

KODI MASEWERO A PARALYMPIC NDI OTANI?

PHUNZIRANI. KAMBIRANANI. PANGANI LIMODZI

Cholina chophunzitsira: Kuti mudziwe za chifukwa ndi m'mene mpikisano wa masewera a anthu a ulumali wakulira kufika tsopano



NTCHITO 1

Mipikisano ya masewera a anthu a ulumali ndichani? Gawo 1

ZIPANGIZO ZOFUNIKA:



Pulojekita, kanema owonetserapo chionetsero cha pakompyuta



MALANGIZO

- Onetsani chionetsero cha pa kompyuta pa mutu uwu **"Mipikisano ya masewera a anthu a ulumali kale ndi tsopano"**. Tengani nthawi kuti mukambirane Tsamba lilironse la chionetsero cha pa kompyutachi ndipo funsani ophunzira mowirikiza kuti muone ngati amvetsetsa.
- Gwiritsani ntchito zinthu kuti muyambitse mchezo wa m'mene ophunzira akuganizira, ndemanga zawo komanso m'mene akuonera za osewera a masewera a ulumali komanso anthu ena onse a ulumali.
- Mutha kugawa chiwoneterochi ndi kuzagwiritsa ntchito nthawi yaphunziro lachiwiri kapena lachitatu

NTCHITO 1B

Mipikisano yamasewero a anthu a ulumali ndichani? Gwo 2

MALANGIZO

- Ophunzira atha kukhala paokha , awiri awiri kapena magulu kuti amalize ntchito zisanu ndi imodzi
- Pamene ntchito zomwe apatsidwa zamalizika , ophunzira abwere pamodzi ,awiri awiri kapena m'magulu ang'ono ang'ono kuti aonetse ndi kukambilana mayankho awo
- Apatseni ophunzira nthawi kuti ayankhe mafunso kapena kuika ndemanga pa zomwe aphanzira zokhudzana ndi mipikasano yamasewero a anthu a ulumali.

ZIPANGIZO ZOFUNIKA

Makope omwe ophunzira akhale akulembapo **zomwe** akudziwa chani za mikisano ya anthu aulumali ma pensulo kapena zolembera ndi ma chekeni

MAFUNSO A ZOKAMBILANA

- Funsani ophunzira kuti afotokoze chinthu chatsopano chosapitirira chimodzi chomwe aphanzira chokhudzana ndi mipikasano yamasewero a anthu a ulumali.
- Malingana ndi chionetsero cha pa kompyuta chija, funsani ophunzira kuti aganizire mawu amene angafotokoze a osewera omwe awaona ndi kuwakambiranana.



NTCHITO 2A

Time machine _ Gawo 1

ZIPANGIZO ZOFUNIKA



Time Machine (**bokosi ya pulasitiki kapena yathabwa**), tidzidutswa ting'ono ting'ono ta pepala, zolembera kapena mapensulo ndi chidutswa chachikulu cha pepala kapena khoma.



MALANGIZO

- Phunziro lisanayambe mphunzitsi akonze bokosi la chizindikiro cholemba "**Time Machine**" ndi tizidutswa tating'ono tapepala.
- Kumayambiriyo kwa phunziro, funsani ophunzira zomwe akudziwa kale zokhudzana ndi mipikisano yamasewero a anthu a ulumali pa timapepala tating'ono. Limbikitsani ophunzira kuti alembe pamapepala ochuluka m'mene angafunire. mayankho onse aikidwa 'Tima Machine' paja.
- Ophunzira onse akaika mayankho awo mu time machine mphunzitsi asakanize mayankho onsen ndi kusankhapo ophunzira ena kuti awerenge mokuwa mayankho kukalasi yonse.
- Yankho lililonse likawerengedwa limateni pakhoma kapena papepala lalikulu kuti ophunzira onse awone.

NTCHITO 2B

Time Machine _ Gawo 2

ZIPANGIZO ZOFUNIKIRA

 Pulojekita , kanema wa chionetsero, chionetsero cha pa kompyuta, makope olembapo ophunzira 'Mukudziwapo chani za mipikisano ya masewero a anthu a Paralympic? Kapena kuti a anthu a ulumali?, tidzidutswa ting'ono ting'ono ta pepala ndi zolembera kapena ma pensulo



MALANGIZO

- Aphunzitsi apereke chionetsero cha pa kompyuta "mipikisano ya masewero a anthu a ulumali kale ndi pano. Kugwiritsa ntchito uthenga ndi zinthunzi kuti afotokoze n'mene mipikisano ya masewero ya anthu a ulimali yatukukira ndi zonse za mtengo wa patali zomwe osewera a ulumali akwaniritsa
- Kenako gawani ophunzira agwire ntchito pamodzi m'magulu kuti amalize ntchito yakwizi
- Kwizi magulu onse abwere pamodzi ndi kukambirana mayankho awo. Akamaliza, apatseni ophunzira nthawi yoti aunikire zomwe ali nazo
- Afunseni alembe oa zidutswa zamapepala authenga uli onse oonjezera okhudzana ndi mipikisano yamasewero a anthu a ulunari kapena masewero a ulumali zomwe angafune kuonjezera ku chionetsero cha Time Machine.



