

## CHAPTER 4 – PHYSICAL EDUCATION & SPORTS FOR CWSN

**Meaning of Adaptive Physical Education:** Adaptive Physical Education is a modified program of games, sports and other development activities that are 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.

### **Aims and Objectives:**

1. The aims of Adaptive Physical Education is to ensure that every child with special needs is provided with services that meet his/her Unique need.
2. Adaptive Physical Education aims to motivate each and every CWSN to participate in Physical Education related programs.
3. Its aim is to develop the gross motor skill of CWSN.
4. Its aim to enhance self-confidence of CW SN as well as to teach them social skills, control over their emotions and expression on the normal programs.
5. Its aim to teach the rules and strategies of games and their application while playing.

**Integrated Physical Education:-** Concept and Principles:- Under this one must have knowledge of different subtopic 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.

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### **Special Olympic Bharat:-**

This organization prepares the progress with a physical and mental disability for special Olympic. At the 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 the Olympic game for disabled sports person in 1960 first time it was organized in Rome. The headquarter of international para Olympic is situated at Born, Germany.



The international para Olympic is responsible for organizing summer and winter Olympic games. At present, it comprises 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 the International Olympic committee. The deaf Olympics 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 a disability.

The Deaflympics winter games were 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 at least 55 db in their "better ear".



Fig: Logo of Deaflympics.

### **Concept and need of Integrated Physical education**

It is a new concept of physical education. It is a well-known fact that the whole world is changing at a very fast pace. The traditional form of physical education is not capable of meeting the needs of a futuristic society. Therefore, integrated physical education has become the need of the hour.

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 subdisciplines 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 with the integration of its subdisciplines.

Integrated physical education provides opportunities for students to see new relationships, to transfer what they have learned from one 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 for Inclusion**

Inclusion in physical education helps 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.

## **Role of Various professional for children with special needs :**

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### **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 goods 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 well assesses the child and modify the environment or the way of doing a task to promote 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 teamwork 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.

### **Speech Therapist**

A speech therapist is known by many names like a 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 syndrome, 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 a disability may attend classes with general education students also known as inclusive classrooms. special education teacher's duties vary by the type of setting they work in, student disabilities and teacher specialty.