

Chapter 4 · Physical Education and Sports for CWSN

CBSE Class 12 Physical Education (048) · Unit 4 = 8 marks (4 + 4 b*) · Ultimate Revision Sheet

60-SECOND RECALL

CWSN	Children W ith S pecial N eeds — also called <i>Divyang</i>
Disability vs Disorder	Disability = limitation of function · Disorder = disturbance of normal functioning
4 disorders	ADHD · SPD · ASD · ODD (+ OCD)
3 organisations	Special Olympics Bharat (intellectual) · Paralympics (physical) · Deaflympics (hearing)
Inclusion	Educating CWSN together with other children in the same classroom
Key professional	Adapted physical education teacher — modifies activity to suit the child

1. Concept of Disability

Term	Meaning
Disability	A condition that limits a person's movements, senses or activities.
Impairment	Loss or abnormality of a body structure or function — physiological or psychological.
Disorder	A disturbance in the normal functioning of mind or body.
Handicap	A disadvantage resulting from an impairment that limits fulfilling a normal role.

Types of Disability

1. **Cognitive disability** — impairment in mental functioning, learning, memory, problem solving. Eg: intellectual disability, dyslexia.
2. **Intellectual disability** — significant limitation in intellectual functioning and adaptive behaviour, appearing before age 18.
3. **Physical disability** — limitation of physical function, mobility, dexterity or stamina. Eg: cerebral palsy, amputation, muscular dystrophy.

Causes of Disability

Genetic — chromosomal disorders such as Down syndrome · **Prenatal** — malnutrition, infection, drugs or alcohol during pregnancy · **Perinatal** — birth injury, lack of oxygen, premature birth · **Postnatal** — accidents, infections, malnutrition, poisoning.

2. Disability Etiquette

DEFINITION Disability etiquette is a set of guidelines on how to interact respectfully with people with disabilities, treating them with the same dignity as anyone else.

- Speak **directly to the person**, not to their companion or interpreter.
- **Ask before helping** — do not assume help is wanted.
- Do not touch or move a **wheelchair, cane or guide dog** without permission — they are part of the person's personal space.
- Sit at **eye level** when talking to a wheelchair user.

- Use **person-first language** — “a person with a disability”, not “a disabled person”. Avoid words like “handicapped”, “victim”, “suffering from”.
- Be **patient** and give the person time to speak or act; do not finish their sentences.
- Announce yourself when approaching a person with a **visual** impairment, and say when you are leaving.

3. Advantages of Physical Activity for CWSN

Physical

- Improves **motor skills, balance and coordination**
- Increases muscular strength and flexibility
- Controls weight and improves cardiovascular health
- Reduces secondary health complications

Psychological & Social

- Raises **self-esteem and confidence**
- Reduces anxiety and depression
- Develops **social interaction** and friendship
- Develops teamwork, discipline and a sense of belonging
- Improves **cognitive functioning** and concentration

4. Strategies to Make Physical Activity Accessible

THE FIVE STRATEGIES — a common 4-marker

1. **Medical check-up** — assess the nature and degree of disability before designing the programme.
2. **Adapted physical education** — **modify** the activity, rules and equipment to suit the child, rather than excluding them.
3. **Assistive technology** — prosthetics, wheelchairs, hearing aids, modified sports equipment.
4. **Modified equipment and environment** — ramps, larger and brighter balls, audible balls for the visually impaired, lower nets, shorter distances.
5. **Specific and trained personnel** — adapted PE teachers, physiotherapists, special educators, counsellors.
6. **Inclusive classroom and peer support** — buddy systems and cooperative games.

