



Disability Awareness Week



3 December
International Day of
People with Disability

3-7 December 2018

*Five days dedicated to appreciating and
learning about people with disabilities.*

This booklet provides **activity ideas** for students to encourage awareness and hopefully become a part of the PSHE programme and support anti-bullying policies.

Please also consider having a fundraising activity for Calvert Trust Exmoor during this week. For ideas, see Page 11. For more information, please contact

Jane Byrne: 01598 763221
jane@calvert-trust.org.uk



The benefits of disability awareness

The most important things to learn during Disability Awareness Week are inclusion, understanding and acceptance. This supports inclusion in schools and also anti-bullying policies. The Equality Act 2010 promotes disability equality and applies to public bodies with the goals of:

- Eliminating discrimination
- Advancing equality
- Fostering good relations across all characteristics





Discuss disability with your students

- What do you understand by disability?
- How many kinds of disability are there?
- Create a spidergram of disabilities
- Discuss the difficulties around each disability
- How can students support peers with different disabilities?



Activities to aid understanding of different disabilities

1. Try using one hand to:
 - tie your shoe lace
 - open a screw-top jar
 - play catch
 - hand out a pile of books
2. Try painting or drawing a picture without using your hands, i.e. mouth painting
3. Try lip reading. In pairs, lip read each other's list of words
4. Practise some of the sign language within the pack
5. Get into pairs. One person is blindfolded and the other one guides him/her across a room of obstacles
6. Try the Paralympian games in this booklet

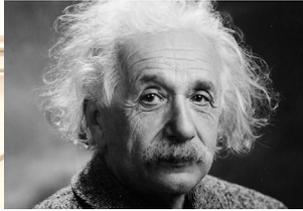
After completing these activities, discuss how it felt and how your understanding of disabilities may have changed.

Famous people with disabilities

Name	Occupation	Disability
Adam Hills	Comedian Radio & Television Presenter	Congenital Amputee (Foot)
Stevie Wonder	Singer/Songwriter	Blind
Charles Darwin	Naturalist, Geologist and Biologist	Autism
Lee Ridley "Lost Voice Guy"	Comedian & 'Britain's Got Talent' winner	Cerebral Palsy
Michael Phelps	Olympic Gold Medalist Swimmer	ADHD
Daniel Radcliffe	Actor	Dyspraxia
Ellie Simmonds	Paralympic Gold Medalist Swimmer	Achondroplasia Dwarfism
Walt Disney	Animator, Film Producer and Entrepreneur	Dyslexia
Jonnie Peacock	Paralympic Gold Medalist Sprinter	Amputee due to Meningitis (Leg)
Albert Einstein	Theoretical Physicist	Asperger's Syndrome & Dyslexia
Stephen Hawking	Scientist, Cosmologist and Author	Motor Neurone Disease
Beethoven	Classical Composer	Deaf
Michael Caines	Celebrity Chef	Amputee due to Car Accident (Arm)
Agatha Christie	Mystery Writer	Dysgraphia



Jonnie Peacock



Albert Einstein



Michael Canies

- Opposite are the names of famous people with disabilities. Mix up the names, occupations and disabilities then get the students to rearrange them into the correct columns
- What effect did/do the disabilities have on these people?



- Do your students know anyone with a disability and does it keep them from doing what they want to do?

Ideas for P.E. in Disability Awareness

GOALBALL

Created after World War II to rehabilitate injured veterans, goalball has been a Paralympic sport since 1976. It is a truly inclusive sport as fully sighted players can play with blindfolds. The ball has bells inside it so it can be tracked by sound. The court can also be marked out with tactile lines. Goalball is a 3-a-side game of attack and defend. The idea is to bowl the ball past the opposition and into the goal. Played indoors, often on a volleyball court with 10-12 minute halves, players must throw or roll the ball, but never kick it.



WHEELCHAIR VOLLEYBALL

Lower a volleyball net slightly and play whilst sitting on the ground. Then see how strong your abs need to be!

