

# Paralympic & Adaptive Sport

## Inclusion Resources

Building a World Where Everyone is  
Included



# Inclusive Playbook

- Turn-key workbook for Grades K-6
- 2<sup>nd</sup> Edition in late 2023
- Accompanying Curriculum Resources
- Video Library



Name: \_\_\_\_\_



## Appreciate Differences

Everyone is different. We all think, talk, learn and move in different ways. Unscramble the words and draw a line to the correct definition. Learn about different disabilities, and how you can help and understand others

Dfae ro Hdar fo Rhenagi

**ADHD** - Manages attention, emotions and behavior in a different way. They may need some reminders, a consistent routine, and extra time on their school work.

Elnarign Diiytasbil

**Amputation** - Loss of some or all of a limb (arm or leg). This could affect a person's movement, balance, and strength, and they may use a prosthesis.

Onwd Sdryoemn

**Autism** - A difference in the way the brain develops. They may talk, learn, and make new friends in a different way. They may find loud noises, bright lights and sudden change stressful.

Noaimtautp

**Blind or Low Vision** - Some or total loss of sight. Low vision means the person is able to see some things, such as bright colors. If someone is blind they have limited or no sight. Some people may use a cane or a guide dog.

Siumat

**Cerebral Palsy** - The brain has been developed in a different way before birth. People may communicate slower and have tight muscles or joints. Some people may need help with daily activities and some do not need any help at all.

DADH

**Deaf or Hard of Hearing** - Temporary or permanent hearing loss. People may need other to speak louder or more clearly. Some need an interpreter or technology like a hearing-aid.

Idnbl ro Wol Nvoisi

**Down Syndrome** - Born with an extra chromosome. People with Down Syndrome have a wide range of abilities. Some may have learning disabilities or weaker muscles than others and they may talk in a different way.

Leacbrre Ysapl

**Learning Disability** - Learn new things like speaking, reading, writing, movement, memory and math in a different way. It may take more time to understand the same things as others.

[Find answers on page 18.](#)

## THINK ABOUT IT

People may have a disability that is not easy to see. Also, some people are born with a disability and sometimes a disability happens when you are older.



# Friend Bingo



- 1) Find somebody who matches the description in one of the boxes below.
- 2) Write their name. You can only use each friend's name once.
- 3) Call out "Bingo!" and raise your hand when you complete a column of 5 names.

B  
I  
N  
G  
O

Has travelled on a train	Has younger siblings	Plays baseball	Has travelled to a different country
Can speak 2 languages	Has a pet	Can play a musical instrument	Has flown in an airplane
Likes to dance	Enjoys math	Walks or rolls to school	Loves broccoli
Ate cereal for breakfast	Likes spicy food	Likes to play 4 square	Has been to Disney
Made their bed this morning	Plays Roblox	Has been camping	Plays soccer

Find answers on page 18.

## BRAIN STORM

We all have things that are similar to each other and different to each other. What is one new thing that you learned about someone today?



What I like about sports is being with friends.

Kaya, 11, Rock Climbing

JOIN THE MOVEMENT



Since discovering adaptive sports I have reframed the narrative. My daily life consists of proving to myself and others what I CAN DO. Through adaptive sports I have gained a group of peers that are now my extended family. When people see us, they see athletes. We have no limits. We can do anything.

Mia, 18, Archery

## REDEFINING DISABILITY

## Meet in the Medal

There are many International events where athletes from different countries come together to compete in different sports.



### THE PARALYMPIC GAMES

- First held in 1960 in Rome, Italy
- International multi-sport event for athletes with disabilities.
- 2020 Summer games included 4,403 athletes
- 163 Countries participate
- 20+ Sports

### SPECIAL OLYMPICS WORLD GAMES

- First held in 1986 in Chicago, USA
- International multi-sport event for athletes with intellectual disabilities
- Founded by Eunice Kennedy Shriver (Sister of President John F. Kennedy)

- 204 Countries participate
- 2023 summer games included 6,500 athletes

■ Held every 4 years

■ Winter Games

■ Summer Games

■ Medals awarded for 1st, 2nd & 3rd Place

■ Athletes compete with other athletes of similar ability

■ Recognized by the International Olympic Committee (IOC)

### THE DEAFLYMPICS

- First held in 1924 in Paris, France.
- International multi-sport event for deaf athletes.
- 119 Countries participate.
- 2015 Winter games included 336 athletes.
- 18+ sports

### THE OLYMPIC GAMES

- First held in 1896 in Athens, Greece
- International multi-sport event for nondisabled athletes
- 206 Countries participate
- 2020 Summer games included 11,420 athletes
- 30+ Sports

Find answers on page 19.