MAFUNSO ATI AKAMBIRANE

- Funsani ophunzira aliyense kuti afotokoze chinthu chatsopano chosachepera chimodzi chomwe aphunzira chokhudzana ndi mipikisano ya masewero a anthu a ulumali.
- Afunseni kuti aganizire za zoyenereza ndi umunhu omwe akuyenera kukhala nawo kuti atenge nawo mbali m'masewero ndi kuchita bwino kwambiri.

NTCHITO YOONJEZERA

KUTI MUDZIWE ZAMBIRI:



Onetsani kanema wa mphindi zisanu
"All about ability"
<https://www.youtube.com/watch?v=6RMOSDYNKw8> yemwe
 wayikidwa patsamba la intaneti la IPC

Kanemayi akuonetsa masomphenza a IPC oti
 zotsatira ndi nkhani zosangalatsa zamasewero

zimaphunzitsa chikhalidwe chovomereza
 ndinso kukhumbira kwa anthu a ulumali
 kudzikzo lomwe aliyense akuganiziridwa
 kudzera m'masewero a anthu a ulumali .
 Kambiranani thunthu ndi mauthenga a
 masewero ndi osewera aulimali



NTCHITO YA KUNYUMBA

Pangani pangani mafunso kapena 'crossword puzzle'
 omwe ali ndi uthenga omwe mwaphunzira
 pamipikisano yamasewero a anthu a
 ulumali . Patsani ena kuti ayesere kumalizitsa.



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MUKUDZIWA CHIYANI ZOKHUDZANA NDI MIPIKISANO YA MASEWERO A ANTHU A ULUMALI? (PARALYMPIC GAMES)

DZINA:

KALASI:



MUKUDZIWA CHIYANI ZA MIPIKISAMO YA MASEWERO A ANTHU A ULUMALI

Onani kuti pamafunso asanu ndi anayi ali m'munsiwa mwakhozapo angati?

1. Anakonza mipikisano oyamba wamasewero a osewera ovulala msana ndi ndani? Chongani dzina lolondora.

Sir Ludwug Guttman

Sir Andy Barrow

Sir James Rodwell

oyamba

2. Mpikisanowu oyamba unachitikira kuti?

mukhonza angati? =



Cover image: © Thomas Lovelock for OIS/IOC

MUKUDZIWAPo CHIYANI ZAMIPIKISANO YA MASEWERO A ANTHU A ULUMALI

3. Kodi masewero a anthu a ulumali akutanthauzanji?

4. Ndi mzinda uti omwe masewera oyamba a anthu a ulumali anachitikira?

5. Mipikisano ina yamasewero a anthu a ulumali izachitikira kuti?

6. Ndi mitundu iti yomwe imayikidwa muchizindikiro chamasewero a anthu a ulumali?

7. Jambulani chizindikiro cha (Paralympic) masewero a anthu a ulumali mubokosi ili

MUKUDZIWA CHIYANI ZA MIPIKISAMO YA MASEWERO A ANTHU A ULUMALI

8. Tchulani mayina anayi amasewero a anthu a Paralympic ochitika munyengo yachilimwe kumipikisano yamasewero a anthu a ulumali
-
-
-

9. Tchulani mayina awiri amasewera a anthu a Paralympic omwe amachitika munyengo yadzinja
-
-
-

NKHANI YA OSEWERA WINA (Case Study)

Moni, **ine ndi Kook Lee**. Ndimakhala mu mzinda wa Ansani ku South Korea. Masewero anga a anthu a ulumali ndi kusambira. Chinthu chachikulu chomwe ndinakwaniritsa m'masewera amenewa ndichoti ndinawina mendulo ziwiri pokhala wachiwiri mumipikisano ya 2013 ndi 2015 yadziko lonse



Luc Percival Photography

MUKUDZIWA CHIYANI ZOKHUDZA MIPIKISANO YA MASEWERO A PARALYMPIC?

DZINA:

KALASI:



MUKUDZIWA CHIYANI ZOKHUDZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI?

Malizitsani ntchito isanu ndi imodzi izi

1. Jambulani chithunzi chamasewerowa anthu a ulumali amunyengo yachilimwe omwe amaseweredwa kumpikisano yamasewero a anthu a ulumali, ndipo lembani dzina m'musi mwake