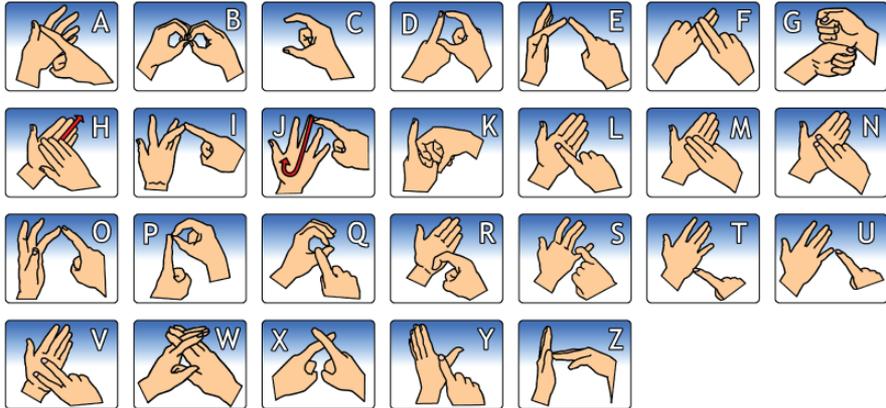
BOCCIA

This is similar to playing boules but is played from a sitting position or a wheelchair. Boccia has been a Paralympic event since 1984 and is a wheelchair sport for both teams and individuals. Players must attempt to throw their coloured balls as close to the white ball as possible. Each player has six balls per round and there are four or six rounds depending on whether it is a team or individual event.



British Sign Language for Beginners

BSL - FINGERSPELLING ALPHABET



SIGN LANGUAGE FORUM 

SHARE & PRACTICE BRITISH SIGN LANGUAGE ONLINE
WWW.SIGNLANGUAGEFORUM.COM/BSL

BRITISH SIGN LANGUAGE - GREETINGS



HELLO



GOOD



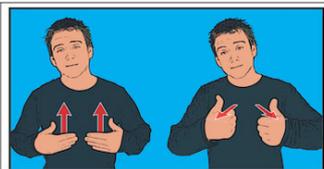
MORNING



AFTERNOON



NIGHT



HOW ARE YOU?



THANKS/PLEASE



SORRY



GOODBYE

 british-sign.co.uk

Ideas for Fundraising Activities



Carol concert

Karaoke Night

Non-uniform day



Plant sale

Hula Hoop Contest

Christmas talent show

Spelling Bee



Christmas bake sale

Photo competition

Sponsored silence



Guess the name of the Snowman



Christmas jumper day

Teachers in jail

Christmas disco

For more ideas and information, please contact
Jane Byrne: 01598 763221 • jane@calvert-trust.org.uk



Calvert Trust Exmoor enables people with physical, learning, behavioural and sensory disabilities to experience exciting, challenging and enjoyable outdoor activities. The charity assists and improves the lives of people with disabilities or who are otherwise disadvantaged by their age (young or old) or social or economic circumstances, provided always that priority be afforded to people with disabilities. We do this via the provision of coaching, support, supervision and guidance through challenging and adventurous activities in the countryside and using specialised facilities. We also provide a learning environment to promote the education of those with disabilities and those caring for and supporting persons with disabilities in order to promote a better understanding of the issues and challenges faced by persons with disabilities.

If you would like a brochure with information about staying at Calvert Trust Exmoor, please contact the Centre:

**Calvert Trust Exmoor, Wistlandpound,
Kentisbury, Barnstaple, Devon EX31 4SJ**

Tel 01598 763221 Email exmoor@calvert-trust.org.uk

Website www.calvertexmoor.org.uk

Company No. 02637448 • Charity No. 1005776

 /CalvertTrustExmoor  @CalvertExmoor  /calverttrustexmoor  /CalvertTrustExmoorUK



Accessibility - Quality - Excellence