## FUN FACT

Move United is the USA's primary member of the World AbilitySport Games. They are held every 2 years for 10+ sports and are designed to give aspiring Paralympians their first taste of International Competition.



## Find the Words

Directions: Find and circle all of the words hidden in the grid. The words may be hidden in any direction!



W	H	E	E	L	C	H	A	I	R	F	H	J	K	L	F	O
Q	W	E	R	T	Y	U	I	O	P	M	A	S	E	J	G	P
L	K	J	G	D	V	D	S	D	Y	N	T	F	A	L	H	Y
I	J	Y	R	S	D	F	S	T	H	B	E	D	G	H	J	A
K	D	T	G	A	S	V	B	N	M	B	A	L	L	H	K	D
A	U	T	I	S	M	D	S	D	F	A	M	S	V	G	L	I
D	D	B	W	E	R	P	H	D	F	C	W	D	F	K	T	F
C	V	H	J	N	V	C	X	A	S	X	O	F	D	I	V	I
T	E	G	D	F	G	H	J	H	G	Z	R	G	A	C	X	B
S	S	E	N	T	I	F	K	U	C	A	K	H	O	K	A	A
T	T	D	S	G	R	T	L	L	D	T	G	K	I	F	L	N
Y	R	Z	F	D	G	H	T	A	D	T	A	F	U	D	P	I
U	E	F	D	Q	W	E	R	A	B	Y	G	C	T	S	I	P
L	N	A	S	I	N	C	L	U	S	I	O	N	G	A	Y	S
P	G	Z	X	C	V	N	M	S	D	U	T	Y	J	H	T	M
A	T	A	S	D	F	G	H	J	K	L	M	H	T	W	D	V
P	H	Y	S	I	C	A	L	E	D	U	C	A	T	I	O	N

Autism

Inclusion

Spina Bifida

Ball

Kick

Strength

Catch

Physical Education

Teamwork

Fitness

Ramp

Wheelchair

Find answers on page 19.

**FUN  
FACT**

Pál Szekeres, from Hungary, is the only athlete who has won a medal in the Olympics and Paralympics! He has won one bronze medal in fencing at the Olympics and three gold and three bronze medals in wheelchair fencing at the Paralympics.

## Meet the Athletes

Get to know two teenage athletes enjoying sport and recreation opportunities across the country.



**Chase Merriweather** Age: 13  
**Hometown:** Blue Bell, Pennsylvania

**Favorite movie:** Major Payne

**Dream job:** WWE Superstar

**If I could invent something it would be:** Levitating shoes

**Sports/Recreation activities:** Softball, basketball, swim, track & field.

**Proudest sporting/recreation achievement so far:** In 2023 I broke seven U14 National records! 3 in track & field and 4 in swimming.

**Short term or long term goals:** I am working VERY hard to qualify for the 2028 Paralympics in Track or Swimming.

**Anna Boltz** Age: 16 **Hometown:** Anchorage, Alaska

**Favorite food:** Italian

**Favorite movie:** CODA

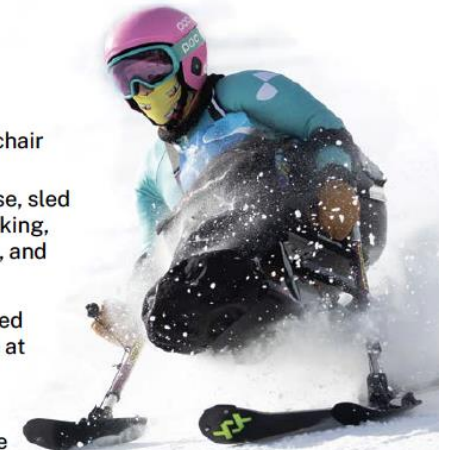
**Dream job:** American Sign Language interpreter

**If I could invent something it would be:** An all-terrain wheelchair

**Sports/Recreation activities:** Alpine skiing, Nordic skiing, wheelchair basketball, wheelchair soccer, wheelchair lacrosse, sled hockey, archery, wheelchair tennis, handcycling, mountain biking, waterskiing, paddle boarding, scuba diving, track, swimming, and horseback riding.

