

Physical Education and Sport for Children With Special Needs

1. International Paralympic Committee was formed in _____. (2024)

- (a) 1985
- (b) 2003
- (c) 1989
- (d) 2001

Ans. (c) 1989

2. Which is the main governing body responsible for the organization of Deaflympics? (2024)

- (a) World Deaf Champions Committee
- (b) National Sports Federation
- (c) International Co-ordinating Committee Sports for Disabled
- (d) International Committee of Sports for the Deaf

Ans. (d) International Committee of Sports for the Deaf

3. Write any two advantages of physical activities for Children With Special Needs (CWSN). (2024)

Ans. Advantages of physical activities for children with special needs:

1. Physical benefits
2. Fun and recreation
3. Improved emotional health
4. Active lifestyle
5. Behavioural benefits
6. Increased independence
7. Psychological benefits
8. Improvement in cognitive and intellectual ability
9. Increase in sleep and appetite
10. Improvement in social skill

(any 2 relevant advantages)

4. A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully : (2024)



S. No.	Event	Normal Child (150)	Special Child (10)
1.	100 Mtr.	40	5
2.	400 Mtr.	25	2
3.	Long Jump	20	0
4.	High Jump	15	1
5.	Relay Race	8	4

Based on the above study and your knowledge, answer the following questions:

(a) As per the above table, in _____ event, there is no participation of Special Child.

Ans. Long Jump

(b) Participation of students with disabilities in regular physical education classes is known as _____ .

Ans. Inclusion/ Adaptive Physical Education.

(c) Enlist any two strategies to make physical activities accessible for children with special needs.

Ans. Any two strategies from the following:

- To Create Specific Environment
- To assess physical and mental ability
- To assess the interest of child
- Plan for different strategies for instruction
- Modified Rules
- Use of modified equipment
- Plan activity as per need
- Plan for implementation from easy to difficult
- Extra Care or Concern for safety
- Plan for additional support of parents and trained assistants

(d) Motto of Special Olympic is _____ .

Ans. "Let me win. But if I cannot win, let me be brave in the attempt." (OR) "Joy and Happiness for all the children of the world."

(e) The motto of Paralympic is _____ .

Ans. "Spirit in motion."

5. Write short notes on 'Paralympics' and 'Special Olympic'. (2024)

Ans.

Paralympics

The Paralympic Games is a periodic series of international multisport events involving athletes with a range of disabilities. These were held for the first time in 1960 in Rome. They are held immediately after the respective summer and winter Olympic games. The international Paralympics Committee governs all Paralympics games. The Paralympics athletes compete in six different disability groups Amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability and 'Les autres' i.e. Dwarfism

Special Olympic

Eunice Kennedy Shriver, founder of Special Olympics, was a pioneer in the worldwide struggle for rights and acceptance for people with intellectual disabilities

The first special Olympic games were held in July 1968 at Chicago. They were recognized by IOC in 1988. Special Olympic is the world's largest sports event for children and adult with intellectual and physical disability comprising of 5 million participants from unified sports partner from 172 countries. These games provide opportunities to develop fitness, demonstrate courage and participate in competition and experience joy. The special Olympic world games are organized with interval of two years alternatively as summer and winter games.



Previous Years' CBSE Board Questions

4.1 Concept of Disability and its types

MCQ

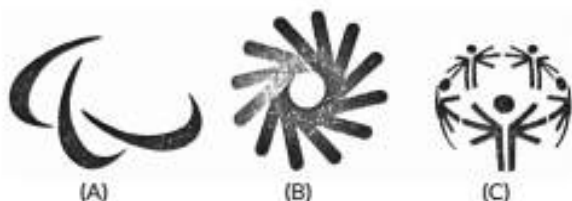
1. First Deaflympic Games was organised in the year
(a) 1896 (b) 1960 (c) 1924 (d) 1951.
(2023) **R**
2. Cognitive disability may cause difficulty in which of the following activity?
(a) Reading (b) Writing
(c) Mathematics (d) All of the above
(2020)

VSA (1/2 mark)

3. Define disability and list down any two types of disability.
(Term-II, 2021-22) **U**
4. What do you understand by 'Physical disability'?
(2018)

SA (4 marks)

5. In relation to the pictures, answer the following questions:



- (i) Logo shown in picture _____ refers to Special Olympic.

