

Theme 1: Paralympic values

Unit 2: The Paralympic values

Learning objective:

To gain knowledge about the Paralympic values



Introduction

Students learn about the Paralympic values and consider how they showcase them in their sporting and daily lives and what more they can do to demonstrate them.



Activity 1

Watch the Agitos Foundation film: *I'mPOSSIBLE - The Paralympic values* (youtu.be/pDHdcb-59Rs)

In groups, agree definitions for the term 'value' and each of the four Paralympic values. Provide an example of how each value is demonstrated by the Para athletes and themselves when playing sport.

Compare student definitions to those of the IPC found in the PowerPoint presentation, *I'mPOSSIBLE - The Paralympic values*. Ensure students grasp the meaning of the Paralympic values as used by the IPC. Consider particularly the definition and use of the term 'equality'.





Activity 2

Work in groups to complete one of these activities:

Create a class presentation about the Paralympic values. In groups, take responsibility for one value and produce four PowerPoint slides using powerful words and imagery. Each set of slides should include:

- a definition of the value in your own words
- an example of a Paralympian, Para athlete or Paralympic hopeful showcasing the value
- a story about a person with an impairment who, through their actions or accomplishments, demonstrates the value
- examples of how you live out the value in your sporting and daily lives

Create collages using pictures, photos and/or captions that recognise the values in either:

- the Para athletes and Paralympians
- your school/college
- the community

Create a set of values for your school/college.

Provide definitions for each value and explain how they can be demonstrated.



In the film, *I'mPOSSIBLE - The Paralympic values*, Luis, together with his mother and coach, explain how he demonstrates the values.

Tell the story of courage, determination and inspiration through a story like Luis'.

Equipment

Video equipment and access to the Agitos Foundation film, *I'mPOSSIBLE - The Paralympic values*; projector, presentation screen; PowerPoint presentation, *I'mPOSSIBLE - The Paralympic values*; suitable materials and equipment for completing activity 2.



Extension activity

Chinese artist Huang Guofu paints using his mouth and feet. Take a look at some of his work. What values does he demonstrate through his paintings?

Research people with an impairment who demonstrate the Paralympic values through their accomplishments in different professions.

Optional independent research

Use any medium - art, music, sculpture, video, creative writing, poetry, photography - to teach others about one or more of the Paralympic values. Specify your audience.

Discussion questions

'Being a Paralympian is not just about athletic achievement and medals. The Paralympic values are at the heart of the Games. If we all embody these values we can act as Paralympians in our daily lives.' (Taken from the IPC film, *The Paralympic Games - The Paralympic values* (youtu.be/sOXbQLLTwVQ))

How do I reflect the Paralympic values and other values in my sporting and daily life?

Evaluation quiz

Complete the evaluation quiz individually, in pairs or small groups.

Evaluation task

Complete the evaluation task in pairs or small groups.

Students demonstrate their understanding of the Paralympic values by preparing and presenting a short talk about them to a younger

audience. Where possible, they should include great pictures and simple words or phrases that describe the values and help the audience to understand how they can live them.