaf athletes worldwide representing their countries. The Deaflympics make accommodations to ensure equal opportunities for all participants, using visual cues, signals, and specialized technology to facilitate communication between athletes, coaches, and officials.

The Deaflympics have a rich history dating back to 1924 when the first International Silent Games were held in Paris. Since then, the event has grown in size and significance, symbolizing the achievements and capabilities of deaf athletes worldwide.

The Deaflympics are sanctioned by the International Committee of Sports for the Deaf (ICSD) and receive support from national deaf sports federations and other organisations. The event aims to raise awareness about the abilities of deaf athletes, challenge misconceptions, and advocate for equal opportunities in sports.

The Deaflympics leave a lasting legacy by promoting inclusivity, empowerment, and social change. They inspire deaf individuals, provide role models for young athletes, and contribute to the broader deaf community's visibility and recognition. The event celebrates the unique talents and achievements of deaf athletes while promoting understanding and inclusion in the world of sports.



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)



Activity 11.3

Write down the difference between Special Olympic, Paralympic and Deaflympics.



Intext Questions 11.2

1. Which organisation aims to provide inclusive sports opportunities for individuals with intellectual disabilities?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation
2. Which organisation focuses on creating inclusive sports programs that allow children with special needs to participate alongside their peers without disabilities?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation
3. Match the following organisations with their primary focus or mission:

Column A	Column B
a) Special Olympics	1) Provides support to athletes with disabilities through funding
b) International Paralympic Committee	2) Organises year-round sports training and competitions for individuals with intellectual disabilities
c) Challenged Athletes Foundation	3) Governing body for Paralympic sports worldwide
d) Disability Sports Organisation	4) Supports the development of sports programs for individuals with disabilities, covering a range of impairments



**Note**

11.3 ETIQUETTE AND CODE OF CONDUCT IN SPORTS FOR CWSN

Teaching etiquette and a code of conduct is essential in fostering a positive and inclusive environment for all students, including Children with Special Needs (CWSN). Etiquette guides other students on respectful and supportive behaviour towards CWSN peers in an inclusive class, promoting understanding, patience, and inclusivity. These guidelines help all participants appreciate diversity, enhancing both individual and group experiences in sports and beyond.

First, ensure everyone can participate, learn, and have fun in a safe and respectful environment. To ensure everyone has a good time, we've set up rules and guidelines that everyone should follow.

1. **Respect and Dignity:** Treat all individuals with dignity and kindness. Avoid any bias, bullying, or talking badly about other people. Accept and value the unique skills and difficulties that each participant brings.
2. **Person-First Language:** Use person-first language when referring to individuals with disabilities. Please focus on the person, not their condition, to show their uniqueness. Use “a child with autism” instead of “an autistic child.”
3. **Inclusivity and Support:** Create an inclusive environment that welcomes and supports CWSN. Encourage participation and make sure that everyone, no matter their skills, feels valued and included. Help people when they need it, but don't take away their independence.
4. **Patience and understanding:** People who need more time or help to engage may need your patience and understanding. Allow for differences in how people talk, move, and their skill levels. Don't rush people or push them out of their comfort zones.
5. **Communication:** Use ways of talking that are clear and polite. Use clear, concise language, speak at the right volume, and think about other communication methods, like visual aids, gestures, or assistive devices, based on what the participants need.
6. **Security and health:** Make the safety and well-being of everyone a top priority. Make sure that sports facilities and tools are safe and easy to use. Give the right amount of control and follow safety rules. Make any necessary changes or adjustments to meet the goals of CWSN.



