

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

# INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME  
16 TO 18 MARCH 2021  
9AM - 5PM



Host



Ministry of Culture, Community and Youth



Co-host



INCLUSIVE  
SPORT  
CONFERENCE  
2021

# Para Sports Pathway - Recreational to High Performance



## INTRODUCTION TO SDSC

- SDSC was set up in **1973** to champion sport accessibility for persons with disability (PWDs) to realise their potential
- We believe in the dignity, capability and value of PWDs.
- We enable Singapore's PWDs to excel in sports both **recreationally** and **competitively**.
- Reaches across **all disability groups**

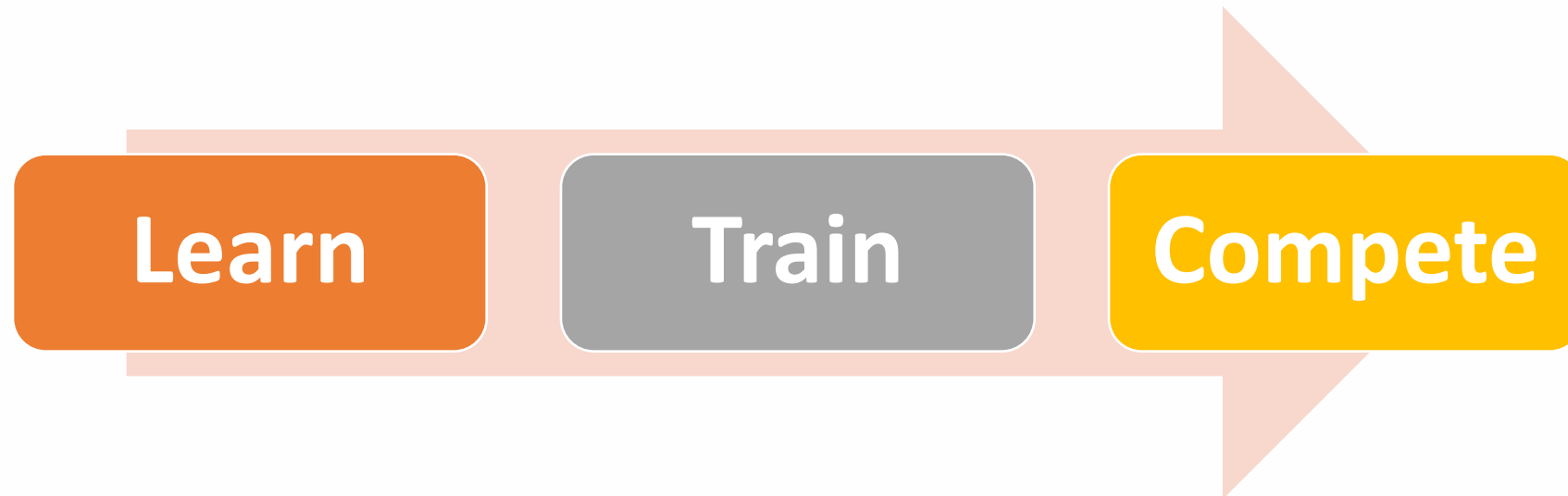


## SPORTS PATHWAY

What is Sports Pathway?

The sports pathway is a model of athlete development.

Since its introduction as a concept, it has become increasingly popular all over the world as “the” best way to provide the right environment for athletes to learn, to train, to compete and to become successful in sport.



# PARA SPORTS PATHWAY



# RECREATIONAL

Healthy Lifestyle

Socialize

Active Lifestyle

Leisure

Recreation

SAFE  
TO DO



ABLE  
TO DO

ANY  
ONE

CAN  
DO

ANY  
SPORT



# LOCAL DISABILITY SPORTS ECOSYSTEM



	<b>Singapore Disability Sports Council</b>	<b>Special Olympics Singapore</b>	<b>SportCares / ActiveSG</b>
<b>Disability Group</b>	All disabilities (PI, VI, II, HI, ASD)	Intellectual Disability	All disabilities (PI, VI, II, HI, ASD)
<b>Sports Programmes</b>	Awareness & Outreach Community programme Development programme High Performance programme	Community programme Sports Training programme	Mass participation Community programme
<b>Website</b>	<a href="http://www.sdsc.org.sg">www.sdsc.org.sg</a>	<a href="http://www.specialolympics.org.sg">www.specialolympics.org.sg</a>	<a href="http://www.inclusivesport.sg">www.inclusivesport.sg</a>

