



BT Paralympic World Cup 2012 Education Pack - International Matches

This resource can be used in conjunction with the education resource on the BT Paralympic World Cup website, www.btparalympicworldcup.com



The PWC was created to provide an annual World Class Multi-Sport Disability Event for elite international athletes, bridging the gap between the four yearly Paralympic Games. After a successful debut at the 2011 BT Paralympic World Cup event, International Matches will once again be played in Sitting Volleyball and Boccia this year.

❖ **Boccia**

In the world of Paralympic sport, Boccia is the main event for athletes with severe impairments. The game has been a part of the Paralympics since 1984 and it is now one of the fastest growing Paralympic sports. Boccia was originally presented as a sport for athletes with cerebral palsy, but it has now developed into a game played by many sections of the community and is currently played competitively in more than 50 countries worldwide

Boccia is a non-contact, target driven sport, which tests muscle control and accuracy, and demands extreme skill and concentration. Played on a rectangular court by individuals, pairs and teams, the sport offers both tension and excitement, as athletes aim to land balls close to a target ball, across a series of demanding ends.



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❖ Sitting Volleyball

Sitting Volleyball has enjoyed full Paralympic status since 1980 and has since grown into one of the most fast-paced and exciting Paralympic sports. It was initially introduced as a modified version of the original game for those players with a disability but can be played by anyone. The sport combines teamwork, communication, strategy and athleticism and is now played by athletes in more than 50 countries around the world.

Be sure to come along and watch Britain's top athletes showcasing their exceptional talents as they make their final and vital preparations for the Paralympic Games this summer!

Classroom Activities

General Studies activities

- Research the rules of Volleyball and Sitting Volleyball. What are the differences?

Group: Discuss the challenges that people with a disability face every day. How do they overcome these?

English

- Research and write a presentation on your favorite Paralympic athlete, including details on why they are an inspiration to you. Deliver the presentation in front of the class.

Art

- Design and make colored balls (blue and red) to use in a game of Boccia in your PE lesson!
- Design a chute using PVC to use in a game of Boccia in your PE lesson. Paint the chute whatever colour you want!
- Design and make flags and banners to bring to the competition to help cheer on team GB and your favorite athlete(s).

History

- Research the history of Boccia and Sitting Volleyball. When and why were they developed as a Paralympic sport?





Mathematics

- Create a table of the different classifications of disability in Paralympic Sport.

Group: Discuss why these classifications are necessary.

Health and Nutrition

- Research a typical food plan for any athlete competing in the PWC. How does this compare to yours?
- What foods must all athletes avoid before a competition and why?
- Research and create a typical training plan for a Paralympic athlete in the lead up to an event. Compare their daily routine to yours.
- What are important things to remember to keep yourself fit and healthy?
- What are the dangers if you don't eat a balanced diet and/or don't do any physical exercise?

In the Sports Hall/ Gym/ Playground

Boccia

- Measure how far you can throw a ball. Compare this distance with how far you are able to throw the ball when you simulate different disabilities.

Group: Discuss how a disability affects your performance.

- Discuss strategic play in Boccia (throw the jack, kick out opponents' ball, block the jack etc) and then play a game of Boccia with your classmates!

Group: Discuss what was most difficult thing about playing Boccia? What difficulties do disabled athletes have to overcome in order to be able to play Boccia at an international level?

Sitting Volleyball

In pairs:



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- Throw and catch a ball over a net whilst standing. With every successful attempt take a step back. Mark with a cone how far you were able to successfully throw from. Do the same activity with your partner but whilst sitting down and compare the distances.

Group: Discuss how being seated affects your performance.

- Practice your serve with your partner whilst standing. Do the same exercise whilst seated.

Group: Discuss how being seated affects your performance.

Physical Education

- By downloading the [Education Packs](#) you can find instructions on how to play Paralympic Sports.

Group: Students can get together and work as a group to think of instructions on how to play a new Paralympic sport. You can think creatively on this, a new sport that has gained attention recently is chess boxing. Can you think of a new Paralympic sport? If so how would you play the game and teach others to play it?

For wider study

Students to research local Boccia and/or Sitting Volleyball clubs in their area. Students then to arrange a visit to the club to watch athletes play or invite them in to the school to showcase their skills.

Class Quiz and Case Study

All information and resources needed to complete these activities can be found following links from our [website](#). Please access the class quiz [here](#) and download the athlete case studies [here](#).

FREE Tickets for BT Paralympic World Cup

Complimentary school tickets can be ordered through the BT Paralympic World Cup website (www.btparalympicworldcup.com/schools). Each school is permitted up to 25 per session however these are on a first come first serve basis. You will also need a promotional code – please contact us at pwcenquiries@fasttrackagency.com.

