



Unit -4

Physical Education



Unit - 4

Physical Education & Sports for CWSN...!!



Unit Contents

4.1 Organizations promoting Disability Sports (

Special Olympics;

Paralympics;

Deaflympics);

4.2 Concept of **Classification** and **Divisioning** in Sports;

4.3 Concept of **Inclusion** in sports, its need, and Implementation;

4.4 Advantages of Physical Activities for children with special needs;

4.5 Strategies to make Physical Activities assessable for children with special needs

CBSE Sample Paper Questions

Q15. School management needs to recognize the essential place of physical activity in the education of children with special needs.

Which of these is **not one of the results of physical activities in children with special needs?**

- a) Improvement in confidence
- b) Improvement in endurance
- c) Increase in depression.
- d) Better hand-eye coordination

Q25. Explain any three strategies to Make Physical Activities Accessible for CWSN.

[3 Marks]

Q33. Explain the need for Inclusive Education.

[4 Marks]

Previous Year Questions

Q1. First Deaflympic games was organized in the year

- a) 1896
- b) 1960
- c) 1924.
- d) 1951

25. "Participation in physical activities is advantageous for children with special need." Briefly explain any six advantages. [3]

Ans. Participation in physical activities is advantageous for children with special need. The following are the advantages of physical activities for children with special need.

(i) **Physical Improvement:** Participating in physical activities can improve the physical fitness they need like cardiovascular efficiency, endurance, eye-hand coordination, strength and flexibility. Not only physical fitness but also it enhances required muscle and movement quality and maintain the body weight.

(ii) **Behavioural Improvement:** Physical activity can enhance the improvement in thought process of the children with special needs. Every sport comes with its own rules and regulations along with its organisations, through they lead to exercise self-regulation and lead to improve their decision-making efficiency. It teaches children a range of skills that include team work, problem solving ability, increased attention span and focus on task-based behaviour.

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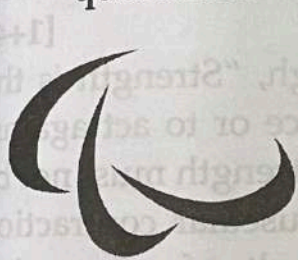
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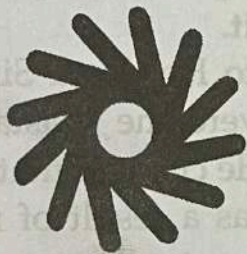
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33. In relation to the pictures, answer the following questions: [4]



(A)



(B)



(C)

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Practice Questions

Multiple Choice Questions

1. Which of the following is a Cognitive disability?

- (a) Speech disorders
- (b) Short memory
- (c) Both (a) & (b)
- (d) None of the above

Ans. (c) Both (a) & (b)

Explanation: In Cognitive disability, a person's ability to learn, speak, memorise, and solve problems is impaired. Speech disorders and short memory are thus, a cognitive disability.

2. _____ is the oldest multi-sport event in the world after the Olympics.

- (a) Paralympics
- (b) Deaflympics
- (c) Special Olympics
- (d) None of the above

Ans. (b) Deaflympics

Explanation: Deaflympics is the longest running multi-sport event in the world after the Olympics.



Related Theory

→ The first Games were held in Paris in 1924, after which they were held every four years thereafter, with the exception of World War II. Both the Paralympics and the Special Olympics predate the Deaflympics.

3. Which of the following is a benefit for CWSN by being involved in physical activities?

- (a) Social interactions
- (b) Muscle building
- (c) Weight loss
- (d) Increased intelligence

Ans. (a) Social interactions

Explanation: Through physical activities, CWSN can learn to interact with their peers and develop important social skills. These activities can also help them learn and work as a part of team, which can be an invaluable skill of life.



Related Theory:

→ CWSN (Children with Special Needs) can greatly benefit from participating in physical activities. Not only do physical activities help with physical health, but, they also help improve social interactions. It can help improve their social skills. Additionally, physical activities can provide CWSN an outlet to express themselves and build their self-esteem. All of these benefits can help CWSN become more confident and comfortable in social situations.

Assertion-Reason Questions

[1 mark each]

In the following questions (Q. No. 11 - 14), a statement of assertion, followed by a statement of reason is given. Choose the correct answer out of the following choices.

- (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
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11. Assertion (A): Disability is permanent in nature.

Reason (R): It is a condition that cannot be cured or reversed.

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Reason (R): It is a condition that cannot be cured or reversed.

Ans. (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).

