

Workshop on Empowering Children with Disabilities through Adapted Physical Activity

Date : 25 September, 2021

Attended By : Mr. Ishwar Bhati

Organized By : Global School, Hong Kong

Participants : Teachers from all over the world

A webinar on Empowering Children with Disabilities through Adapted Physical Education by Global School, Hong Kong was organized on 25 September, 2021. Professor Cindy Sit, Chairperson and Professor of the Department of Sports Science and Physical Education at the Chinese University of Hong Kong was the resource person. Being a fellow of the International Federation of Adapted Physical Activity and Hong Kong Association of Sports Medicine and Sports Science, Cindy directs the Exercise Psychology and Motor learning laboratory, which focuses on investigations of physical activity and participation motivation, development and assessment of the impacts of Physical Activity intervention on physical and psychological health of children with disabilities. Cindy emphasized on adapted physical education that is basically a specially designed physical education program for differently abled students. She stressed on a diversified program of developmental activities, games, sports and rhythms, suited to the interests, capacities and limitations of students with disabilities, who may not safely or successfully engage in unrestricted participation in the general physical education program. Cindy enumerated about the aim of adapted physical education, that is to help differently abled students to achieve physical, mental, emotional and social growth, proportionate to their potential through special, planned program of regular physical education and recreational activities. Cindy discussed about the strategies to make physical activities accessible to children with special needs.

