

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME
16 TO 18 MARCH 2021
9AM - 5PM



Host



Co-host



TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

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2021**

WELCOME!



Brief Introduction



- _ PE Teacher from Seng Kang Primary School
- _ 4 years teaching experience, teaching students between the ages 7-12
- _ Teaching students in Seng Kang Primary about the Paralympic Movement as well as Paralympic Values over the past 3 years.
- _ In 2019, under the I'mPOSSIBLE Overseas Exposure Programme, I visited Japan to see how Paralympics was taught in Japanese Schools (Oyumino Minami Junior High School & Chiba City Chigusadai Junior High School)

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Introduction of Paralympics Movement & Implementation in school curriculum



Introduction of Paralympics Movement



- 1948, Sir Ludwig Guttmann organized a sports competition involving World War II veterans with a spinal cord-related injury in Stoke Mandeville, England.
- 1952, competitors from Holland joined the Games, and the international movement, now known as the Paralympic Movement, was born.

Introduction of Paralympics Movement



- I'mPossible – education programme to spread the Paralympic values and the vision of the Paralympic Movement to young people throughout the world.
- I'mPOSSIBLE - aims to challenge and change perceptions of how young people perceive people with impairment, bringing about a more inclusive society.

Introduction of Paralympics Movement

- _ I'mPOSSIBLE Overseas Exposure Programme
- _ I'mPOSSIBLE Workshop conducted by Singapore Disability Sports Council (SDSC)

Implementation in school curriculum

- _ Since 2019, P5 & P6 students have been introduced to Goalball & Sitting Volleyball as part of their post exam activities

- _ 2021, Seng Kang Primary School incorporates ICT into our lessons.

- _ Using Ipads, QR codes, online videos as well as Kahoot! platform to educate students on:
 - What is the Paralympic Games?
 - Symbol of Paralympic Games
 - Paralympic Values
 - Paralympic Sports
 - Singapore Paralympic Athletes
 - Latest News on Paralympics
 - Fun Facts on Paralympics
 - Kahoot! Quiz