Explanation: Disability is permanent in nature, because it is a condition that cannot be cured or reversed. It is a long-term condition that affects an individual's physical or mental functioning and can be caused by a variety of factors such as genetics, accidents, or illnesses. People with disabilities often require ongoing support and assistance to manage their condition and participate in everyday activities, which is why it is considered a permanent condition.

Concept of Disability & Disorder

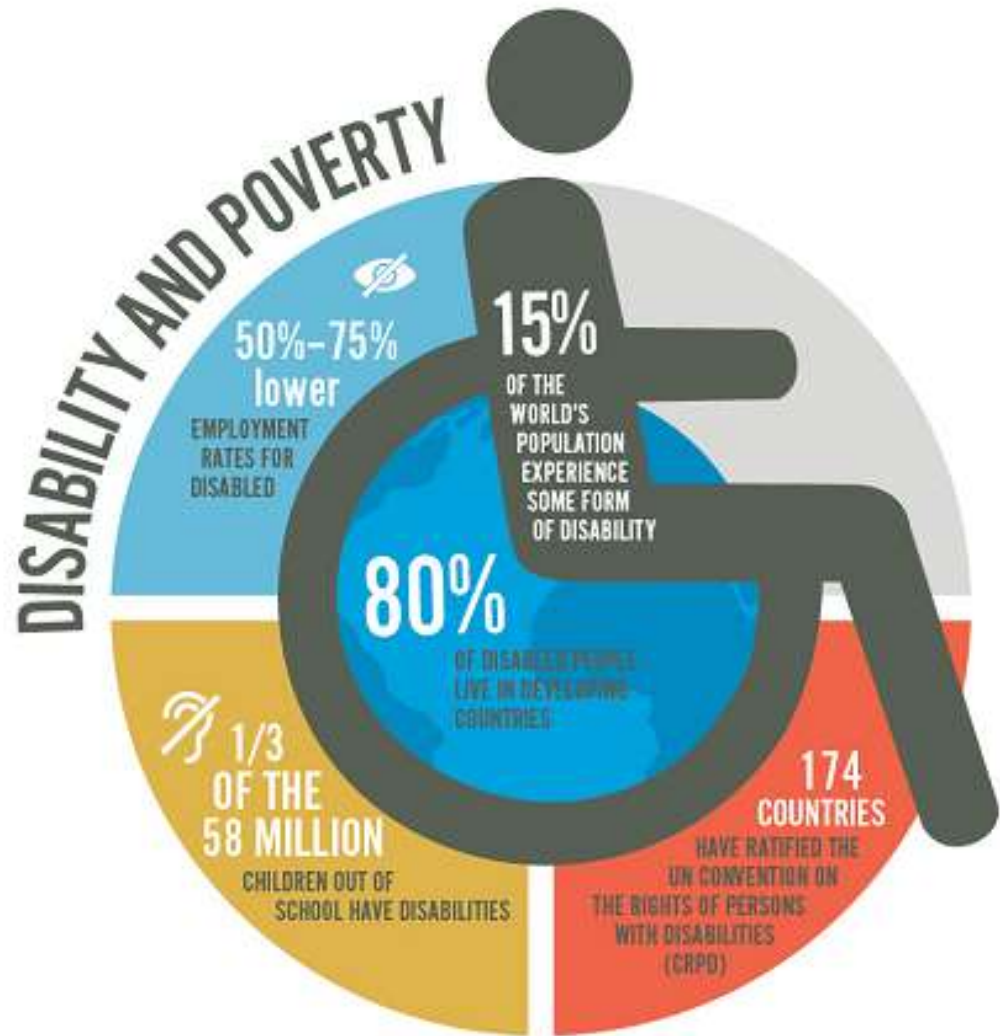
Concept of Disability :

Disability is understood as a condition that produces a **long-term impairment** that affects activities of daily living, such as eating, walking, and maintaining personal hygiene.



All persons with all types of disabilities must enjoy all **human rights** and **fundamental freedoms**.

To give the effect to the United Nations Convention on the Rights of Persons with Disabilities an act names the **Rights of Persons with Disabilities Act 2016 (RPWD Act 2016)** was passed by Indian Parliament on **27th December 2016**.



According to the [Rights of Persons with Disabilities Act, 2016](#), definition of

“Person with disability”

A person with long term physical, mental, intellectual or sensory impairment which, in interaction with barriers, hinders his full and effective participation in society equally with others.



