

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 life 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)

Use the PowerPoint presentation, *I'mPOSSIBLE - The Paralympic values*, to fill in any gaps in students' knowledge of the values, their meaning and how Para athletes demonstrate them in their sporting and daily lives.

In pairs or small groups, share examples of how students already demonstrate the values in their sporting and daily lives. What more can they do to demonstrate them?





Activity 2

In small groups students use any creative medium to showcase the Paralympic values to others. Choose a suitable audience: younger children, peers, local community groups. Set your own challenge or use/adapt one of these:

- Create a film that demonstrates how students reflect the values in their daily lives.
- Use pictures of Paralympians to describe how they demonstrate the values in their sporting lives.
- Look at the way in which the values are represented in the IPC film, *Paralympic Games - The Paralympic values* (youtu.be/sOXbQLLTwVQ). Students create their own images that demonstrate their understanding of the values and provide a short rationale for each one.
- Write a song, rap or poem about the values. Perform it to others.
- Perform a dance that reflects students' understanding of the values.
- Produce an artefact to represent one or more of the values. Include it in a display.

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

What other values do Para athletes demonstrate through their sporting achievements? For each value provide an example of how it is demonstrated. Do you display this value in your life?

Optional independent research

Reflect each of the Paralympic values through a photograph or short phrase.

OR

Produce a short film reflecting the Paralympic values in school.



Discussion questions

- How is the Paralympic Movement promoting a more inclusive society for people with an impairment?
- How does society discriminate against people with an impairment? How can you stand up for people with an impairment at school and in your community?

Evaluation quiz

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