

Abstract

Title: The Paralympic School Day as a part of education on elementary schools

Objectives: The Paralympic School Day (PSD) is one of the Paralympic educational programs in which children (6 to 12 years) learn about paralympic sports. The aim of PSD is to improve understanding of specific needs of individuals with disabilities and to change attitudes of pupils towards understanding of their divergence.

Methods: In June 2017 a shortened version of PŠD was implemented at one elementary school in Prague. 28 pupils of 5th class (16 boys and 12 girls) had an opportunity to listen to a theoretical lecture, than to get acquainted with paralympic sports with students of applied physical activity and to talk to Czech succesful paralympic athlete Tereza Diepoldova. The change of attitudes was assessed by the CAIPE-CZ questionnaire and by the Adjective-Checklist before the program and a week after its implementation. The method of participative observation was used to evaluate of the overall succes of the PSD.

Results: Before the PSD, the mean result was 26.5 for boys, 26.0 for girls in the same class - both positive attitudes. After the realization of PSD, the result was 27, 25 for boys, 27.0 for girls. Again, both are positive. Both girls and boy have comparatively positive attitudes towards a disabled pupil. After the PSD, there was little improvement in attitudes in both groups.

The evaluation of the CAIPE a Adjective-Checklist questionnaires showed a slight change in attitudes in the positive direction. Pupils and teachers were satisfied with the realization of PSD and in the future is expected the repetition of the program. The results and practical experience have shown that PSD is a very conductive educational program.

Keywords: Paralympic School Day, Disability, Attitudes, CAIPE