DZINA LA MTUNDU WA MASEWEROWA

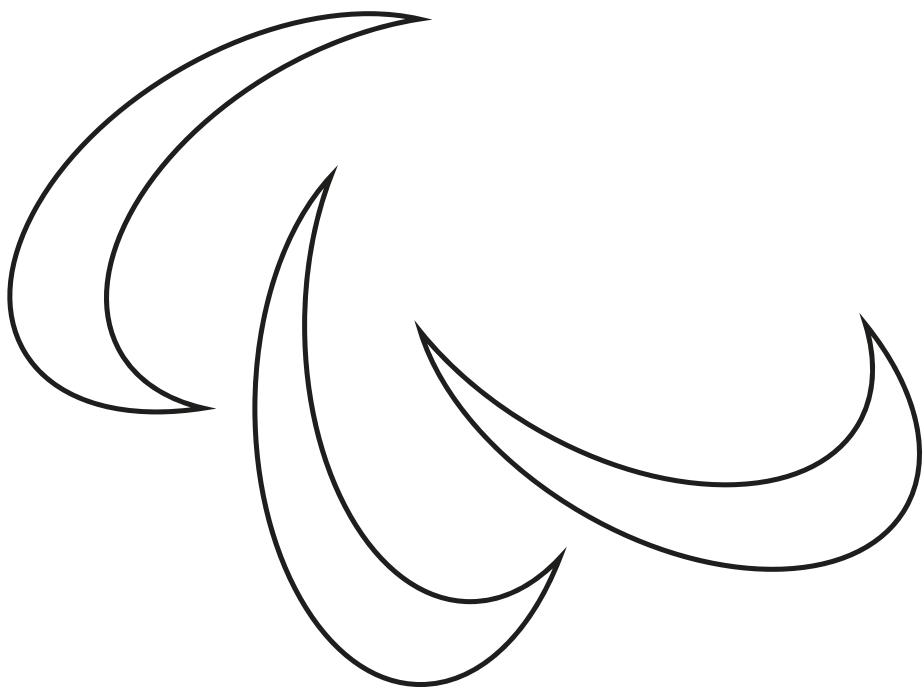
MUKUDZIWA CHIYANI ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI?

- 2. FANANIZANI MTUNDU WA MASEWERA A ULUMALIWA NDI DZINA LAKE .
 LEMBANI MZERE KUTI MULUMIKIZE CHITHUNZI NDI DZINA LA MASEWEROWA**



Para powerlifting	Sprinting (Para athletics)	Wheelchair basketball	Para cross-country skiing	Para archery	Wheelchair tennis
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- 3. CHIZINDIKIRO CHAMPIKISANO YAMASEWERA A ANTHU AULUMALI CHIMAGWIRISA NTCHITO MITUNDU ITATU; CHEKENIRANI MITUNDU PA CHIZINDIKIROCHI MOLONDOLA**



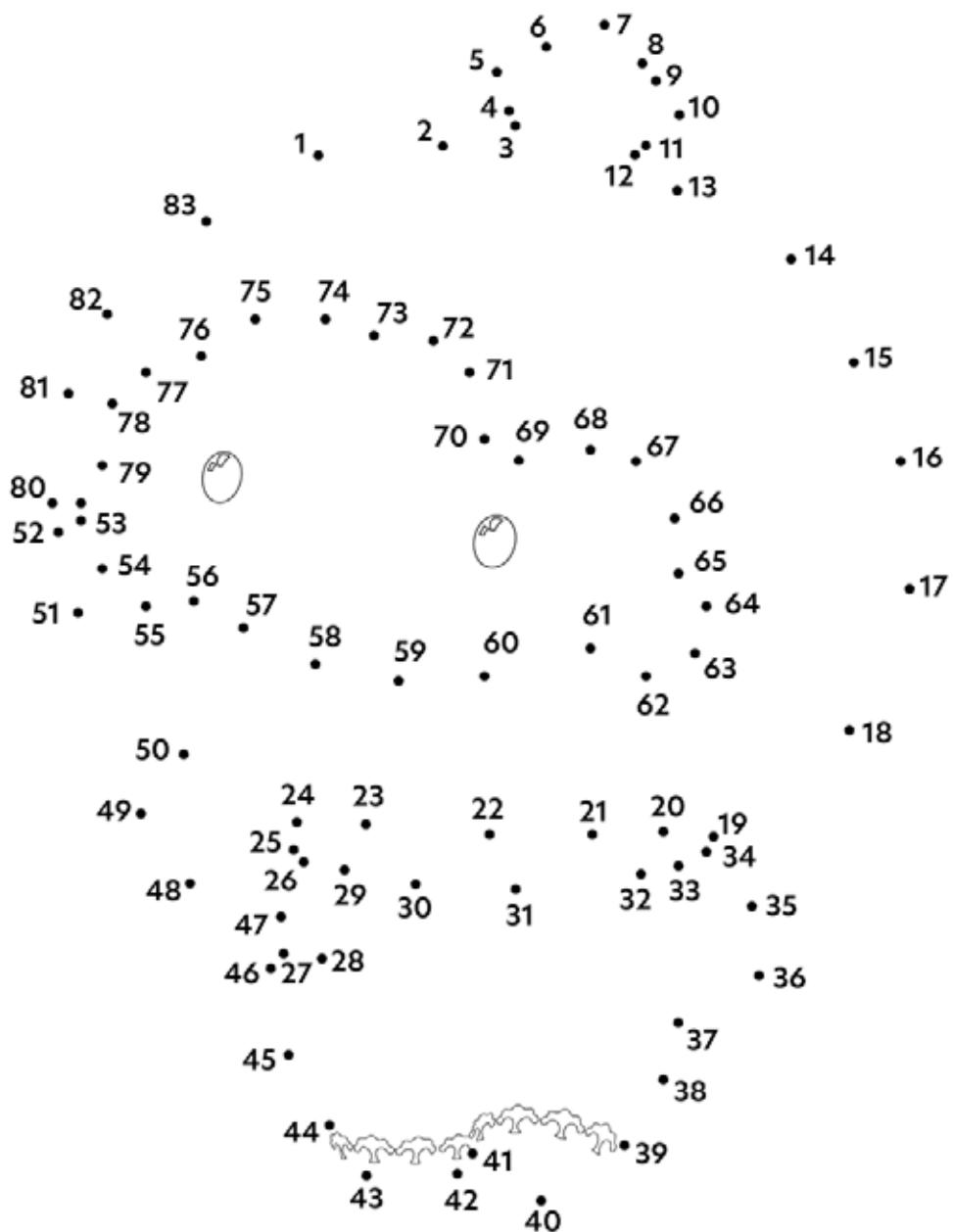
MUKUDZIWA CHIYANI ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI?