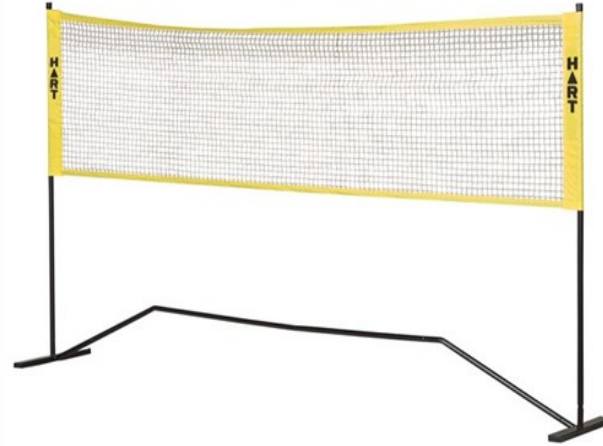
Implementation in school curriculum



*Kahoot!
Game Pin will
be shared later

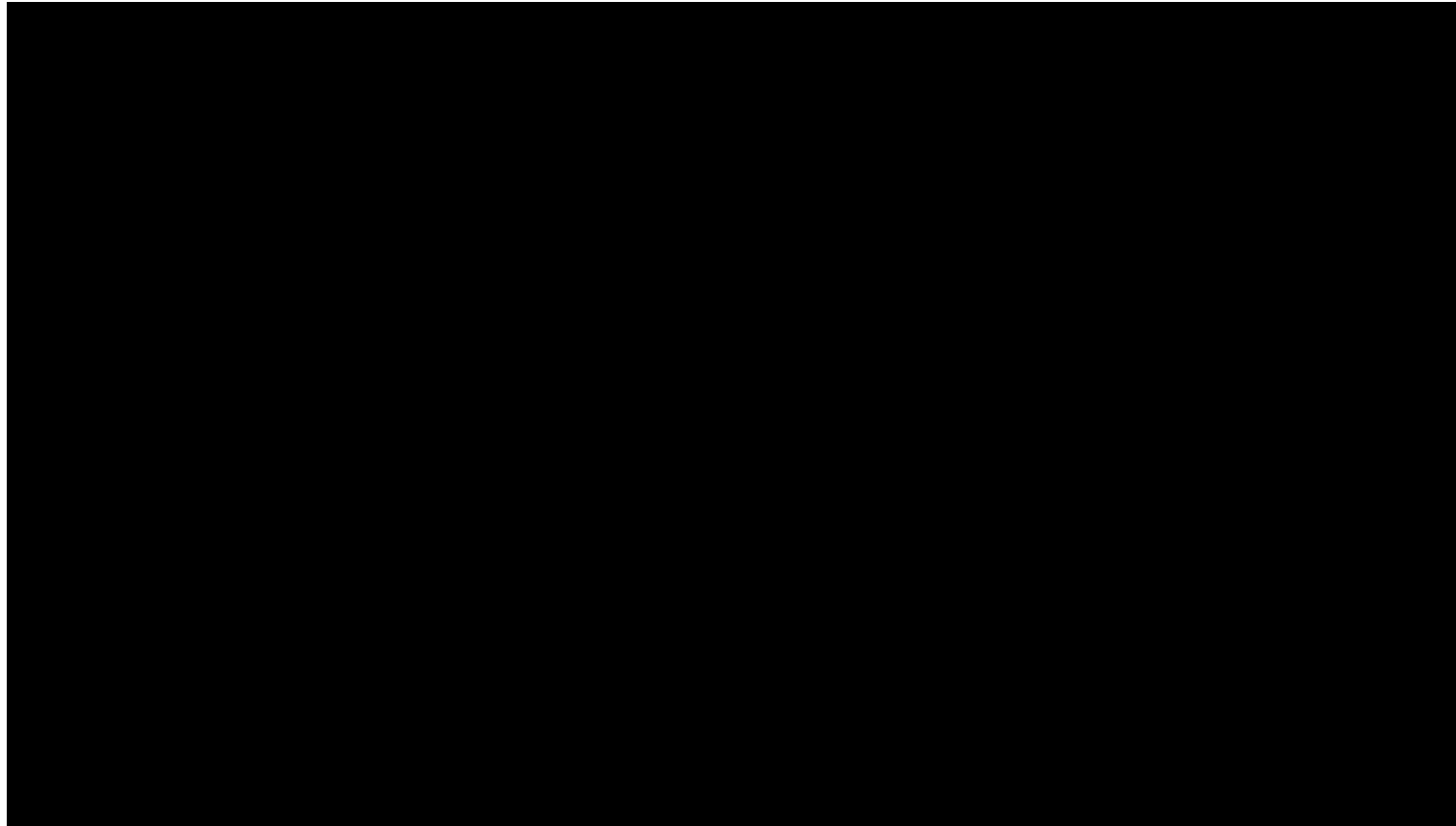
- Please feel free to scan the QR code to see the lesson package that I planned as well as try out the Kahoot! questions.

Implementation in school curriculum



- _ Students were taught the safety rules on how to handle the equipment
- _ Play Goalball and Sitting Volleyball
- _ Equipment purchased by my school

Implementation in school curriculum



Lets watch a short video of how sitting volleyball is played in class

Implementation in school curriculum

SCAN ME



KAHOOT Quiz

_ Game PIN: **04027700**



Thank you!

And have a great day

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sota
SCHOOL OF THE
ARTS SINGAPORE

Noblesse oblige – so richly
received, so willingly give



Making I'mPOSSIBLE possible in SOTA's co-curriculum programme



- Under the ambit of Ministry of Culture, Community and Youth (MCCY)
- the only pre-tertiary specialised arts school for youths aged 13-18 years old
- Offers a 6-year integrated arts and academic curriculum
- @ Year 6 (age 18), students graduate with the International Baccalaureate (IB) Diploma or Career-related Programme

**I'MPOSSIBLE
CAS**

Top row (L to R): Anneli & Kar Har
Bottom row (L to R): Kasumi & Nicole



The aim of all IB programme is to develop internationally-minded people, who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful for all.