Recreational



## SDSC Programmes

- I'mPOSSIBLE Workshop
- Project ParAble (Component 1)



## I'MPOSSIBLE WORKSHOP

- I'mPOSSIBLE is an education programme for teachers
  - To promote the Paralympic Values
  - Spirit of inclusion among students
- Who should attend
  - PE HODs / teachers, Character / Citizenship Education HODs / teachers, level heads or subject teachers
- Outcome
  - Teachers will have knowledge and understanding of the Paralympic Movement, Paralympic Values and Para Sports
  - Have lesson plans ideas to conduct lessons on Inclusion, Para Sport

**Determination**  
**Inspiration**

**Equality**  
**Courage**



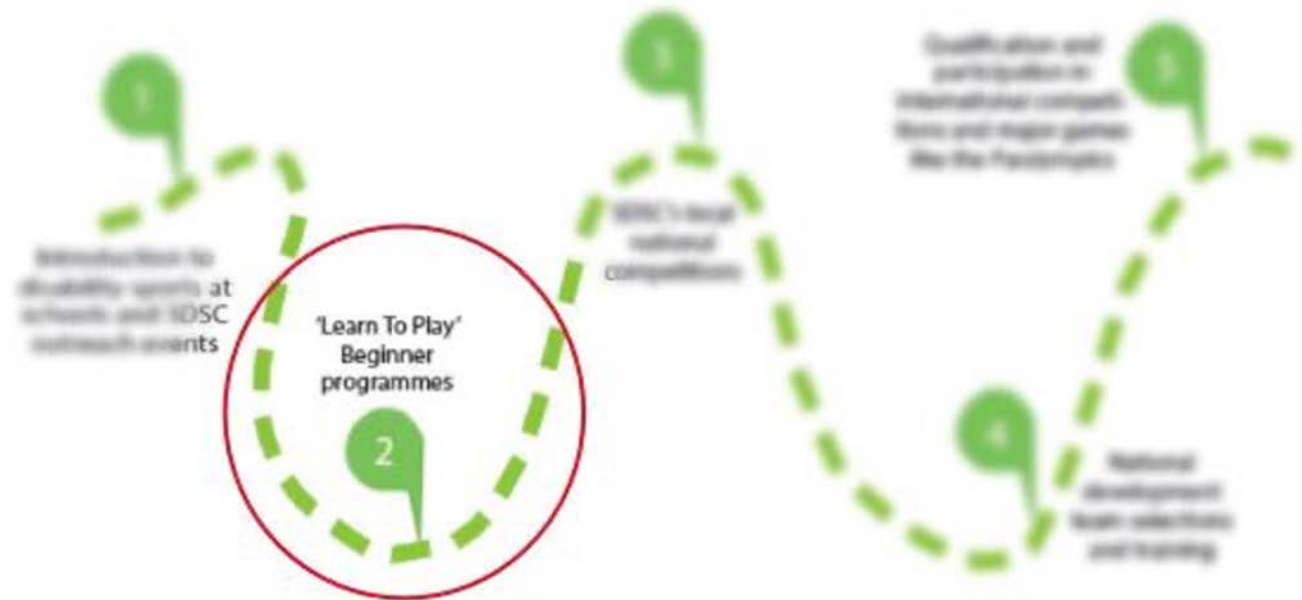
**I'mPOSSIBLE teacher  
training workshop**

## PROJECT PARABLE (COMPONENT 1)

- For mainstream schools students to experience para sports
- Project ParAble (Component 1) comprises of:
  - **Inspiration:** Athlete Talk / Sharing Session
  - **Experience:** Para Sports Day / Tryouts