4. Zungulizani kusiyana kunayi pakati pazinthu ziwiri izi



MUKUDZIWA CHIYANI ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

5. Lumikizani madontho kuti muonetse Shuey Rhon Rhon. Oyimilira mpikisano wa masewero a anthu aulumali amunyengo yadzinja ku Beijing 2022



MUKUDZIWA CHIYANI ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI?

6. Sakanizani malembowa kuti mumalitse dzina lamzinda omwe unapangitsa mipikisano yamasewero a anthu a ulumali a chaka cha 2020

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YANKHO:

MIPIKISANO YA ANTHU A ULUMALI KALE NDI PANO



MIPIKISAMO YA STOKE MANDEVILLE

THEME 1 UNIT 1

1948

Zaka zopitirira makumi asanu ndi awiri zapitazo Sir Ludwig Guttmann, dotolo wapa chipatala cha Stoke Mandeville ku Great Britain, anakonza mpijisano wamaseswero oyambirira wa anthu omwe amachira kukuvulala kwa msana



MIPIKISANO YA STOKE MANDEVILLE

THEME 1 UNIT 1

Unali mpikisano wamauta ndi mipaliro yomwe opikisana ake anali a pa wheel chair ndipo analipo khumi ndi asanu ndi mmodzi



MIPIKISANO YA STOKE MANDEVILLE

THEME 1 UNIT 1

1959

Mipikisano ya Stoke Mandeville imachitika chaka chilichonse pachipatala chomwecho ku Great Britain mpaka muchaka cha 1959. Chaka chilichonse masewero ambiri amaoanjezeredwa monga mipikisano ya pachikuku komanso Basketball



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

1960

Kumayiko cha 1960 mipikisanoyi inakafika ku mayiko ambiri, kunja kwa Great Britain. Izi zinachitikira ku Rome , Italy.

Zinakhazikitsidwa kuti mipikisano ya Stoke Mandeville ya chikhumi ndi chitatu ya kunja iyambe kukhazikitsidwa yotchedwa
“PARALYMPIC GAMES”



MIPIKISANO YA MASEWERA A ANTHU A ULUMALI

THEME 1 UNIT 1

Mipikisano yamasewero a anthu a ulumali yakhala ikuchitika mu dzinja ndi chilimwe zaka ziwiri zili zonse m'maiko osiyanasiyana yadziko lapansi.



MIPIKISANO YA MASEWERA A ANTHU A ULUMALI

THEME 1 UNIT 1

Mu zaka za m'ma 2020 , mipikisano yamasewera a anthu a ulumali achitika ku:

TOKYO IN 2020

PARIS IN 2024

LOS ANGELES IN 2028



MIPIKISANO YA MASEWERA A ANTHU A ULUMALI YA MU DZINJA

THEME 1 UNIT 1

1976



Mipikisano yoyamba yamasewero a anthu aulimali mudzinja inachitika muchaka cha 1976 ku Ornskoldsvik, mdziko la Sweden



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI YA MUMYENGO YA DZINJA

THEME 1 UNIT 1

Mu zaka za m'ma 2020 , mipikisano yamasewera anthu a ulumali yadzinja ichitika ku

Beijing in 2022



Milano Cortina in 2026



CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1



Onani zithunzi zosiyanasiyana zili patsamba lotsatiralo chasinthia ndichiyani m'zakazi?



© Christopher Payne

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

MIPIKISANO IYAMBE



© Italian Institute for Disabled Workers

ROME 1960, ITALY



© Simon Bruty for OIS/IOC

RIO 2016, BRAZIL

CHASINTHA NDI CHIYANI? CHIYANI?

