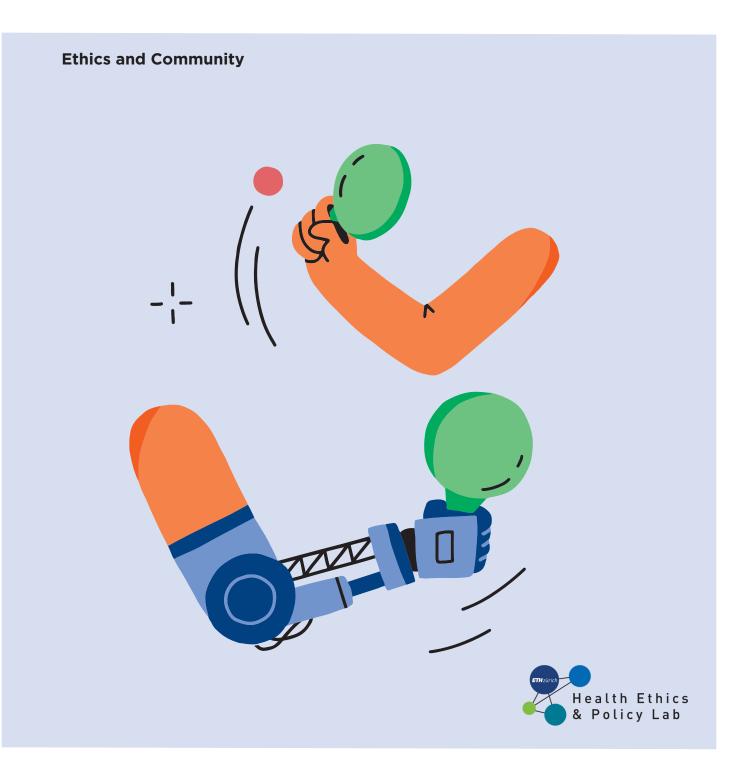


**CYBATHLON** @school

## **Instructor's Notes**



## 1. LESSON

Total Duration: 90 Minuten

Duraton	Туре	Activity	Material
5 min.	2 Person Teams	<b>Challenge #1</b> Try to write your name with a pen in your mouth. Can you read it?	Pen and Paper for each par- ticipant
5 min.		Watch the film on the following link: Link: https://youtu.be/dtq76mnGKM0	
10 min.	Individual Work	<ul> <li>1. On Your Way to School</li> <li>Take a piece of paper and a pencil and draw a map of your way to school. Pay attention to as many details as possible and write or draw them down.</li> <li>Note the natural features of the environment as well as the structural features, such as the number of steps, accessibility to buildings and the layout inside.</li> <li>Document all means of transportation you use on your way e.g., bicycle, car, bus and train.</li> </ul>	Pen and Paper for each par- ticipant
5 min.	2 Person Teams	<ul> <li>2. Imagine you're in a wheelchair</li> <li>Can you manage your way the school by yourself?</li> <li>What are the biggest challenges?</li> <li>Individual work: Using a different colored pen, mark the areas on your map that you think are difficult for wheelchair users to navigate.</li> <li>2 person teams: Discuss your findings with your partner. Did you encounter similar problems?</li> </ul>	2 Pens
5 min.	2 Person Teams	<ul> <li>3. Think about possible solutions to remove barriers and obstacles you have identified on your routes to school.</li> <li>For example, could a ramp be helpful?</li> <li>In what ways would your suggestions impact people who are using a wheelchair?</li> <li>Document your ideas on your maps using an additional color.</li> </ul>	

10 min.	All Participants	<ul> <li>Together with the students collect the ideas and discuss solutions.</li> <li>a. Would a ramp on your way to school help you overcome an obstacle?</li> <li>b. Could a high-tech assistance system help you on your way to school?</li> <li>c. Could or would you need to modify your route to school?</li> <li>d. Are there other ways to overcome barriers on your way to school?</li> </ul>	
5 min.	Individual Work	<b>Challenge #2</b> Tie your shoes using one hand. How long did it take?	
5 min.	Break		
5 min.	2 Person Teams	<ul> <li>Challenge #3</li> <li>Take turns asking and answering the following questions to your counterpart without words or writing: <ul> <li>What time is it?</li> <li>What will the weather be like tomorrow?</li> <li>What is your favorite animal?</li> <li>How are you?</li> </ul> </li> </ul>	
25 min.	All Participants	<ul> <li>Roleplay</li> <li>1. (5 min.) Groups of 5-7 students are formed and sit in a circle.</li> <li>Each person draws a card and is assigned a role. To help students assume their assigned role, the cards contain thoughts to consider about their character. The person with the "facilitator card" begins the discussion by reading the scenario aloud.</li> <li>2. Students will be asked to begin the discussion with the four guiding questions below. A timer can be used to ensure that all four questions are addressed (5 minutes per question):</li> <li>What can each of you do to make Thomas/Sarah feel more included at school?</li> <li>What can you do to help Thomas/Sarah in his/her daily life?</li> </ul>	Roleplay cards Timmer (Optional)

	<ul> <li>What are the challenges you face in your role?</li> <li>How can technological assistance systems support Thomas/Sarah?</li> <li>When will he/she still have to rely on the help of his or her classmates?</li> </ul>	
5 min.	<b>Discussion and conclusion:</b> Conclusions from the group discussions.	

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