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## Sharing the Dream Webcast #4 – Paralympics: Inclusion and Diversity

November 5, 2009

Teacher Resource

### Background:



The theme of this webcast is Paralympics: Inclusion and Diversity and students will interview two [ActNow BC Athlete Ambassadors](#): Paralympians Andrea Holmes and Donovan Tildesley.

Andrea was born without the lower portion of her left leg and was always active in sports. She trained as a high jumper and was set to be a member of the 2004 Paralympic team heading to Athens, Greece. However, just months before the 2004 Games, the high jump competition was withdrawn. Determined to compete in Athens, Andrea switched to long jump, and six months later participated in her first Paralympic Games. She is currently a member of the BC Paralympic alpine ski team and is attempting to qualify for the 2010 Winter Games in Vancouver.



Donovan was born completely blind and competes in swimming. He was the flag bearer at the 2008 Paralympic Games and is a three-time Paralympian, winning several medals in the Sydney, Athens and Beijing Paralympic Games. He also holds several Canadian and world records. Along with his achievements in the pool, Donovan has recently completed a Bachelor of Arts in English Literature from the University of British Columbia.

### Key Themes:

- What does it mean to be disabled?
- How inclusive is our society of people with disabilities?
- What are the differences between visible and invisible disabilities?
- What are the benefits of disabled sport and the Paralympics?
- How are visible disabilities perceived in different cultures?



## Suggested activities:

### Learn more:

- Research the sports of the Paralympic games and compare them with their Olympic equivalents. ([Paralympic School Week Guide](#) pg. 15)
- Research the history of the Paralympic Games. When and why were they founded and how are the modern Paralympic Games different from the first Paralympics? ([Paralympic School Week Guide](#) pg. 18-19)
- What is the [UN Convention on the Rights of Persons with Disabilities](#)? Why was this document created? How do the rights and opportunities for people with disabilities vary around the world?



### Explore the issues:

- Debate an issue related to the Paralympic Movement or people with a disability. Sample questions could include: ([Paralympic School Week Guide](#) pg. 18)
  - “Paralympic sport and athletes should receive the same funding, media attention and respect as Olympic athletes.”
  - “People’s opinions and attitudes towards disabilities are often more limiting than a disability itself.”
- Modern technology has provided many adaptations to help assist people with a disability. How is life different for people with disabilities who do not have access to these adaptations?
- Reflect on the types of interactions you have had with people with a disability.
  - Have you treated someone differently or been uncomfortable around someone because of a disability?
  - Do you have any friends with a visible or invisible disability?



### Get Involved:

- Hold a Paralympic School Week/Day event at your school, or have senior student leaders stage an event at a local elementary school. ([Paralympic School Week Guide](#), [Paralympic School Day Manual](#))
- Invite an athlete with a disability to speak to your class or school. ([Paralympic School Week Guide](#) pg. 8, Canadian Paralympic Committee's [Paralympic Heroes Program](#))



- Have student reporters interview a Paralympian, local athletes with a disability or someone in the community involved in advocacy for the disabled. ([Student Reporter Guide](#))
- Work with a group in your community which is involved with accessibility issues such as fundraising for the purchase of mobility equipment for youth with disabilities. ([Paralympic School Week Guide](#) pg. 11)

### During the Webcast:

- As you listen to Paralympians Andrea Holmes and Donovan Tildesley, have students take notes in order to respond to these key focus questions.
  - What are the athletes' opinions of the concept of a disability?
  - How has their participation with Paralympic sport changed their lives?
- While both Andrea and Donovan are Paralympians, they have two very different types of disabilities. Have these differences affected what they can do and how they live their lives?
- If you are watching the webcast live, think of a question and e-mail it to the athletes using the link provided during the webcast.

### Before and after the webcast:

- Discuss the webcast on [TakingITGlobal](#) with students around the world for their perspectives on tolerance and disability.



Remember to document your activities and submit your stories, pictures and videos to the [2010 Spirit School](http://www.sharingthedream.gov.bc.ca/) website to show off what how your school is marking the once-in-a-lifetime event. Participating schools have the chance to win great 2010-related prizes.

### Additional Resources and Links:

For information about how to view the upcoming webcast, to watch archived webcasts, or to learn more about the many 2010 education programs, visit the Ministry of Education's Sharing the Dream website: <http://www.sharingthedream.gov.bc.ca/>

### Other 2010 Paralympic Winter Games information:

Canadian Paralympic Committee: <http://www.paralymiceducation.ca/Content/home.asp>

International Paralympic Committee: [http://www.paralympic.org/Science\\_Education/Education/](http://www.paralympic.org/Science_Education/Education/)

/EDU – The Canadian School Portal for the Vancouver 2010 Winter Games: <http://www.vancouver2010.com/edu>