5. Disorders — ADHD, SPD, ASD, ODD, OCD

THE FOUR YOU MUST KNOW COLD

Disorder	Full form & meaning	Symptoms
ADHD	Attention Deficit Hyperactivity Disorder — a neurodevelopmental disorder affecting attention and impulse control	Inattention — careless mistakes, does not listen, loses things, easily distracted Hyperactivity — fidgets, cannot stay seated, runs about, talks excessively Impulsivity — blurts out answers, cannot wait for a turn, interrupts
SPD	Sensory Processing Disorder — the brain has trouble receiving and responding to sensory information	Over-sensitive: distressed by noise, light, touch, clothing tags Under-sensitive: constantly seeks movement, touch, does not notice pain Poor balance and coordination , clumsiness

ASD	Autism Spectrum Disorder — a developmental disorder affecting communication and behaviour	Difficulty with social interaction and eye contact Repetitive behaviours and restricted interests Delayed speech; resists change in routine Unusual response to sensory input
ODD	Oppositional Defiant Disorder — a persistent pattern of angry, defiant behaviour toward authority	Frequent temper tantrums and anger Argues with adults, refuses to follow rules Deliberately annoys others; blames others for own mistakes Spiteful and vindictive
OCD	Obsessive Compulsive Disorder — unwanted repeated thoughts and repetitive behaviours	Obsessions — recurring unwanted thoughts, fear of germs Compulsions — repeated hand-washing, checking, counting, arranging

THE ONE STUDENTS CONFUSE **ADHD vs ODD**. ADHD is about **attention and impulse control** — the child **cannot** sit still or focus. ODD is about **defiance** — the child **will not** obey and is deliberately hostile. “Cannot” versus “will not”.

6. Disability Sports Organisations

THE THREE — know who each serves

Organisation	For whom	Key facts
Special Olympics Bharat	Intellectual disabilities	National body accredited by Special Olympics International. Founded on inclusion through sport . Oath: “Let me win. But if I cannot win, let me be brave in the attempt.” Emphasis is on participation , not elite competition; every athlete is recognised.
Paralympics	Physical disabilities	Governed by the International Paralympic Committee (IPC) , formed 1989 . Held immediately after the Olympic Games in the same city. Motto: “ Spirit in Motion ”. Symbol: three Agitos (red, blue, green).
Deaflympics	Hearing impairment	Organised by ICSD . First held in Paris, 1924 — the oldest of the three. Athletes must have a hearing loss of at least 55 dB . No hearing aids allowed during competition. Signals are visual — lights and flags instead of whistles and starting pistols.

TRAP **Deaflympics is the oldest (1924)**, not the Paralympics. And in the Deaflympics **hearing aids are banned** during competition to keep it fair — a favourite 1-marker.

7. Inclusion in Sports

Inclusion means educating and involving CWSN **together with** children without disabilities in the same setting, with appropriate support.

Advantages: develops **self-esteem** and confidence in CWSN · teaches **empathy and acceptance** to other children · improves social and communication skills · removes stigma and discrimination · prepares all children for an inclusive society.

Role of various professionals: **Adapted PE teacher** (modifies activities) · **Physiotherapist** (restores movement and function) · **Occupational therapist** (daily-living skills) · **Speech therapist** · **Special educator** · **Counsellor** · **Physician**.

8. Question Triggers identify the disorder / organisation

If the case says...	The answer is
"cannot sit still, blurts out answers, loses things"	ADHD
"deliberately annoys, argues, refuses rules"	ODD
"avoids eye contact, repetitive behaviour, resists change"	ASD
"distressed by loud noise and clothing tags"	SPD
"washes hands repeatedly, checks locks"	OCD
"games for athletes with intellectual disability"	Special Olympics Bharat
"held after the Olympics, Agitos symbol"	Paralympics
"visual signals, no hearing aids"	Deaflympics
"audible ball for a blind player"	Modified equipment strategy
"speak directly to the person, not the helper"	Disability etiquette
"teaching CWSN in the same classroom"	Inclusion

MOST-ASKED BOARD QUESTIONS

1. **[4-5M]** Explain the types of disorders (ADHD, SPD, ASD, ODD) and their symptoms.
2. **[4M]** Explain the strategies to make physical activity accessible for CWSN.
3. **[3M]** Explain the aims and objectives of Special Olympics Bharat / Paralympics / Deaflympics.
4. **[3M]** Discuss the advantages of physical activity for children with special needs.
5. **[1M]** Full form of CWSN? → **Children With Special Needs**
6. **[1M]** Which is the oldest disability games? → **Deaflympics (1924)**

THE HABIT THAT SCORES — For every disorder, give the **full form first**, then one line of meaning, then **three named symptoms**. The full form alone is often worth a mark, and it is the easiest mark in this unit.