**Proudest sporting/recreation achievement so far:** First seated athlete in the Anchorage School District (Alaska) to compete at state championships for track.

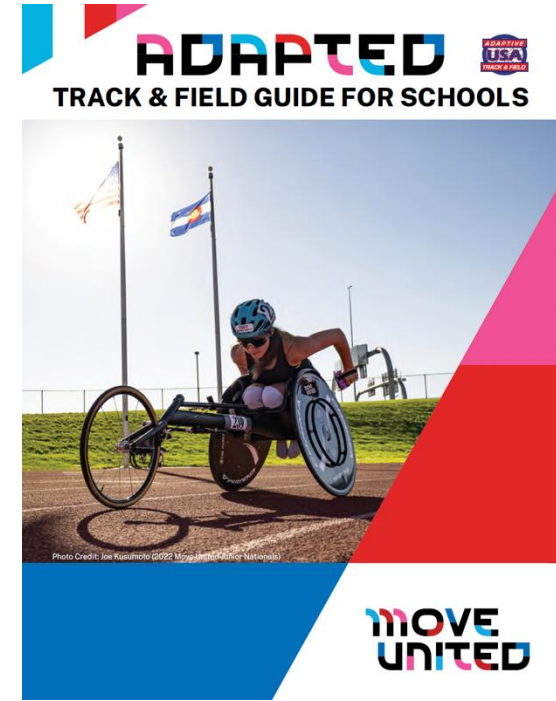
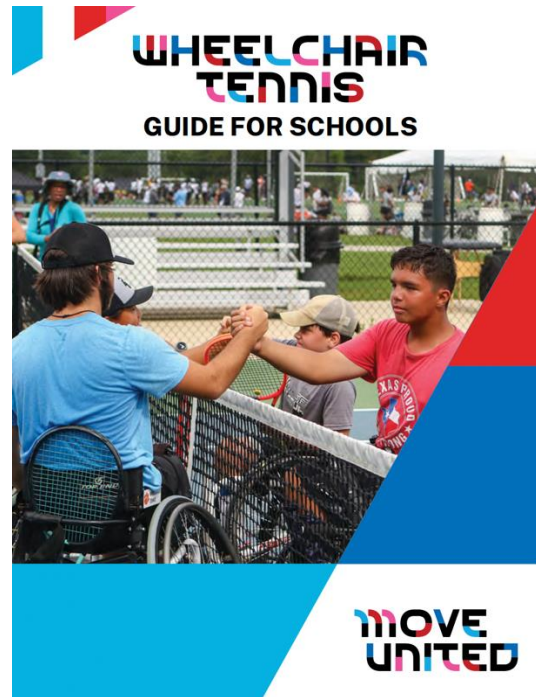
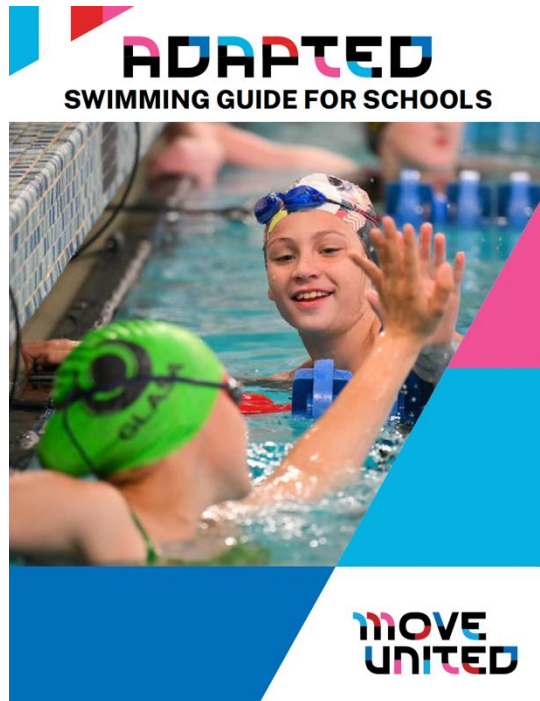
**Short term or long term goals:** Continue doing all kinds of different sports for enjoyment as I get older, especially alpine skiing. Teaching and mentoring kids in sports and inspiring younger kids to find something they love to do.