Recreational



## SDSC Programmes

- Learn to Play
- Project ParAble (Component 2)
- SDSC-ActiveSG Academies & Clubs
- Through Train Sports Programme

## LEARN TO PLAY

- 1) Structured programme, typically 6 to 8 sessions, once a week
- 2) Provide introductory-level sports training for persons with disability (PWDs) so that they can pick up a new skill and hobby
- 3) Help PWDs experience and understand benefits of sports, such as rehabilitative therapy, self-fulfilment and integration
- 4) To identify potential athletes for future development

Sports / Classification	PI	VI	II
Athletics	✓	✓	✓
Archery	✓		
Badminton	✓		
Boccia	✓		
Goalball		✓	
Lawn Bowls	✓	✓	
Sailing	✓		
Shooting	✓	✓	
Table Tennis	✓		
Tenpin Bowling	✓	✓	✓
Wheelchair Fencing	✓		

## PROJECT PARABLE (COMPONENT 2)

- For students with disabilities in Mainstream Schools
- Provides an opportunity for students with disabilities to pursue sport & engage with their peers on a deeper level
- SDSC provides necessary resources for the students with disabilities to continue training in a suitable sport.

ADEPT		ADAPT	
<b>WHAT WHERE E</b>	- 4-6 training sessions of 90 minutes each where students will learn to play a para sport - On-site at schools	<b>WHAT</b>	Exploring modifications to schools' existing CCAs
<b>WHO</b>	- For <b>both</b> able-bodied and students with disabilities - Teachers to be involved to learn and oversee	<b>HOW</b>	Training school teachers to explore methodology to create inclusive, adapted CCAs

## ACTIVESG ACADEMIES AND CLUBS

Collaboration between SDSC & ActiveSG Academies & Clubs

### Outcome

- a sustainable and robust community level opportunity for Persons with Disabilities to learn and pick up an interest in Athletics
- PWDs can access the sport of athletics easily without having to find a specialized provider, and regardless of their talents.

Specialized Programme – Athletics	
Intellectual Impairment	Launched in 2021 Season 1: 8 Jan to 13 Mar 2021
Visual Impairment	Work in progress
Physical Impairment	Work in progress



## THROUGH-TRAIN SPORTS PROGRAMME

- A programme targeting youth with physical impairments to pick up Para-Sports despite being new to sports.
- A smooth entry into the sports pathway that allows them to learn and develop their skills.



Sports	Programme Period	Minimum Age
Archery Shooting	Once a week session  1 year programme, option to extend for another year	13 years old



## Local Competition Opportunities

- SDSC
- ActiveSG
- MOE
- Other NSAs

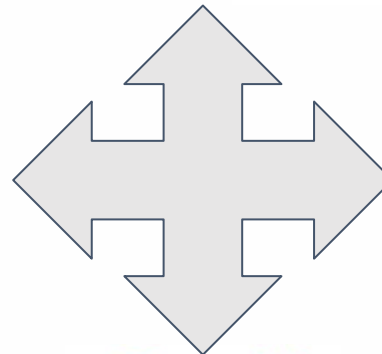


# LOCAL COMPETITION OPPORTUNITIES

Competitions organized by NSAs  
eg: Singapore Athletics Association & Singapore Swimming Association



