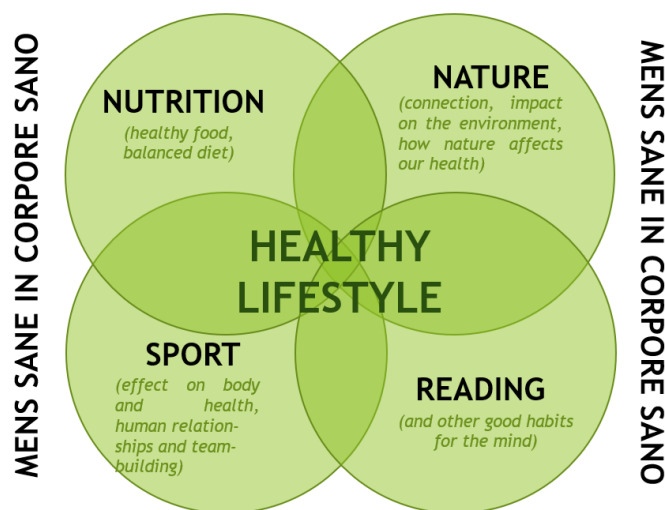




## ACTIVITY TO INCREASE STUDENTS SKILLS AND KNOWLEDGE ABOUT HEALTHY LIFESTYLE



### **DISCLAIMER**

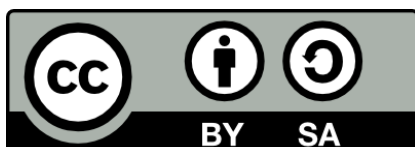
*Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.*

### **COURSE AUTHORS**



GİZEM TOKER – CANAN KORKMAZ

### **COURSE SHARING LICENSE**



You are free to:

- Share — copy and redistribute the material in any medium or format for any purpose, even commercially.
- Adapt — remix, transform, and build upon the material for any purpose, even commercially.



## 1. COURSE TIME, TARGET AND TOPIC

- **Age of target students: 12-14**
- **Teaching time: ONE HOUR**
- **Topic: Sport**
- **Title: SPORTS FOR EVERYONE**

## 2. COURSE OBJECTIVES

### Skills promoted in this lesson:

Sts will be able to

- Give clear directions to the ones who has any disability
- follow the given directions
- show appropriate behavior to the physically disadvantaged groups

## 3. LEARNING – TEACHING PROCESSES

**Warm-up exercise :** ( 5 mins.) Ask students to tie their eyes and try to find a pencil in their pencilcase  
Ask them how they feel to find anything without seeing

**Main Exercise :** ( 30 mins.) Students are divided into groups of 2. One pair is blindfolded in the group. They line up in a row.

Each student holding hands with each other.

On the prepared track (obstacles such as going up and down stairs)

They follow the leader and the students tell the route to the blindfolded students.

Then the blindfolded students switch places with the others.

## 4. EVALUATION

Teacher asks some questions:

- How did you feel when you were blindfolded ?
- Was it difficult to follow the instructions ?
- What can we do to encourage disabled people to do sports ?
- Do you know any famous disabled sports people ?