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

(2023) **AP**

4.2 Organisations Promoting Disability Sports (Special Olympics, Paralympics, Deaflympics)

VSA (1 mark)

6. What do you mean by Intellectual Disability? (AI 2019)

4.5 Advantages of Physical Activities for Children with Special Needs

SA (3 marks)

7. "Participation in physical activities is advantageous for children with special needs." Briefly explain any six advantages.
(2023)

OR

What are the benefits of physical activities for children with special needs? Explain. (2018)

8. What are the types of disability? Explain briefly.
(2018)

LA (5 marks)

9. How physical activities are helpful for children with special need? Explain strategies to make physical activities assessable for them.
(2020)

CBSE Sample Questions

4.1 Concept of Disability and its types

SA (3/4 marks)

1. In relation to the pictures, answer the following questions.



- (a) What is the mission of the first organisation?
- (b) What is the motto of the first organisation?

- (c) Until 1965 the games in the second picture were known as _____
- (d) Second pictures games are conducted after every _____ years.
(2022-23)

2. Explain cognitive disability along with its symptoms.
(Term-II, 2021-22)

4.5 Advantages of Physical Activities for Children with Special Needs

MCQ

3. Watching others play and enjoy which in turn motivates the Child with Special Need to participate is a part of which kind of strategy?

- (a) Mental
- (b) Physical
- (c) Psychological
- (d) Social

(2022-23)

SA (3 marks)

4. Create a mind map including any six advantages of physical activities for children with special needs. (2022-23)

4.6 Strategies to make Physical Activities Assessable for Children with Special Need

VSA (2 marks)

5. List down any two strategies to make physical activities accessible for CWSN. (Term-II, 2021-22)

SA (3 marks)

6. Plan a strategy for making physical activity accessible for Children with Special Need. (2020-21)

ANSWERS

Previous Years' CBSE Board Questions

1. (c) : 1924
2. (d) : All of the above
3. A disability is a physical or mental condition that limits a person's movements, senses, and activities. This denotes that the individual loses the functioning of a particular part of the body completely or partially. Disabilities can occur from illnesses, accidents, or it can be genetic. It can restrict a person's ability to speak, learn, communicate and even affect mobility. There are various types of disabilities, such as physical disabilities, intellectual disabilities, learning disabilities, physical disfigurement, sensory disabilities, mental illnesses, neurological disabilities, etc.
4. It is a limitation on an individual's physical functioning. It can be because of motor deficiency or sensory impairment that affects the mobility and manual skills of an individual.
5. (i) C
(ii) Eunice Kennedy Shriver
(iii) Deaflympics
(iv) 23

Answer Tips

- ➔ Students should learn some extra knowledge about the topic which will help them to solve case based questions and also help them to get good marks by applying their extra knowledge in the exam.

6. It is a disability characterised by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behaviour, which covers a range of everyday social and practical skills. Usually it occurs before the age of 18.

7. Children with special needs benefit greatly with well planned exercise regimen. Such as **Physical Improvement** :
- (a) Reduce risk of health complications
 - (b) Helps in mental improvement
 - (c) Leads to behavioral patterns
 - (d) Improves self-esteem and develop self confidence
 - (e) Reduce level of anxiety, stress and depression
 - (f) Leads to cognitive benefits
 - (g) Better emotional and psychological health
 - (i) **Physical Improvements** : Children suffering from cognitive disabilities also often have certain physical weaknesses or even impairments. These children may have problems with motor skills. Physical exercises such as hopping, skipping, jumping etc., that involve various body movements help to develop fundamental motor and basic physical fitness in them.
 - (ii) **Self-Esteem** : Developing a sense of self-esteem and confidence is an extremely important part of special education. Thus when children contribute in group activities it improves their self-esteem and they develop a positive self-image and become more confident
 - (iii) **Cognitive Benefits** : The participation in sports activities leads them to discover and follow certain discipline and regulations which becomes a very important learning over the period of time. Children also learn verbal communication and interaction with peers through involvement in sport.
8. The types of disabilities can be classified as :
- (a) Cognitive Disability
 - (b) Intellectual Disability
 - (c) Physical Disability
 - (a) **Cognitive Disability** : The concept of cognitive disabilities is extremely broad, and not always well-defined. In loose terms, a person with a cognitive disability has greater difficulty with one or more types of mental tasks than the average person.