Concept of Disorder :

Disorder is usually used for **mental disabilities**. Disorder is any ailment that disturbs the health of an individual. Disorder creates **hindrance in an individual's performance** and reduces his efficiency. In the beginning disorder seems to be ordinary but they usually grow or spread in a harmful manner in an individual.



It is a matter of confusion for many as to what is the right term – Disability/Disorder/ Children with Special Needs/Divyangjan.

As per the **Disability Act 2016**, “**Person with Disability**” or **Divyangjan** are the acceptable terms.

Disorders are used frequently in medical terminology whereas **Children with Special Needs (CWSN)** is more frequent in educational set up.

1/2

Taking Care of Children With Special Needs (CWSN) in Times of COVID-19



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Make predictable daily time table & do not break the routine-cycle of the child



Maintain a basic routine for sleep & wake up time, play time, TV time, etc. Keep the child's screen time to the minimum



Teach daily living skills. Involve them in doing activities like washing hands, brushing, dressing, etc.



Ensure that the child feels secure and not anxious, encourage activities that the child is familiar with & comfortable doing



Ensure adequate physical activity time. Include motor activities, play activities & structured simple home games

4.1 Organizations promoting adaptive sports

1. Special Olympic :

Special Olympics is the world's largest sports organization for children and adults with intellectual disabilities and physical disabilities, providing year-round training and activities to 5 million participants and 172 countries.

Special Olympics competitions are held every day, all around the world—including local, national and regional competitions, adding up to more than 100,000 events a year.



***Special
Olympics***

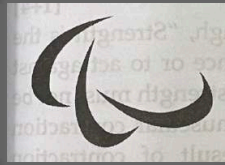
The Special Olympics World Games is a major event put on by the Special Olympics committee.

The World Games alternate between summer and winter games, in two-year cycles, recurring every fourth year. The first games were held on **July 20, 1968**, in Chicago.



***Special
Olympics***

2. Para Olympics :

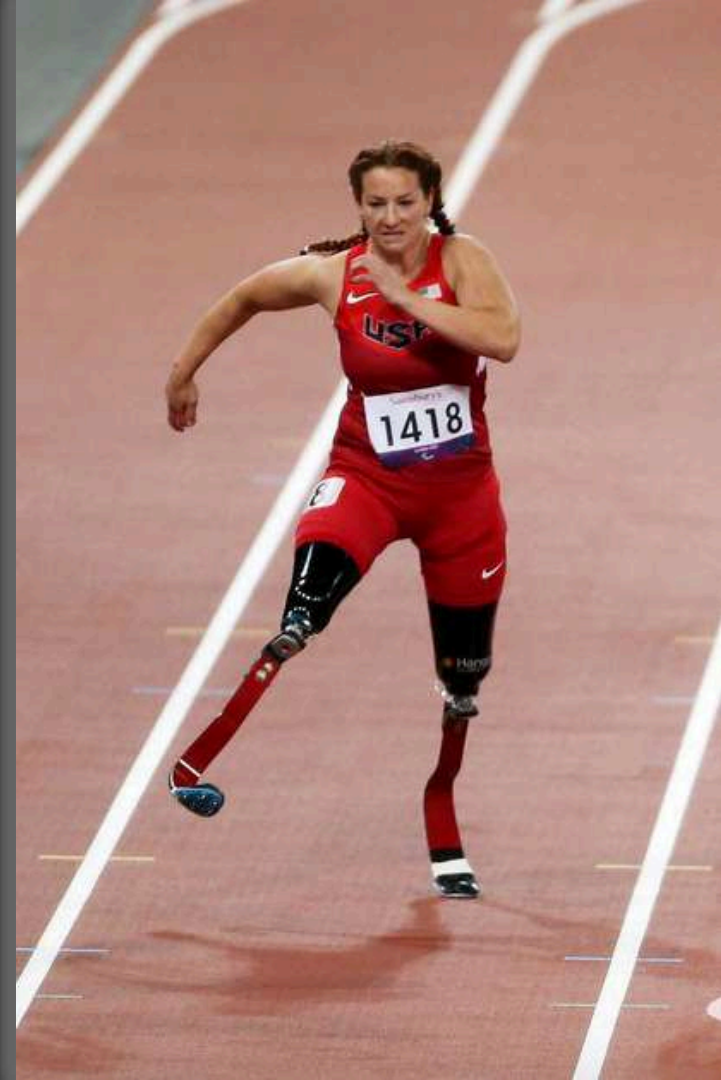


This is similar to **Olympic game for disabled sports person.**

In 1960 first time it was organized in Rome. The head quarter of international para Olympic is situated at **Bonn, Germany.**

The international para Olympic is responsible for organizing Para Olympic games.

