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Physical Education

Blue's Clues & You: Parasports Mail Time S2E204

Curriculum Connection:

Physical Education:

Through discussing parasports and engaging in adapted activities, students learn about physical activity, coordination, and the inclusivity of sports.

Social Studies:

The lesson introduces concepts of diversity and inclusion, highlighting how sports can be adapted to include athletes with disabilities, fostering a sense of community and understanding.

Language Arts:

This lesson enhances listening and speaking skills as students engage in discussions about parasports, and share their thoughts on the adaptations needed for everyone to participate.

Wow!



Scan to watch the episode.



Learning Goals:



Physical Education:

Students will:

- learn about different types of parasports and how they are played by athletes with disabilities.
- participate in adapted physical activities that mimic parasports, developing their motor skills and understanding of inclusive play.
- experience firsthand the adaptations made in sports to ensure participation from people with diverse abilities.

Social Studies:

Students will:

- gain awareness of the diversity among people who participate in sports, including those with disabilities.
- understand the importance of inclusion and accessibility in community activities and sports.
- recognize that everyone has unique abilities and that adaptations in sports allow everyone to participate and contribute to a team.

Language Arts:

Students will:

- enhance their listening and speaking skills through discussions about the "Blue's Clues & You" episode and the parasport posters.
- learn new vocabulary related to parasports and sports adaptations.
- express their thoughts and feelings about the importance of inclusion in sports and how adaptations make sports accessible to everyone.

Materials:

S02 E204



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Lesson Supplies:

- ☒ **Blue's Clues & You: S02E204**
"Parasports Mail Time"
- ☐ **A classroom or gym space suitable for small group activities**
- ☐ **Five posters showcasing different parasports:**
Wheelchair Basketball, Goalball, Para Swimming, Boccia, Wheelchair Rugby (provided)
- ☐ **Simple sports equipment adapted for Kindergarten use**
(e.g., soft balls, hoops, blindfolds)



Lesson:

Introduction:

Begin with a brief discussion on familiar sports, segueing into how sports can be adapted so everyone can participate, setting the stage for inclusivity in sports.

Viewing the episode:

Introduce Kidoodle.TV's Blue's Clues & You: Parasports Mail Time #7 with Josh & Blue. Students watch the episode together, focusing on how Josh and Blue learn about different parasports, introducing the concept of sports adaptations.

Discussion and Poster Presentation

Introduce the five parasport posters, briefly explaining each sport and discussing how they have been adapted for athletes with disabilities. This visual aid reinforces the episode's message and encourages students to think about inclusivity in sports.

Exploring Adapted Sports:

Divide the class into small groups and rotate them through stations that mimic the parasports discussed. Each station should offer a simple, adapted version of the sport for Kindergarten students, such as:

- Wheelchair Basketball: Dribbling and shooting a soft ball into a low hoop while sitting on the floor.
- Goalball: Rolling a bell ball while blindfolded, aiming to touch soft targets placed at various points.
- Para Swimming: "Swimming" on mats by moving arms and legs in a swimming motion.
- Boccia: Rolling soft balls towards a target from a seated position.
- Wheelchair Rugby: Passing a soft ball back and forth while sitting, focusing on teamwork and hand-eye coordination.

Conclusion:

Gather students for a closing discussion. Ask what they learned about sports adaptation and why it's important that everyone can play sports. Emphasize the joy of playing together and being inclusive.

Extension "Sensory Sports Exploration":

Students can experience what it's like to play a sport with a sensory adaptation. Using blindfolds, they can try simple activities like walking with guidance, rolling a ball to a partner, or navigating an obstacle course with auditory cues.

This activity fosters empathy and understanding by giving students a firsthand experience of sensory adaptations, emphasizing the importance of inclusivity in sports and daily life.

Assessment

Evaluate participation through observation during discussions and adapted sports activities. Assess students' understanding of inclusivity and their ability to articulate thoughts on how sports can be adapted for everyone to participate.

Play episode 