<b>GetActive! Singapore competition</b>	Archery Athletics, Boccia, Badminton, Swimming, Table Tennis, Tenpin Bowling
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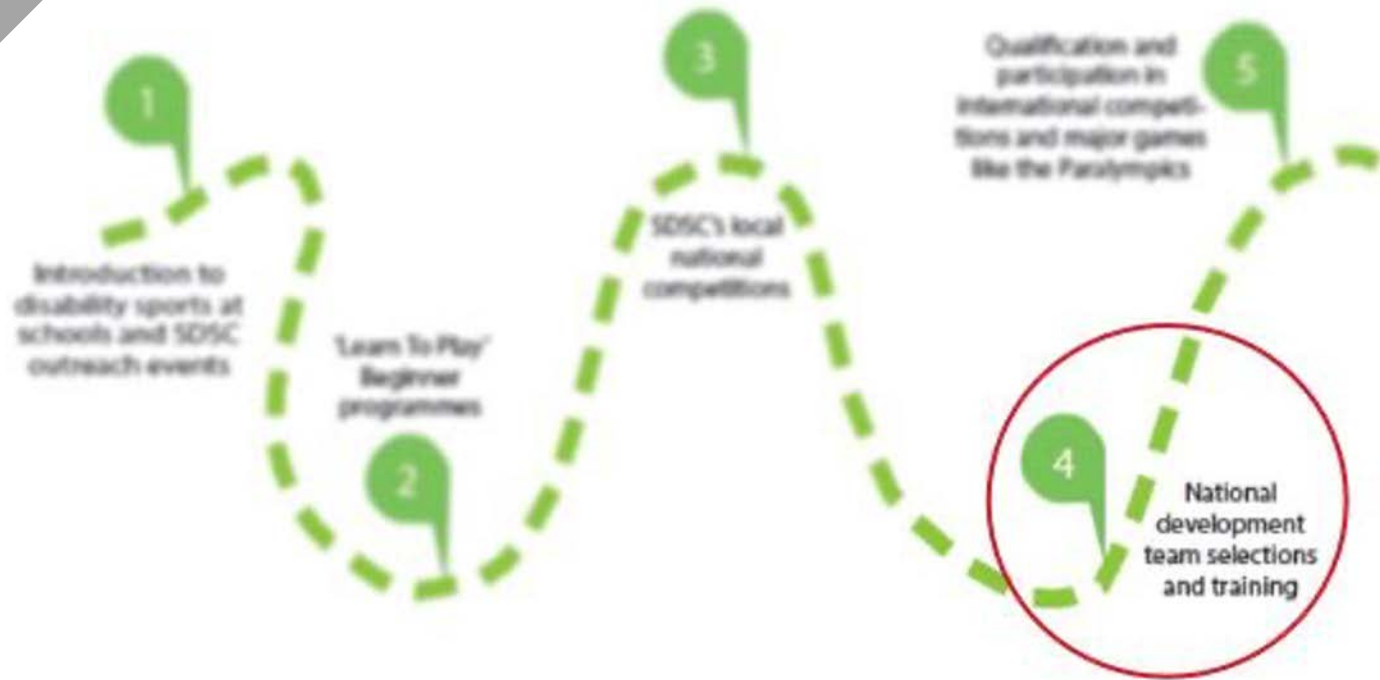
<b>National Primary School Games</b>	Athletics, Swimming
<b>National School Games</b>	Athletics, Swimming, Shooting, Tenpin Bowling

## National Championships

- Athletics, Swimming, Boccia, Cycling, Equestrian, Tenpin Bowling

## National Youth Championships

- Swimming, Athletics
- Goalball 2-on-2 Challenge**
- Lawn Bowls Annual Challenge**
- Singapore Sports School Para Games**