Motto : Spirit in Motion.



India at Para Olympics :

India made its Summer Paralympic **debut at the 1968 Games**, competed again in 1972, and then was absent until the 1984 Games. The country has participated in every edition of the Summer games since then. It has never participated in the Winter Paralympic Games.

India's first medal in Paralympics came in 1974 Games, with Murlikant Petkar winning a gold medal in swimming. India's best finish yet has been in the 2020 Games, at 24th place with a medal haul of **19 medals** (5 gold, 8 silver and 6 bronze).



2024 Paralympics will be held in Paris, France

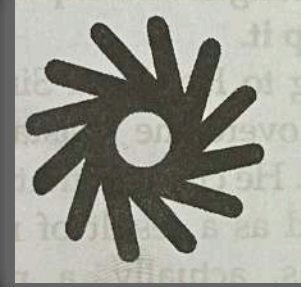
3. Deaflympics :

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 International Olympic committee.

The deaf olympion can not 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 disability.



The Deaflympic winter games, was added in 1949.
The games began as a small gathering of 148 athletes.

To qualify for the games, athletes must have a hearing loss of **atleast 55db** in their “better ear”.

Hearing aids, cochlear implant are not allowed to be used in competition.

Motto : Equality through sports



Deaflympics can not be guided by sounds so **alternative** methods are used to address the athletes.

For example the football referees **wave a flag** instead of blowing a whistle, on the track races are started by using a light, instead of using a starting pistol.



4.2 Concept of Classification and Divisioning in Sports :

In the world of sports, classification and divisioning play a vital role in **ensuring fair and competitive participation** for athletes of all abilities.

Classification refers to the process of grouping athletes based on their functional abilities, impairments, or characteristics, rather than their skill level.

This ensures that individuals **with similar conditions compete against each other**, creating a level playing field.



The **goal of classification** is to promote inclusivity and fairness, allowing athletes with disabilities or different abilities to participate and excel in their respective sports.



4.2 Concept of Classification and Divisioning in Sports :

Divisioning, on the other hand, involves categorizing athletes into specific divisions or classes based on their classification.

This ensures that competitions are structured in a way that accommodates various levels of abilities.

For example, in Paralympic sports, athletes are classified according to their impairment, such as physical, visual, or intellectual, and placed into relevant divisions. This system helps create exciting and engaging competitions for both athletes and spectators.



The process of classification and division **involves experts, medical professionals, and governing bodies** who work together to assess and categorize athletes based on established criteria.

In conclusion, classification and division are essential elements in sports, **fostering a spirit of inclusivity** and creating a platform for athletes to compete at their best regardless of their abilities.

Process of Divisioning

(1) Age:

Team Sports	Individual Sports
15 & Under	8 - 11 years
16 - 21 years	12 - 15 years
22 and above	16 - 21 years
	22 - 29 years
	30 and above

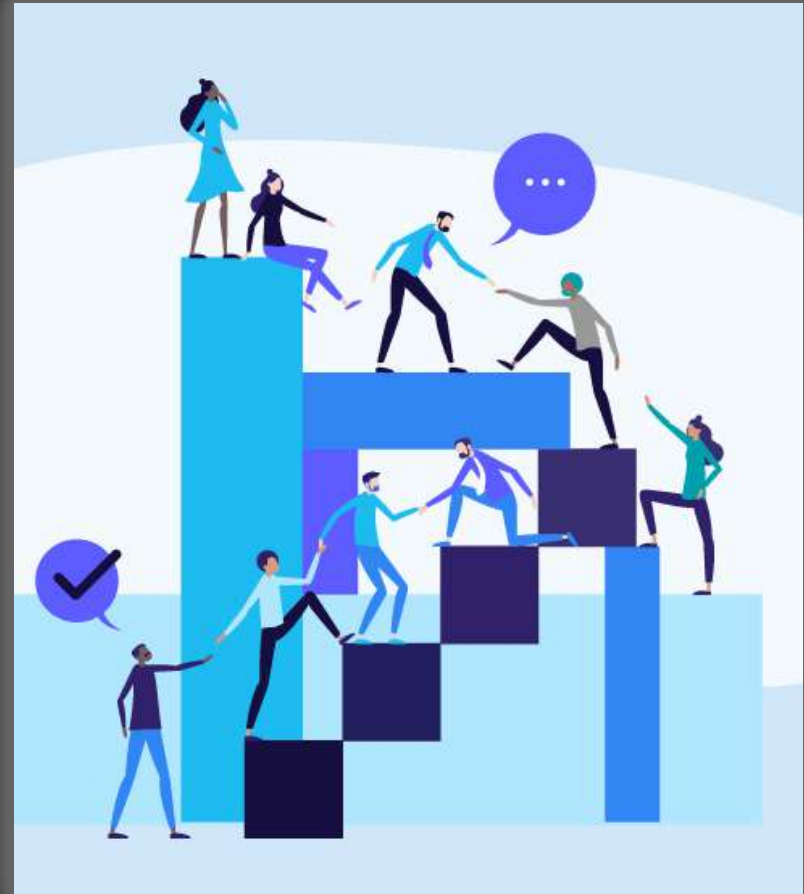
- (2) **Gender:** In the second step, athletes are divided into groups according to their gender, though in some cases, the two can be combined.
- (3) **Ability:** Finally, Special Olympics participants are divided into groups based on the scores assigned to their ability levels by the committee during preliminary and on-site competitions.