THEME 1 UNIT 1

MIPIKISANO IYAMBE



ROME 1960, ITALY

OSEWERA alowa mubwalo lamasewera motsogozedwa ndi mbendera yafuko

5,000

Owonelera masewero anaonera chiwonetseso chakalambura bwalo ku Rome mu 1960

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

MIPIKISANO IYAMBE

Pakuoneka m'dipiti wosangalatsa wamaiko
muchaka cha 2016 ku Rio de Janeiro,
kunali owonelera opitilira

75,000



RIO 2016, BRAZIL

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

DZINA LIKUKAMBA ZONSE



GEILO 1980, NORWAY



NAGANO 1998, JAPAN

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

DZINA LIKUKAMBA ZONSE

Mipikisano yamasewero a anthu a ulumali nthawi zonse imachitika ikangotha mipikisano ya **Olympic**

Amagwiritsa ntchito mizinda ndi malo amodzi onse

© Handikappidrott

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

CHANGU , PAMWAMBA, MWAMPHAMVU



ROME 1960, ITALY



LONDON 2012, GREAT BRITAIN

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

CHANGU , PAMWAMBA, MWAMPHAMVU

- Mipikisano ya abambo ya ma mita 50 ya Freestyle 55 inachikika koyamba ku Barcelona mu chaka cha **1992** ndipo oyamba kuwina mendulo yagolide anapambana mphindi **39.96**. Ku London mu chaka cha 2012 opambana anapambana mu mphindi **32.05**
- Osewera amalimbikira kukonzekera kuti akhale akatswiri pantchito yawo
- Zofunika komanso technology ya masewerowa yatukuka kwambiri



LONDON 2012, GREAT BRITAIN

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

ENA AMABWERA , ENA AMAKHALA , ENA AMAPITA

TEL AVIV 1968, ISRAEL

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

ENA AMABWERA , ENA AMAKHALA , ENA AMAPITA**KUKONZEKERA MIPIKISANO YAMTSOGOLO**

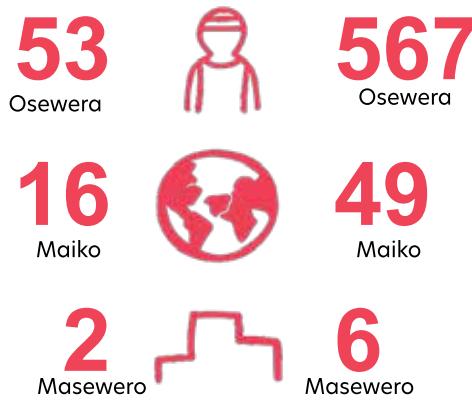
MIPIKISANO YA MASEWERO A ANTHU A ULUMALI A MUNYENGO YACHILIMWE 1960-2016



ROME 1960, ITALY

RIO 2016, BRAZIL

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI A MUNYENGO YADZINJA 1972-2018



ÖRNSKÖLDSVIK 1976, SWEDEN

PYEONGCHANG 2018, SOUTH KOREA

CHASINTHA NDI CHIYANI

THEME 1 UNIT 1

CHIZINDIKIRO CHA MZIMU (SPIRIT)

TOKYO 1964, JAPAN



LONDON 2012, GREAT BRITAIN

CHASINTHA NDI CHIYANI

THEME 1 UNIT 1



TOKYO 1964, JAPAN

1964

m'masiku oyambilira, ochita
masewerawo anali kuwongolera
ndi kulinganiza njira zavo
zochitira zinthu.

**Onani momwe zikuku
zimatetezedwa.**

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

KUKONZA NDI KUPANGA**2012**

Masiku ano othamanga apanga zida zopangira, monga mpando woponyera womwe ukuoneka a pachithunzipa.

Izi zimapangitsa
kuti masewerawa akhale otetezeka
komanso abwino.



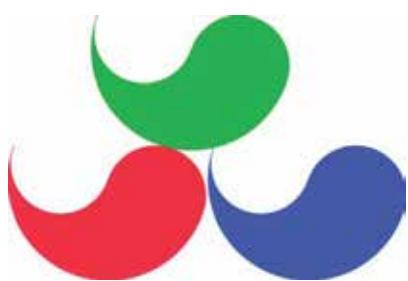
LONDON 2012, GREAT BRITAIN

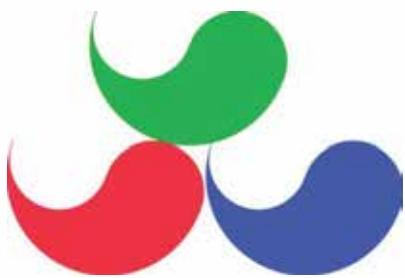
CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

CHIZINDIKIRO CHA MZIMU (SPIRIT)

© International Paralympic Committee

**MAGANIZO, THUPI, MZIMU****Kusintha kumayamba ndi masewera (2019).**

CHIZINDIKIRO CHA MZIMU (SPIRIT)**Tae-Geuks**

Mu chaka cha 1994 , chizindikiro cha mpikisano wa ulumali chinapangidwa kuchokera ku ma **Tae-Geuks** atatu omwe ndi zokongoletsza zachikhaliidwe zaku Korea

Maganizo, thupi , mzimu (1994)**CHIZINDIKIRO CHA MZIMU (SPIRIT)****Agitos**

Chizindikiro chamu chaka cha 2019 chinapangidwa ndi ma **Agitos** atatu (kutanthauza ndimayenda) kuzungulira pakati