## SDSC Development Programme

- Eligibility
- Para Sports in Singapore

## ELIGIBLE IMPAIRMENTS (SPORTS DEVELOPMENT)

### Classification

- To determine eligibility
- To determine the sport class

### Types of Disabilities (Permanent)

#### Physical

Amputee

Cerebral Palsy

Spinal Cord Injuries

Muscular Dystrophy

Short Stature

Others  
Eg: W/C users,  
loss of power in limbs etc

#### Intellectual

IQ Level below 75

Down Syndrome

Autism

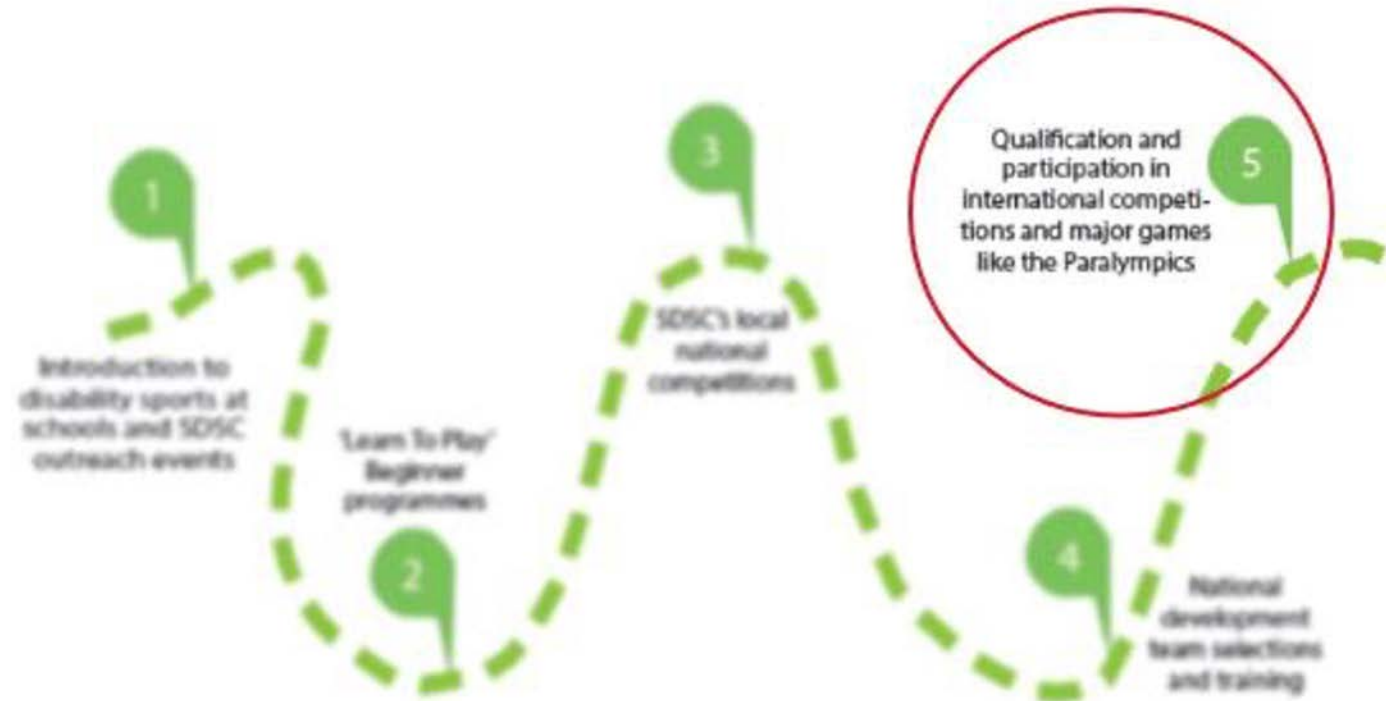
#### Sensory

Visually Impaired

Deaf / Hard of hearing

## PARA SPORTS IN SINGAPORE

SDSC Supported Regular Training Programme		SDSC Community Programme
<p><u>Athletic Sports</u></p> <ul style="list-style-type: none"> <li>1) Athletics (PI, VI, II)</li> <li>2) Badminton (PI)</li> <li>3) Bowling (PI, VI, II, HI)</li> <li>4) Cycling (PI, VI)</li> <li>5) Powerlifting (PI)</li> <li>6) Swimming (PI, VI, II, HI)</li> <li>7) Table Tennis (PI)</li> <li>8) Triathlon (PI, VI)</li> </ul> <p><u>Team Sports</u></p> <ul style="list-style-type: none"> <li>9) CP Football (PI)</li> <li>10) Goalball (VI)</li> </ul>	<p><u>Precision Sports</u></p> <ul style="list-style-type: none"> <li>11) Archery (PI)</li> <li>12) Boccia (PI)</li> <li>13) Lawn Bowls (PI, VI)</li> <li>14) Shooting (PI)</li> </ul> <p><u>Others</u></p> <ul style="list-style-type: none"> <li>15) Chess (PI, VI)</li> <li>16) Equestrian (PI)</li> <li>17) Sailing (PI, HI)</li> </ul>	<p><u>Athletic Sports</u></p> <ul style="list-style-type: none"> <li>1) Badminton (II)</li> <li>2) Table Tennis (II)</li> <li>3) WC Fencing (PI)</li> <li>4) WC Tennis (PI)</li> </ul> <p><u>Precision Sports</u></p> <ul style="list-style-type: none"> <li>5) Shooting (VI)</li> </ul> <p><u>Team Sports</u></p> <ul style="list-style-type: none"> <li>6) Basketball (II)</li> <li>7) Football (II, VI)</li> <li>8) Sitting Volleyball (PI)</li> <li>9) WC Rugby (PI)</li> </ul> <p><u>By other Partners</u></p> <p>Canoe (PI), Judo (VI), Adapted Climbing (PI)</p>