It refers to intellectual disability, also known as general learning disability, and previously known as mental retardation (a term now widely considered to be offensive), is a generalized disorder characterized by significantly impaired cognitive functioning and deficits in two or more adaptive behaviors.

(b) Intellectual disabilities : These are specific cognitive difficulties that create a low intelligence quotient (IQ) score and significant problems in the ways learners adapt to new situations - such as their ability to socialize. They have significant limitations in intellectual functions (such as reasoning, learning, problem solving) and adaptive behavior such as interacting with peer group.

It is harder for them to understand and apply new information that comes their way. People with intellectual disabilities are the group that has been referred to as "mentally challenged."

(c) Physical Disability : A physical disability is a limitation on a person's physical functioning, mobility, application of hands to do a work or ability to sustain the work over a period of time. Physical disabilities include impairments which limit different facets of daily living, this includes respiratory disorders, blindness, epilepsy and sleep disorders. In other words, a physical disability is any type of physical condition that significantly impacts one or more important life activities.

9. Children with special needs benefit greatly particularly with well-planned physical activities and sports like basic gymnastics. However, these should always be done under the guidance of instructors.

These programs may help to improve muscle tone, control obesity, promote activeness, increase a child's self-image and social skills, and motivation.

In other words, the students who could benefit from physical education the most end up with minimal participation.

Medical Check-up : Though disabilities cannot be diagnosed in routine medical checkups done at schools but in many cases first sign of certain problems can be noticed and parents can be alerted. Children with signs of obesity can be identified and they can be allocated into groups for suitable physical activities.

Sensory Integration : In many kinds of disabilities bright light (even bright sunlight) and loud music becomes an irritant and a huge barrier particularly when neurological differences are involved. In certain cases, the squeaking noise of rubber soled shoes also cause problems. Hence the physical activity arena should be made correctly suitable for the disabled participants.

Behaviour and instructions : Instructors should not expect immediate response and they may have to repeat the instructions several times. They should practice

'Positive Behaviour Interventions' such as "Prevent, Teach, reinforce" must be practiced. Instructions may have to be written on a notice board in addition to verbalisations.

Designed as per needs : Teachers and parents should be sensitive to the needs, requirements and preferences of the children. Child's previous experience and knowledge should be considered. The physical activities should be planned after considering all these aspects.

CBSE Sample Questions

- (a) The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in events
(b) "Let me win. But if I cannot win, let me be brave in the attempt."
(c) International Games for the Deaf International Silent Games"
(d) 4 yrs (4 × 1 = 4)

2. **Cognitive Disability :** This disorder comes in the mental disorder category. Due to cognitive disorder, a person's ability to learn, speak, memorize, and problem solving skills are disrupted. Due to cognitive disorder, the person suffers from dementia, and delirium disease. In addition, it adversely affects the memorizing power and reasoning power.

Normally, these are various symptoms of these :

- Memory Disorder :** The person who has a problem in listening and then recalling things.
- Hyper Activity :** The person tends to hyper during sitting, standing phase.

The person remains in undue hurry.

- Dyslexia :** The person who faces problems in reading, writing and memorizing.

Cause of Cognitive Disability

Cognitive disability normally occurs due to problems of the brain like tumor, head injury, shock, infection, harmful brain neurotoxins, heredity or any other brain related disease. It affects a person's memorizing power, learning skills and ability to do routine activities like, in case of tumor or head injury on part of the brain which controls speech control, can affect the speaking skills of that person.

In same way, if brain tumor or head injury on that part of the brain which can hamper the physical movement or delving other physical activities. (3)

- (d) : Social (1)

4. Six advantages of physical activities for children with special needs)



(3)

5. Strategies to make physical activities accessible for CWSN

(i) **Interest** : Physical activities must be based on interest, ability and limitation of children with special needs to ensure maximum participation.

(ii) **Ability** : The physical and mental state of children with special needs shall be considered.

(iii) **Medical Check-up** : First, it is mandatory to have a medical check-up of all children with special needs. Because without that we cannot know about the disability the child is having.

(iv) **Pre-experiences** : Before deciding physical strategies, we shall know the children with their past experiences and convince them. (2)

6. Strategies to make physical activities accessible for CWSN :

1. Medical check up
2. Interest of child to be considered
3. Modified Equipment to be used
4. Provide specific environment
5. Variety of instruction
6. Modified rules
7. Previous knowledge to be considered (Any three) (3)