**CHANGE STARTS WITH SPORT (2019)**

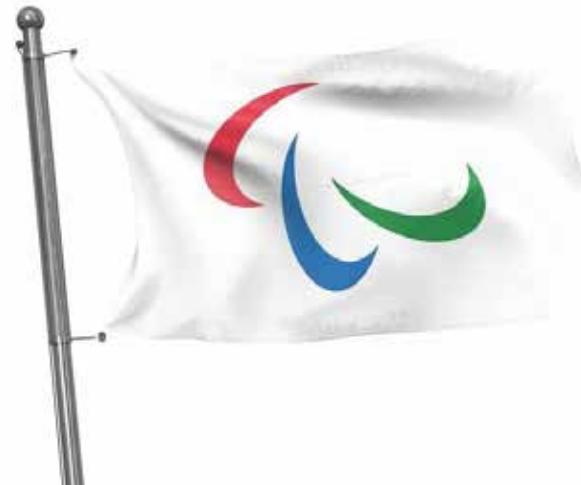
CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

CHIZINDIKIRO CHA MZIMU

Zizindikilozi nthawi zonse zakhala zili za mtundu wofira , **kamtambo, wobiliwira**

Chizindikiro cha mipikisano ya ulumali chimaikidwa pa mbendera yamasewerowa yomwe imakwezedwa pamwambo otsegulira ndi kutsitsidwa masewerowa akamatha



CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

PAULENDÖ



© Mirre Kipper



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ÖRNSKÖLDSVIK 1976, SWEDEN

SALT LAKE CITY 2002, USA

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

PAULENDO



© Mirre Kipfer

ÖRNSKÖLDSVIK 1976, SWEDEN

Mipikisano ya masewero a anthu a ulumali yakhala imodzi mwa masewero **akuluakulu pa dziko lonse**

Chasintha ndi chani muzakazi?

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

PA ULEND

- Kalimbidwe kathup'
- nkhadolero pakati pa 'ulumali' ndi 'yakhala' pakhale 'kuposera'
- Kukankha malire akuthekera
- Zovala ndi zida
- Zida zamaseswero
- Zida zothandizira pa masewero



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SALT LAKE CITY 2002, USA

CHASINTHA NDI CHIYANI?

THEME 1 UNIT 1

Osewera anthu a ulumali ozizwitsa achitano chiyani?

Ayenda mwachangu bwanji, adumpha patali bwanji, aponya patali bwanji, ndi masewero ati achilendo omwe asewere?

**Tiyeni tione izi potsatira ulendo wao ku
mipikisano ikubwerayi**



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© Milano Cortina 2026



© Los Angeles 2028

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

KALE NDI PAN

© Mike Ehrmann/Getty Images

CHIONETZERO CHA PHUNZIRO
GULU LA ZAKA: ZAKA 6-8

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Moni nonse . Dzina langa
ndj vanessa.
Ndine osewera wa mipikisano ya
ulumali. (Paralympian)

Ndikuuzani nkhani zenizeni
zosangalatsa zokhudza
mipikisano yamasewero
a anthu a ulumali, Paralympic



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

**KHALANI PA MALO ANU
A MPIKISANO****KONZEKANI****YAMBANI****MIPIKISANO YA MASEWERO A ANTHU A ULUMALI**

THEME 1 UNIT 1

Mizu ya mipikisano yamasewero a anthu aulimali
inagwirana kale inu musanabadwe

Osewera apachikuku anapikisana koyamba
mu masewera a mauta ndi mipaliro (archery).

Anakhala ndi nthawi yabwino ndipo anasangalala
kwambiri moti mipikisano yambiri inachitika.

M'mene masewero ndi osewera ambiri amaoanjezereka,
mipikisano yamasewero a anthu a ulumali
inakhazikitsidwa mu chaka cha

1960

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

M'zakazi , osewera a ma ulumali osiyanasiyana akhala akupikisana mumasewero ochuluka monga



WHEEL CHAIR BASKETBALL



WHEELCHAIR FENCING



WHEELCHAIR RACING



JAVELIN

© NPC Japan

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Pano osewera aulimali amapikisana m'masewero osiyanasiyana omwe amachitika zaka zinayi zili zonse m'maiko osiyanasiyana pa dziko lapansi

MASEWERO A ANTHU A ULUMALI - PARALYMIC GAMES



PARA ARCHERY



PARA ATHLETICS



PARA CANOE



PARA VOLLEYBALL



PARA EQUESTRIAN



PARA ROWING



PARA SHOOTING



PARA TAEKWONDO



PARA JUDO



PARA POWERLIFTING



WHEELCHAIR FENCING



PARA TRIATHLON



FOOTBALL 5-A-SIDE



BOCCIA



WHEELCHAIR RUGBY



WHEELCHAIR TENNIS



PARA SWIMMING



PARA TABLE TENNIS



PARA CYCLING



PARA BADMINTON



GOALBALL



WHEELCHAIR BASKETBALL

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

MASEWERO A MU NYENGO YA DZINJA A M'MIPIKISANO YA MASEWERO A ANTHU A ULUMALI



PARA ALPINE SKIING



PARA CROSS-COUNTRY SKIING



PARA SNOWBOARD



PARA BIATHLON



PARA ICE HOCKEY



WHEELCHAIR CURLING

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Uyu ndi Chuck kupikisana mu mpikisano wa wa chikuku wa 'rugby' kuimirira dziko la **USA**

Zikuoneka ngati iyeyu ndi anzake a mutimu yake akuyenera kulimba mtima kuti achite nawo mpikisanowu, sichoncho?