*The IB Diploma programme student reads 6 subjects + 3 Core subjects
CAS (Creativity, Activity, Service) is one of the 3 Core subjects in IB.*

CAS in SOTA

- Students *self-initiate* & participate in a range of enjoyable and significant experiences and projects that are **real & purposeful, and with significant outcomes**
- Projects are “borderless”, carried out outside school curriculum time
- Students engage in between 2 – 6 CAS projects across 18 months
- Each project must be of **thoughtful consideration** (e.g. planning, reviewing progress, reporting)
- Each project must **provide opportunities for reflection** on outcomes and personal learning
- At least 1 project must address at least 1 UN Sustainable Development Goal (SDG) & must involve the arts

Similarities between IB Learner Profile & CAS Learner Outcomes with Olympic & Paralympic Values

IB 10 Learner Profile	
Inquirers	Knowledgeable
Principled	Risk-Takers
Thinkers	Communicators
Caring	Reflective
Balanced	Open-Minded

The Olympic and Paralympic Values

Olympic Values

- Friendship
- Respect
- Excellence

Paralympic Values

- Determination
- Courage
- Equality
- Inspiration

CAS Learner Outcomes	
Strength & Growth	Collaborative Skills
Challenge & Skills	Global Engagement
Initiative & Planning	Ethics of Choices & Actions
Commitment & Perseverance	

I'mPOSSIBLE introduced @ SOTA's Gotong Royong & as a CAS project

Gotong Royong = SOTA's *annual learning festival* – connects community partners & experts with youths to increase their awareness and engagement in today's global issues



@ 10th Gotong Royong 2019:
50 students participated in I'mPOSSIBLE programme
(31 SOTA + 19 students from 17 other Sec schools)



@ 11th Gotong Royong 2020:
16 SOTA students (reduced nos. due to COVID-19 restrictions)



Throughout 2020: I'mPOSSIBLE CAS conducted at least 4 outreach sessions for fellow cohort mates & juniors at lunch breaks & 'recreational play' time

UN SDG

GOAL #3

Good Health & Well-being

GOAL #10

Reduced inequalities



Applying the Paralympic Games Values into Daily Life...

“.....*Determination, inspiration, courage, and equality* are a few significant values from Paralympic Games. *It is amazing that these life values can be applied to sports and vice versa.*”

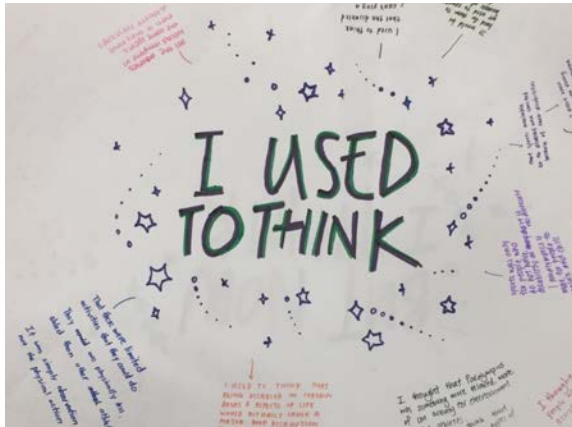
I hope that throughout this CAS journey and the future, I would diligently apply these important life lessons to my daily life and work ethics. For example, I need determination and perseverance to complete all my tasks despite any challenges that I might face.

Similar to the coronavirus situation, even though it is a big obstacle that everyone must face, *we must figure out our ways to concur it and find the positive sides to things.* This way, every individual can have a *positive attitude to life and have the correct spirit/mindset to accomplish our goals...*”



– Anneli, May 2020

1st experience with I'mPOSSIBLE programme: I used to think... But now I think...



I had little to no knowledge about the paralympics and how capable all the athletes were. Some of my friends also mentioned that they thought disabled people would require a lot of assistance in playing the sports, paralympics was for the disabled to relax or as a form of rehabilitation, or even that all athletes play the same sports regardless of their disabilities.



For me, the (blindfold) activity taught me how when one sense is taken away, we tend to rely more on our other senses and become more sensitive to it.

The video (from Sochi 2014 Paralympics) was also **eye-opening**, as it made all of us realise how there were numerous sports present.....

Some of my friends also mentioned that they were **amazed by how courageous** the Paralympians were.



- Kasumi, March 2020

Applying the Paralympic Games Values into Daily Life...

“..... As a team member in this CAS, while researching and reading up about these sports, I actually learned a lot of **new knowledge** that I never knew and came across before.

Despite their disabilities, many athletes still can ace equally as well in the games modified for them as compared to normal athletes.