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

7. **Fair Play and Good Sportsmanship:** Tell people to play fair, be honest, and act like good players. Focus on teamwork, respecting the other team, and following the game's rules. Create a friendly and welcoming place where people can learn, grow, and enjoy the sport.
8. **Confidentiality and Privacy:** Don't talk about CWSN or their families behind their backs or tell anyone what they do. Get permission before sharing personal information or picture. Keep their personal and medical information secret at all times and protect it.
9. **Sensory Considerations:** Be aware of the potential sensory sensitivities of participants and make appropriate accommodations. Try to stay away from things that might set you off, like loud noises or bright lights. Talk to the players and their caretakers to determine their needs and wants.
10. **Celebrate Achievements:** Recognise and celebrate the accomplishments and progress of all participants. Applaud their efforts, progress, and personal successes. Make a good, encouraging environment that boosts self-confidence and self-worth.

By following these rules, you can create a safe and respectful sports setting for CWSN, which will help them feel good about themselves and enjoy sports more.



DO YOU KNOW?

Disability: refers to a condition or impairment that may limit an individual's physical, sensory, cognitive, or developmental functioning.

Disorder: refers to a medical or psychological condition that disrupts normal physical, mental, or emotional processes.

Dyslexia: specific learning disorder that affects reading and language skills. It is characterized by difficulties in accurate and fluent word recognition, decoding, and spelling abilities.

Intellectual disability: intellectual developmental disorder or cognitive impairment, refers to a condition characterized by significant limitations in intellectual functioning and adaptive behavior.





Intext Questions 11.3

1. Which of the following is a key principle of etiquette and code of conduct in sports for children with special needs?
 - a) Winning at all costs
 - b) Disrespecting opponents
 - c) Fair play and sportsmanship
 - d) Cheating to gain an advantage
2. Who plays a role in teaching and reinforcing appropriate etiquette and code of conduct in sports for children with special needs?
 - a) Coaches and instructors
 - b) Parents and caregivers
 - c) Peers and teammates
 - d) All of the above
3. What is the purpose of establishing and enforcing etiquette and code of conduct guidelines in sports for children with special needs?
 - a) To promote fairness and inclusivity
 - b) To discourage participation of children with special needs
 - c) To create a highly competitive environment
 - d) To focus solely on individual performance
4. Which organisation collaborates with schools and educational institutions to promote sports and physical activities for children with special needs?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation



Note



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

5. Identify suitable adapted sports for different disabilities.
- Physical impairment
 - Wheelchair users
 - Cerebral palsy
 - All of the above



Activity 11.4

Write down the standard tournament for the following:
type of disabilities.

Retarded body parts	
Mentally retardedness	
Wheelchair user	
Cerebral palsy	
Blindness	



TERMINAL QUESTIONS

- How can etiquette and code of conduct guidelines help children with special needs develop social skills, self-confidence, and a sense of belonging in the sports community?
- Can you elaborate on the role of the International Blind Sports Federation (IBSA) in advocating for the rights and inclusion of children with visual impairments in sports at a global level?
- How does the International Paralympic Committee (IPC) contribute to promoting sports and physical activities for children with special needs on a global scale?





Note

4. What are the key objectives and strategies employed by the Special Olympics organisation to promote inclusive sports and physical activities for children with special needs?
5. How does the International Blind Sports Federation (IBSA) promote and facilitate sports opportunities for children with visual impairments?
6. How do etiquette and code of conduct guidelines address the unique challenges or considerations that may arise when children with special needs participate in sports, such as communication barriers or sensory sensitivities?



Answer to Intext Questions

11.1

- Ans 1. b) Basketball
- Ans 2. a) Swimming
- Ans 3. Unified Sports, Bocce, Yoga and Mindfulness, Sensory-Friendly Activities and Bowling.

11.2

- Ans.1 a) Special Olympics
- Ans.2 a) Special Olympics
- Ans.3 a) Special Olympics - 2
b) International Paralympic Committee - 3
c) Challenged Athletes Foundation - 1
d) Disability Sports Organisation - 4

11.3

- Ans. 1 c) Fair play and sportsmanship
- Ans. 2 d) All of the above
- Ans. 3 a) To promote fairness and inclusivity
- Ans. 4 a) Special Olympics
- Ans. 5 d) All of the above



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

Concept Map