© Bob Martin for OIS/IOC

Uyu ndi Omara. Ndi othamanga wavuto la maso ochokera ku Cuba. Amapikisana nao mu **100m sprint**.

Munhu oona bwino bwino amamuthandiza Omara kuti akhale mu mzere wake ndipo azithamanga mosasempha mbali. Amatha kuthamanga ma **mita 100 mu mphindi 11.40**

Eeh, amafulumira ndi munthu opatsa kaso. Kaya amatha kuthamanga bwanji mamita 100 mumphindi 11.40?



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MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

Uyu ndi Hiraku. Iye ndi othamanga wapa snow. Amachita nawo masewero a anthu a ulumali ochita izi **a alpine skiing**

Amathamanga pa snow kutsika mapiri mwachangu. Amafunika kulimba mtima kwambiri kuti apange izi

**Mukuona ngati kulimba mtima
kumatanthadza chiyani?**



© Tom Pennington/Getty Images

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Awa ndi magulu osewera masewero a ulumali
a ice hockey ochokera ku Canada ndi ku U.S.A

**mukuganiza 'kuti' amafunika chiyani kuti
asewero mpikisano umenewu.**



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Pano, mipikisano ya masewera a anthu
a ulumali ndi yaikulu kwambiri

Mipikisanoyi ndi yopambana, yosangalatsa,
komanso yabwino kuonera



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Ndinapita ku mipikisano yamasewero a anthu a ulumali ya 2016. **Anachitikira ku Rio de Janeiro ku Brazil**

Ndinaimirila dziko la Germany.
 Ndinapikisana mu masewero opikisana kudumphu a long jump.
 Ndinapambana mendulo yoyamba yagolide.



© Alexandre Loureiro/Getty Images

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1



© Magner Meier

Mipikisano yamasewero a anthu a ulumali imayamba ndi mwambo wapamwamba kwambiri ndi osilirika.



© Wagner Meier

Mbendera **ya Paralympic** imakwezedwa ndipo osewera a ulumali onse amaguba kutsogolo kwa khwimbi la anthu

Mukuona chani pa mbenderay?

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1



Zizindikiro zitatuzi zimaoneka pang'ono ngati mwezi oduka pakati. **Zizindikirozi zimatchedwa Agitos kutanthauza "ndimayenda"**



Ma Agitos wa ndi mtundu wofira ,obiliwira ndi wakamtambo

Mungaganize zifukwa zomwe mitunduyi inagwilsidwira ntchito ?

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Mipikisamo iliyonse yamasewero a anthu a ulumali imakhala ndi chidole chake (mascot). Zidolezi zimakhala zinthu zoseketsa zomwe zimatangwanika ndi chisangalalo komanso zatsopano za mipikisano

Mu 2022, mipikisano yamasewero a anthu a ulumali yamu dzinja ichitikira ku Beijing.

Mungapezepo chiyani zokhuzana ndi chidole ichi ndi zidole za m'mpikisano ya m'mbuyoyi



Shuey Rhon Rhon

MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Zambiri zasinta chichitikire
mpikisano oyamba Archery omwe
unachitika kale kale kwambiri

Mipikisano ya masewero a anthu
a ulumali akhala amodzi mwa
masewero aakulu kwambiri pa
dziko lonse



MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

THEME 1 UNIT 1

Kodi makolo, agogo anu,
achibale ena kapena amzanu akukumbukira
mpikisano oyamba wamasesero a anthu
a ulumali? Anachitikira ku Rome muchaka
cha 1960.

**Mukakafika kunyumba
kawafunseni**



© Italian Institute for Disabled Workers

Komanso osaiwala kuyang'ana
osewera a ulumali kupikisana mu
mipikisano yamasewero a anthu
a ulumali ikibwerayi!

**adzakhala' osati 'azakhala'
achite bwino koposa**



NSANAMIRA YA MASEWERO A ANTHU A ULUMALI (PARALYMPIC VALUES)

PHUNZIRANI . KAMBANI . ONJEZERANI

Cholina chophunzira: kuti mudziwe zambiri zokhudza msanamira zamipikisano ya aulimali



NTCHITO 1A

Kufuna kudziwa nsanamira zamasesewero ndi mpikisano a wantru aulumali

ZOFUNIKIRA

 Chithunzi cha osewera waulumali chosirirtska kapena gwiritsani ntchito pomwe panalembedwa zenizeni za nsanamira zamipikisano **ya anthu a ulumali ndi chani?**, matanthauzo omveka bwino kwa ophunzira omwe aperekedwa mubuku la aphunzitsi



