

## Short Answer Questions :

### 1. How can we define adaptive physical education?

Ans. Adaptive physical education can be defined as the art and science of developing, implementing and monitoring a **carefully designed physical education instructional programme** for learners with disabilities.

### 2. How are adaptive sports different from normal sports?

Ans. Adaptive sports have some **modifications in the rules** or use some special equipment to suit the needs of the participants compared to normal sports.

## Long Answer Question :

1. Explain five strategies to make physical activities accessible for children with special needs.

## Ans. Strategies to make physical activities accessible for children with special needs

### a) Medical check-up :

If we want to make physical activities accessible for the CWSN, we need to **understand the type of disabilities of children** and for this purpose complete medical check-up of the children is required. Because without complete medical check-up, the teachers of physical education cannot come to know about the type of disability child is facing.



## **b) Activities based on interests :**

Physical activities must be based on interest, aptitudes, abilities, previous experience and limitations of children with special needs.

## **c) Different instructional strategies :**

A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities. By this children get opportunity to learn by their own and become independent.



#### **d) Modification of rules :**

Rules can be modified according to the needs of the children. They can be provided extra time or attempt to perform a physical activity.

#### **e) Specific environment :**

For special needs children the area should be limited. In case of children who have autism, they must be provided specific area because they may need some time to relax.