# Hub Courses

- Inclusive Sport Fundamentals
- Instructing Athletes with Traumatic Brain Injury and Post Traumatic Stress
- Move United 101
- Adaptive Shooting
- Trail Access
- Member Engagement Sessions

# Gatorade Adapted High School Sport Guides



- Knowledge to include athletes with disabilities in JV/Varsity, Club and afterschool High School Sports teams
- Rules, Competition Models, Equipment, Athlete Groupings, Modifications



# Education Resources

- The Hub houses all Move United Education Resources

## PDF Downloads:

- Inclusive Playbook & Curriculum (K-6 workbook)
- Adapted High School Sport Guides  
(Track & Field, Bocchia, Swimming, Wheelchair Tennis)

## Online Courses:

- Inclusive Sport Fundamentals
  - TBI/PTSD
  - Trail Access
  - Adaptive Shooting
  - Adaptive Sports
- Access all resources FREE at **hub.moveunitedsport.org**



# Q&A

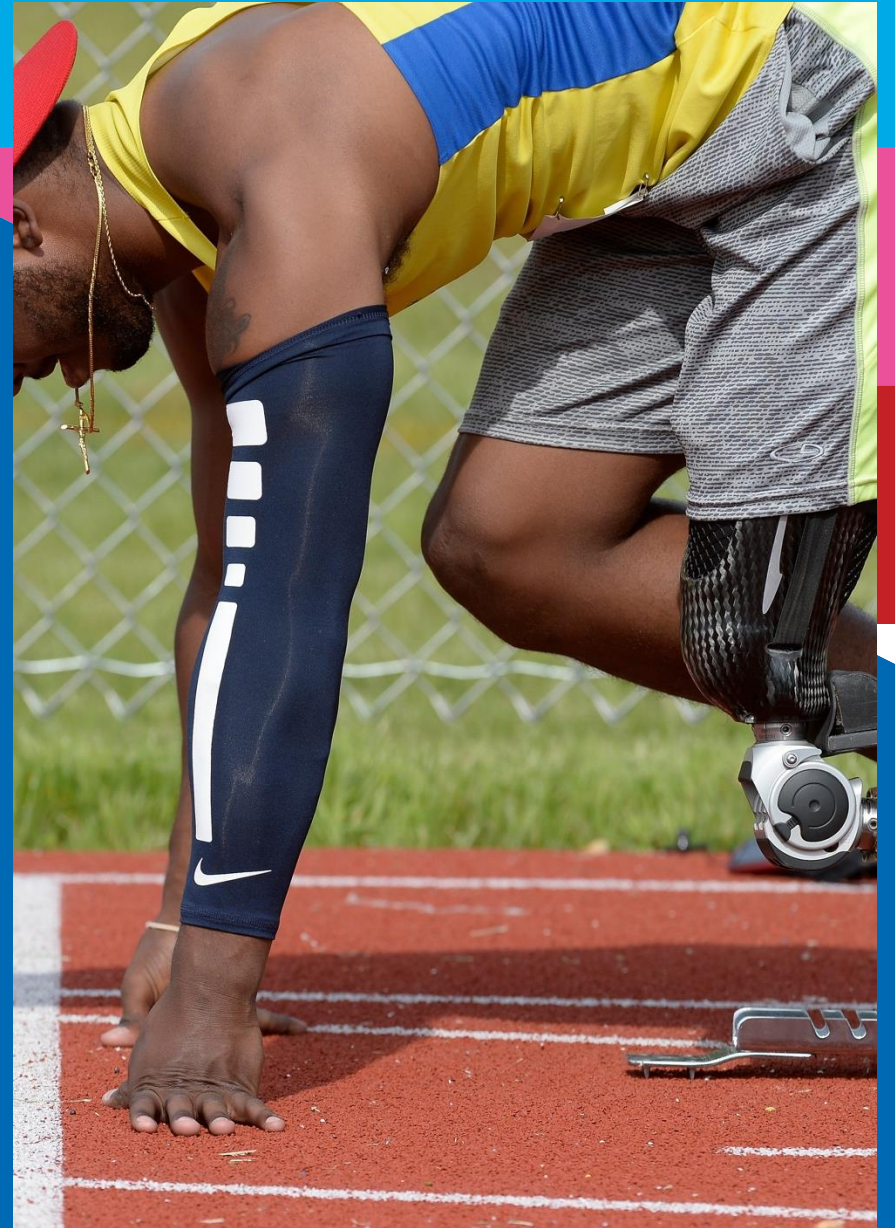
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Elementary/Middle  
K-8



High School 9-12