Some of the stories of the star athletes really touched my heart, especially when they mentioned not giving up on themselves despite all the struggles that they have to face because of their disabilities. Their stories really inspired me to persevere in everything I do no matter what problems I may encounter.

Through the research and advocacy of the athletes who take part in the Paralympics as well as the different sports played by them, it really widened my view on the disabled, allowing myself to gain knowledge on something that I seldom would be concerned or pay attention to...”



– Kar Har, 19 May 2020

Introduced I'mPOSSIBLE through...

- Lunch breaks / Recreational play time



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I'MPOSSIBLE CAS

All Posts PARALYMPIC SPORTS PARALYMPIC ATHLETES QUIZZES OUR ACTIVITIES More



DANCESPORT
Dancesport originated in Sweden in 1961 purpose of recreation and rehabilitation, targeting those with lower-limb im...

2 views 0 comments



PARA-SWIMMING
Para-swimming is first eight para-sports introduced in the 1960 Rome Paralympic Games, with 77 swimmers from 15 countries. It is one of t...

0 views 0 comments



BOCCIA
What is Boccia?? The word 'Boccia' is derived from the Italian word which means to bowl. Boccia is a target ball court that belongs to th...

OUR MEMBERS



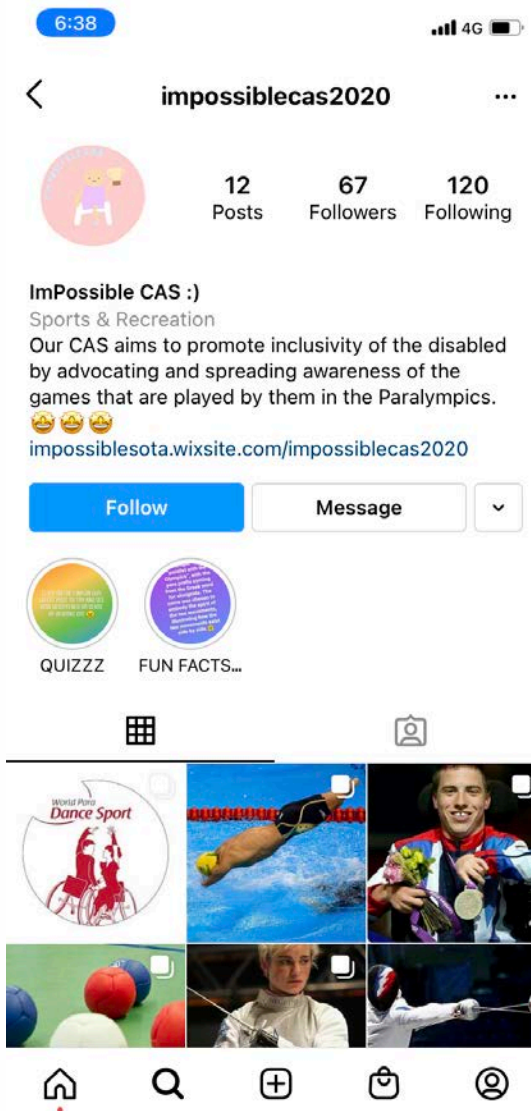
Leader: Anelli

Members: Kar Har, Kasumi, Nicole

Year 5 2020

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I'mPOSSIBLE CAS –sample IG



Design credit: Nicole Fan

***Interview with 3 Year One boys who
participated in our
‘para-Badminton’ game – Aug 2020***

VIDEO

Reflections from organizing Seated Volleyball for participants @ Gotong Royong 2020

“ Changing drastically from one level to lowering oneself closer to the floor would definitely throw one’s sense off for a while. When Kasumi and I were trying the seated trolley volleyball on its feasibility to be played during the session, my sense of how high to throw and hit the ball was very much thwarted off. The distance between the two of us was also strangely harder to estimate.

*I thought that maybe the best solution to the lack of understanding towards those with disabilities can be solved by **putting one in other’s shoes and experience what it may be like to lose the mobility of a certain part of the body.***

As a dancer, where every part of my body is essential in creating my craft, this CAS has only made me more appreciative of my body. Having all four limbs was never a privilege that struck my head first whenever I hear that word.



- Nicole Fan, 31 Oct 2020

Overall reflections by the I'mPOSSIBLE CAS team