4.3 Concept of Inclusion in sports, its need, and Implementation :

Inclusion in physical education helps the 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.



Inclusion Implementation :

To make inclusion work, general classroom teachers, support specialist, parents and students themselves **must work together** to create the best educational environment possible.

With knowledge of inclusive practices and strategies, teachers can manage, classrooms that **encourage learning and discovery among all students**, regardless of physical abilities.



School principals must cooperate and share the message that all staff members, not just special education teachers, all of them are expected to be involved in education children with disabilities.

Inclusion also requires **specially trained staff**. Since classroom teachers need training and ongoing support to effectively teach many types of learners, they must meet regularly with inclusion specialists.



School Counselor :

Special education counsellors 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.



Physical Education Teacher :

Physical education **program** plays a very progressive role in improving cognitive functions and academic performance.

Social skills and collaborative team work can also be enhanced through the different programs of physical education.

The physical education teacher helps in executing these programs.



Speech Therapist :

Speech therapist is known by many names like speech language pathologist, speech pathologist and speech teacher.

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.**

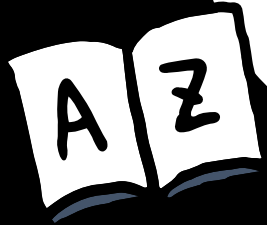
Students with disability may attend classes with general education students also known as inclusive classrooms. special education teacher's duties vary by the type of setting they work in, student disabilities and teacher specialty.





4.4 Advantages of Physical Activities for children with special needs.

1. Promote sportsmanship
2. Build in CWSN the capacity to be functionally active for lifetime



3. Reduce depression:

4. Improve **social interaction**:

5. Enhance **emotional** and psychological health

6. Cognitive benefits:

Physical activities lead to cognitive skills such as **thinking, reasoning, or remembering**. It allows them to discover and access strengths that cannot be challenged in the classroom setting.

7. Increased **fitness** levels



8. Decreases secondary health issues :

Regular physical activities decrease secondary health complications like **obesity, high blood pressure, low HDL cholesterol, and diabetes.**

9. Helping to develop **self-esteem in CWSN**

10. To promote **regularity and discipline**



4.5 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.



CBSE Sample Paper Questions

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Which of these is **not one of the results of physical activities in children with special needs?**

- a) Improvement in confidence
- b) Improvement in endurance
- c) Increase in depression.
- d) Better hand-eye coordination

Q25. Explain any three strategies to Make Physical Activities Accessible for CWSN.

[3 Marks]

Q33. Explain the need for Inclusive Education.

[4 Marks]

Previous Year Questions

Q1. First Deaflympic games was organized in the year

- a) 1896
- b) 1960
- c) 1924.
- d) 1951

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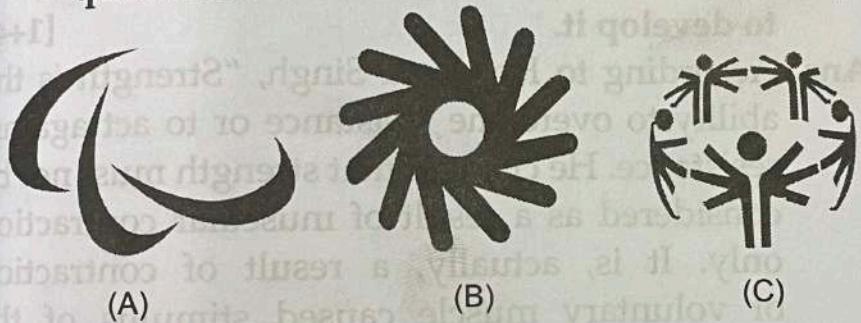
(iv) **Better emotional and Psychological health:** Physical activities are beneficial for children with special needs because such activities improve psychological and emotional health.

