

PARALYMPICS

THEMED PROGRAMME



AIM

Celebrate the Paralympic Games, an international sports competition for disabled athletes, which takes place every 4 years. Have a go at some of the Paralympic sports, discuss how we can all be better at being inclusive and consider what can be achieved with a large dose of determination.

ACTIVITIES

-  Blind Football
-  Sitting Volleyball
-  Inclusivity Games
-  Paralympic Sports
-  Yes I Can!

PARALYMPICS

» INTRODUCTION

On 29th July 1948, the day of the Opening Ceremony of the London 1948 Olympic Games, Dr. Guttman organised the first competition for wheelchair athletes which he named the Stoke Mandeville Games. They involved 16 injured servicemen and women who took part in archery.

The Stoke Mandeville Games later became the Paralympic Games which first took place in Rome in 1960, featuring 400 athletes from 23 countries. Since then they have taken place every four years.

? DID YOU KNOW?

- The Paralympic Games feature 22 sports, 159 countries, 4500 athletes and is watched by billions of people around the world.
- In 1960, the first Paralympic Games were held in the same country and city as the Summer Olympic Games – Rome.
- The official Paralympic values are courage, determination, inspiration and equality.
- The 2020 (2021) games featured badminton and taekwondo for the very first time.



GET ACTIVE: PLAYING SPORTS BLIND FOOTBALL

Blind football (Football 5-a-side) made its Paralympic debut at the 2004 Athens games. All players apart from the goalkeeper are blind or partially sighted, with all players wearing blindfolds for fairness. Teams are made up of five players per team.

For this game, you will need an audio football (a ball with bells inside). These can be purchased online from the RNIB, starting at £15.

- 1 Split into teams of 5. Groups with 3+ teams may need to play as a tournament. Set up a playing area free of obstacles (tables, chairs etc) and ideally the size of the room, so it is surrounded by walls for the ball to bounce off (like in indoor 5-a-side). All players apart from the goalkeeper should be blindfolded.
- 2 Play as per normal 5-a-side football rules, with the following adaptations. The goalkeeper must stay in their penalty area, the goalkeeper can verbally support the team by giving instructions, a guide for each team (spare player / leader) should stand behind the opponent's goal to verbally guide their team when shooting, attacking players must shout 'voy' when about to tackle a player, as the pitch is surrounded by a wall there are no throw-ins.
- 3 Play for a set time, with the team scoring the most goals winning. Go to penalties if a draw.

Introduce the rule that players can only walk during this taster version of blind football to stop any injuries. Leader should be dotted around the edge of the room, so they can step in quickly should players be about to walk into a wall or injure themselves.

These rules provide a taster for blind football. For more rules and a full introduction video, check out the YouTube video 'Paralympic Sport A-Z: Football 5-a-side - <https://youtu.be/Dk2PeDB9Bm4>

Take it Further: Give Goalball a try too. This is also for visually impaired players and again uses an audio football. The object of the game is to roll the ball into the opposite goal while opposing players try to block the ball with their bodies. Check out the rules and an example video at <https://www.paralympic.org/video/sport-z-goalball>





GET ACTIVE: PLAYING SPORTS SITTING VOLLEYBALL

Sitting Volleyball has been in the Paralympic Games since 1980. Whilst very similar to the traditional game of volleyball, sitting volleyball is adapted to be accessible for people with disabilities.

- 1 Set up a volleyball court. An official court is 6m x 10m with a net roughly 1.15m high. However adapt to the space you have and create a suitable sized court to play in.
- 2 Split into even teams, with no more than 6 on the court per team at any one time. Players must sit on the floor.
- 3 Play as per normal volleyball rules (i.e. max 3 touches per side before the ball must cross the net, a player can't touch the ball twice consecutively, players can't place their hand beyond the centre line (net)). In sitting volleyball a part of each players' body, from their shoulder to bum, must always be in contact with the floor. If it's not, this is classed as a foul.
- 4 Scoring: The first team to 25 points win. Points can be scored by either team, regardless of who served. To score a point you must force the other team to make a foul (ball hits the floor, leaves the court etc). The team who won the previous point, serves for the next point. Officially teams play best of 5 rounds (first to 3 games wins), however you may decide to only play one game.