## International Competitions & Major Games

# INTERNATIONAL COMPETITIONS & MAJOR GAMES

International Multi-Sport World Games  
(Multiple Impairments)



International Paralympic Committee	Commonwealth Games Federation	Asian Paralympic Committee	ASEAN Para Sports Federation
<p><b>Paralympic Games</b> Once every 4 years Next edition - Tokyo 2020 Paris 2024</p>	<p><b>Commonwealth Games</b> Once every 4 years Next edition - Birmingham 2022</p>	<p><b>Asian Para Games</b> Once every 4 years Next edition - Hangzhou 2022</p>	<p><b>ASEAN Para Games</b> Once every 2 years Next edition - Vietnam 2021</p>

Equivalent  
Olympic  
Games

Equivalent  
Asian Games

Equivalent  
SEA Games

# INTERNATIONAL COMPETITIONS & MAJOR GAMES

## International Multi-Sport World Games (Specific Impairment)

IOSD - International Organization of Sports for the Disabled



International Committee of Sports for the Deaf	Cerebral Palsy International Sports and Recreation Association	International Blind Sports Federation	International Wheelchair & Amputee Sports Federation	Virtus: World Intellectual Impairment Sports	Special Olympics
<b>Deaflympic Games</b> Once every 4 years Next edition - Caxias do Sul 2021	<b>CPIISRA World Games</b> Once every 4 years Next edition - 2022	<b>IBSA World Games</b> Once every 4 years Next edition - Birmingham 2023	<b>IWAS World Games</b> Once every 4 years Next edition - Thailand 2020 (cancelled)	<b>Virtus World Games</b> Once every 4 years Next edition - Vichy 2023	<b>S.O. World Games</b> Once every 4 years Next edition - Berlin 2023

## INTERNATIONAL COMPETITIONS & MAJOR GAMES

	Paralympics, Commonwealth Games, Asian Para Games & ASEAN Para Games	Virtus World Games	Special Olympics
<b>Disability Group</b>	Physical, Visual & Intellectual Disabilities	Intellectual Disability, Down Syndrome & ASD	Intellectual Disability
<b>Selection Criteria for Games</b>	Meet qualifying standards at national and international competition	Meet qualifying standards at national and international competition	No one is excluded or left out (participation)
<b>Training</b>	Year round, intense & specialized training in a specific sport	Year round, intense & specialized training in a specific sport	Can do different sports in different seasons to participate in different meets
<b>Sports</b>	Archery, Athletics, Badminton, Boccia, Canoe, Cycling, Equestrian, VI Football, Goalball, Judo, Powerlifting, Rowing, Shooting, Sitting Volleyball, Swimming, Table Tennis, Taekwondo, Triathlon, WC Basketball, WC Fencing, WC Rugby, WC Tennis, Tenpin Bowling, Chess	Athletics, Basketball, Cricket, Cycling, Equestrian, Futsal, Judo, Rowing, Swimming, Table Tennis, Tennis	Athletics, Badminton, Basketball, Bocce, Bowling, Floorball, Football, Swimming, Dancesport
<b>Key element</b>	Performance Driven	Performance Driven	Participation



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