(v) **Cognitive benefits:** Physical activities lead to cognitive skill improvement in children with disabilities. These activities allow them to discover and access strengths that cannot be challenged in the classroom setting.

(vi) **Mode of recreation:** Physical activity in a healthy lifestyle is proven to decrease rate of depression. Participation in physical activities can also improve general mood and wellness, which aid in empowering the lives of the children with special needs.

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33. In relation to the pictures, answer the following questions: [4]



- (a) Logo shown in picture _____ refers to Special Olympic.
- (b) Who was the founder of Special Olympics?
- (c) According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for _____.
- (d) How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?

OR

The moto of Paralympics is _____.

- Ans. (a) Logo shown in picture (C) refers to Special Olympic.
- (b) Eunice Kennedy Shriver was the founder of Special Olympics.
- (c) According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for "Deaflympics". Together, the hand shapes represent the sign for "united".
- (d) There were 23 countries which participated in the first Paralympic Games in Rome (Italy) in 1960.

OR

The moto of Paralympics is "Spirit in Motion".

Practice Questions

Multiple Choice Questions

1. Which of the following is a Cognitive disability?

- (a) Speech disorders
- (b) Short memory
- (c) Both (a) & (b)
- (d) None of the above

Ans. (c) Both (a) & (b)

Explanation: In Cognitive disability, a person's ability to learn, speak, memorise, and solve problems is impaired. Speech disorders and short memory are thus, a cognitive disability.

2. _____ is the oldest multi-sport event in the world after the Olympics.

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Explanation: Deaflympics is the longest running multi-sport event in the world after the Olympics.



Related Theory

→ The first Games were held in Paris in 1924, after which they were held every four years thereafter, with the exception of World War II. Both the Paralympics and the Special Olympics predate the Deaflympics.

3. Which of the following is a benefit for CWSN by being involved in physical activities?

- (a) Social interactions
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Explanation: Through physical activities, CWSN can learn to interact with their peers and develop important social skills. These activities can also help them learn and work as a part of team, which can be an invaluable skill of life.



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Assertion-Reason Questions

[1 mark each]

In the following questions (Q. No. 11 - 14), a statement of assertion, followed by a statement of reason is given. Choose the correct answer out of the following choices.

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3 Marks Question:

Q.1 Describe the principles of integrated and comprehensive physical education.

Ans.

- (i) It should be based on the inter related sub-topics of physical education.
- (ii) It should cater to the requirements of different people.
- (iii) It should be capable of facing the challenges of the present and the future.

(iv) It should be capable of providing comprehensive and deep knowledge about physical education.

(v) It should motivate an individual to engage in a lifelong healthy and active lifestyle.

(vi) It should be able to develop social and emotional skill among people

**Q.1. The head quarter of Paralympics
is at**

- (a) Paris**
- (b) New York**
- (c) Germany.**
- (d) Denmark**

Q.2. Deaflympics started in

- (a) 1924.
- (b) 1960
- (c) 1947
- (d) 2001

Q.3. Cochlear implant is **not** allowed in

- (a) Special Olympics
- (b) Deaflympics.
- (c) Asian games
- (d) olympic games

**Q.4. Speech therapist helps a child
in**

- (a) Grooming
- (b) Communication.
- (c) enhancing mobility
- (d) playing

Q.5. "Let me win. But if I cannot win, let me be brave in the attempt". In which game this oath is taken?

- (a) Special Olympic Bharat.
- (b) Paralympic
- (c) Deaflympic
- (d) Asian games

Q.6. 'Spirit in motion' is the motto of

- (a) Paralympic.
- (b) Special olympic Bharat
- (c) Common wealth games
- (d) Deaflympic

Q.7. Inclusion is needed to....

- (a) Social development of CWSN
- (b) To increase motion skills
- (c) To improve academic performance
- (d) All of these.

Q.8. Name the teacher who is specially trained to work with CWSN....

- (a) Physical education teacher**
- (b) Physiotherapist**
- (c) Principal**
- (d) Special educator.**

Q.9. Whistles or guns are not used in these games...

- (a) Commonwealth
- (b) Deaflympic.
- (c) Paralympics
- (d) Special Olympic



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