These rules provide a taster for sitting volleyball. For more rules and a full introduction video, check out the YouTube video 'Paralympic Sport A-Z: Sitting volleyball' - <https://youtu.be/uXLSzwJoT4M>



GET INVOLVED: SHAPING OUR WORLD INCLUSIVITY GAMES

This activity is designed to get young people considering how some people with disabilities can be left out from activities in society and what we can do to increase their inclusion.

- 1 Set up a game. This might be football, hockey, volleyball etc. Split the group into two teams.
- 2 Before the game starts, allocate players different roles. Some (about half) should be able to play the game normally, but some should be given some of these roles:
 - Sit on the floor without moving and/or sit on a chair without moving.
 - Play with one eye blindfolded and only allowed to walk.
 - Play normally but unable to talk.
 - Play normally but with earplugs.
- 3 Play the game as per the normal rules the group are used to. A few times throughout the game switch around the roles, so everyone gets a chance to experience playing with a 'disability'.
- 4 Afterwards sit down as a group and consider some of these questions. How did they find the game? How was it when they had one of the roles? Did they feel excluded from playing the game fully? What did it feel like when excluded?
- 5 People with disabilities can often feel excluded from everyday activities. This isn't just sport related. Can the group think of examples of everyday activities that disabled people might find harder to get involved with? What can we all do to help those with disabilities be included more in these activities? (provide support, adapt how we do things, leave disabled seats/parking spaces free, campaign for inclusion etc)



GET LEARNING: ME & MY WORLD PARALYMPIC SPORTS



Download and print the 'Paralympic Sports' Activity Sheet.

An introduction to the Paralympics sports that will have taken place at the 2020 (2021) Paralympic games.

- 1 Split into small groups. Give each group a sheet of paper and a pen and ask them to write down as many Paralympic sports as they can think of. There are 22 in total. After a few minutes, take a look at what each group have come up with (but don't share at this point). Total up the correct answers for each group. Which group has performed best so far?
- 2 Give each group the activity sheet. On the sheet are 22 images depicting the sports of the Paralympic games. Encourage groups to use these images to help add to their lists. What other sports can they think of now they have the images? Are there still some sports they are unsure of? Which group has the most sports? As a large group, can you now get all 22?
- 3 Finally share the answers. Were there any sports the group hadn't heard of before? If so, challenge each group to use the internet / phones to look up one of the sports they hadn't previously heard of. After 5 minutes of research, each group should share what they have found out about that sport (i.e. how it works, rules, how it's adapted for people with disabilities etc).



GET INTO THE BIBLE: DEVELOPING MY FAITH YES I CAN!

The Paralympics features athletes from around the world who have overcome challenges to be the best of the best at their sport. These athletes are inspirational to us all and show exactly what can be achieved with a bucket load of determination.

Watch the YouTube Video 'We're The Superhumans' (<https://youtu.be/locLkk3aYIk>) which was produced by Channel 4 for the 2016 Paralympics. This video shows people with disabilities doing incredible things and not letting their disability hold them back.

Paralympians can teach us a lot about not letting obstacles get in our way and that we can achieve anything we set our mind to. The Bible is also full of characters who faced trials and tragedies, yet despite it all kept going with a strong faith and sense of determination. (Daniel, Good Shepherd, Joseph, Paul)

God has called on all of us to fulfil a purpose in life. We will all face obstacles, go through tragedy and feel like giving up. However, the key to moving forward is to never give up. Christians believe that if God has called us to do something then he will equip us with what we need to accomplish it. God has not called on us to fail, so have faith in his plan. With God on our side, a strong faith and the sort of determination seen by the Paralympians, we really can achieve anything!



'I forget the things that are past. I try as hard as I can to reach the goal that is before me. I keep trying to reach the goal and get the prize. That prize is mine because God called me through Christ to the life above.'
Philippians 3 v 13-14

Take it Further: Spend some time looking into one of the Bible characters who showed determination to overcome obstacles and how their story strengthened their faith.





Archery



Athletics



Badminton



Boccia



Canoe



Wheelchair
Tennis



Cycling Track



Equestrian



Football 5-a-side



Goalball



Judo



Powerlifting



Rowing



Shooting



Sitting Volleyball



Swimming



Table Tennis



Taekwondo



Triathlon



Wheelchair
Basketball



Wheelchair
Fencing



Wheelchair
Rugby



Wheelchair
Tennis