



CANADIAN PARALYMPIC COMMITTEE
PARALYMPIC SCHOOLS WEEK

SEMAINE SCOLAIRE PARALYMPIQUE

DU COMITÉ PARALYMPIQUE CANADIEN



INFORMATION GUIDE

PARALYMPIC SCHOOLS WEEK 2017 | APRIL 24-28TH



WELCOME!

Dear staff and students,

On behalf of the Canadian Paralympic Committee, we would like to welcome you to Paralympic Schools Week (PSW)! During this week, we hope that your students will fully enjoy and experience parasport, as well as celebrate the Paralympic Movement across Canada. Riding the excitement of the Rio 2016 Paralympic Games, Paralympic Schools Week is an excellent way to continue the celebration into the classroom or gymnasium!

There are three ways that your class can partake in Paralympic Schools Week, in order to **get ACTIVE, inspire BRILLIANCE** and **CELEBRATE Team Canada and the Paralympic movement**. With free Paralympic resources available online, including the Fundamental Movement Skills resource, and Rio inspired lesson plans, as well as other activity suggestions, there is something for everyone!



This information guide is packed with useful information about registration, available prize packs and frequently asked questions; if you have further questions, please contact schoolsweek@paralympic.ca.

All of this information can also be found online at Paralympic.ca/schoolsweek.

GUIDELINES

There are three ways to engage your classroom in Paralympics Schools Week outlined below! Each school who registers for PSW is automatically entered to win the chance for an athlete visit to their school! Schools who demonstrate their participation are eligible for additional prize packs (**Enter before April 10th to be eligible**). To learn more about each activity and how to participate, see below:

1. **Be ACTIVE**

Using the Paralympic Fundamentals Resource, show us how you are using the lessons and activities in your classroom/ gymnasium, and enter to win a FREE athlete appearance, as well as a chance at one of our various prize packs!

- I. Step 1- Register for Paralympic Schools Week online, and indicate which activity you will be participating in (Paralympic.ca/schoolsweek)
- II. Step 2- Sign up for the free Fundamentals Resource (<http://education.paralympic.ca/>)
- III. Step 3- Capture your classrooms engagement by:
 - a. 30 second video
 - b. 1-5 photos
 - c. Testimonial written by a student about activity.
- IV. Step 4- Send your media to schoolsweek@paralympic.ca with the subject line " _____ School is submitting ___ for activity ACTIVE".
- V. Please indicate if we can feature your media online
 - a. Yes/No media consent
 - b. Does your school have its own social media?
- VI. Step 5- Keep an eye on your inbox by April!



2. Inspire BRILLIANCE

Using the Paralympic Lesson plans; show us how you educating your class through incorporation of the lesson plans, and on parasport, to be entered for a chance at one of our various prize packs!

- I. Step 1- Register for Paralympic Schools Week online and indicate which prize pack you've selected (Paralympic.ca/schoolsweek)
- II. Step 2- Locate the Paralympic lesson plans (<http://paralympic.ca/activity-plans>)
- III. Step 3- Capture your classrooms engagement by:
 - a. 30 second video
 - b. 1-5 photos
 - c. Testimonial written by a student about activity.
- IV. Step 4- Send your media to schoolsweek@paralympic.ca with the subject line "____school is submitting ___for activity BRILLIANCE".
- V. Step 5 -Please indicate if we can feature your media online
 - a. Yes/No media consent
 - b. Does your school have its own social media?
- VI. Step 6- Keep an eye on your inbox by April!

3.CELEBRATE

Create posters, drawings and/or letters to our Paralympians, congratulating them on their achievements in the RIO 2016 Paralympics. Be creative and enter the chance to win one of our various prize packs!

- I. Step 1- Register for Paralympic Schools Week online and indicate which prize pack you've selected (Paralympic.ca/schoolsweek)
- II. Step 2- Decide how your class will celebrate parasport and the Paralympic Movement!(drawings, posters, letters, essays etc.) find more inspiration at Paralympic.ca/celebrate
- III. Step 3- Send your creations to schoolsweek@paralympic.ca with the subject line "____school is submitting ___ for activity CELEBRATE"
- IV. Step 4 -Please indicate if we can feature your media online
 - a. Yes/No media consent
 - b. Does your school have its own social media?
- V. Step 5- Keep an eye on your inbox by April!



FREQUENTLY ASKED QUESTIONS

PARALYMPIC SCHOOLS WEEK 2017

1. How can I participate in Paralympic Schools Week (PSW)?

Participating in Paralympic Schools Week is as simple as signing up at www.paralympic.ca/schoolsweek, and choosing the way in which you would like to get involved.

2. What are prize packs, and how does my class win one?

Your class can win a prize pack simply by participating in Paralympic Schools Week activities, and submitting the correct material to the schools week team. We are offering **three** different prize packs, **correlating with** the three **ways students can participate in Paralympic Schools Week (1 – Get ACTIVE, 2 – Inspire BRILLIANCE, and 3 – CELEBRATE)**. For a full explanation of activity guidelines, see the Paralympic Schools Week Guidelines section of this user manual, or online at Paralympic.ca/schoolsweek. Schools who demonstrate their participation in Paralympic Schools Week are eligible to win prize packs up until **April 10th 2017**.

3. Are all schools entered the chance to win an athlete appearance just by registering?



Yes, just by registering your school for PSW, you will be entered for the chance at a free athlete appearance. Your school will be contacted in the near future if you have won an appearance. **Application deadline is April 10th 2017**

4. Is there a cost to Paralympic Schools Week?

No, Paralympic Schools Week is completely free. The offered resources (like the Canadian Paralympic [Fundamentals Resource](#), [Activity plans](#) etc.) are free and available on the Paralympic.ca website.

5. Do I have to participate in all 3 activities?

No, please select one activity that your class would like to participate in. You can participate in more than one activity.

6. Are there non-media related options for my school to participate in?

Yes, we understand there are barriers around photos and media within schools, so in each activity, there are non-media options for the class to partake in. Some examples can be writing testimonials about the activities, drawing the activity, etc.



CPC RESOURCES

THE FUNDAMENTAL MOVEMENT SKILLS RESOURCE (FMS)

The Canadian Paralympic Committee has produced a physical literacy resource which provides teachers with creative and fun activities that expose students to four parasports: goalball, sitting volleyball, athletics and boccia. With both in class and gym based lesson plans, the fundamentals resource encourages students to explore and discover parasport, while using a range of body movements. FMS is designed for mainstream physical education programming, offering developmentally appropriate activities and promotes full inclusion and integration of students. The FMS resource is free to the public, sign up at education.paralympic.ca.

RIO ACTIVITY PLANS

The Canadian Paralympic Committee Schools Program Rio-themed Activity Plans are a series of classroom-based activities, designed to build students' awareness and knowledge of the Paralympic Games and Team Canada's participation at the Rio 2016 Paralympic Games. There are three sets of lesson plans for Grades 1-3, 4-6 and 7-8. Each lesson set contains two activities and a class challenge, and is filled with photos, links to videos, ways to vary the activities based on learning needs, and teaching tips.

Download the activity plans at Paralympic.ca/activity-plans.

CONTACT US

For any questions or additional information about Paralympic Schools Week please contact: schoolsweek@paralympic.ca