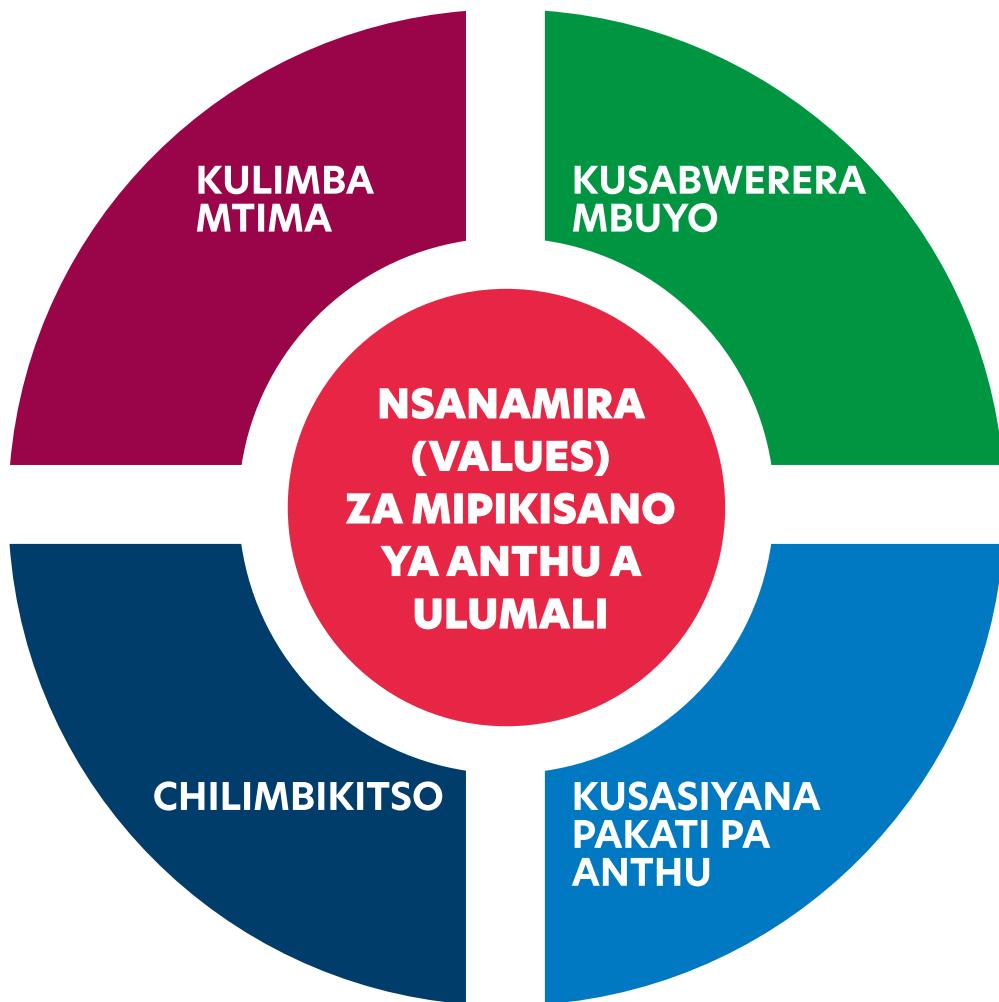
MALANGIZO

- Aonetseri ophunzira chithunzi cha osewera wa ulumali chosirirtska . Ngati nkotheka gwiritsani ntchito chithunzi cha osewera waulumali wa mudziko lanu kapena amene amadziwika bwino mudziko lanu . Ngati mulibe zithunzi zotero gwiritsani ntchito zithunzi zomwe zili patsamba la zoonadi za **'Nsanamira za mipikisano ya aulumali ndi chiyani?**

Cover image: © Michael Steele/Getty Images



NTCHITO 1A



- Tsogolerani zokhudzana ndi zomwe chithunzi chilichonse chikuonetsa ndipo Pezani mawu ambiri kuchoka kwa ophunzira omwe akufotokozena ntchito komanso nsanamira zoonetsedwa ndi osewera. Pambali pa mawu ena, athandizeni kugwiritsa ndi kumvetsa mawu ngati **"kulimba mtima"** **kusabwerera mbuyo ndi chilimbikitso**.
- Pabolodi, lembani nsanamira zinayi za mipikisano ya anthu a ulumali. Apatseni mpata oti aonjezere matanthauzo komanso zithunzi za osewera a ulumali
- Gwiritsani ntchito matanthauzo oyenera ophunzira omwe aperekedwa mubuku la aphunzitsi kuti muthandize ophunzirawa kuganizira za zomwe nsanamira za

mipikisano ya masewera a anthu a ulumali imantanhuza komanso m'mene osewera a ulumali amasonyeza nsanamira m'moyo wao wa masewero. Lembani matanthauzo oyenera ophunzira pansi pa nsanamira iliyonse

- Thandizani ophunzira kutanthauzira nsanamira pogwiritsa ntchito mawu omwe amawadziwa ndi kugwiritsa ntchito paupipafupi. Mwa chitsanzo , ophunzira atha kugwiritsa ntchito mawu oti " kupanda mantha" **kuti afotokozere nsanamira "kulimba mtima"**, omwe ukutanthauza munthu amene amapanga chinthu chomwe ena saafuna kuyesera kapena amaganiza ndi chosatheka "Mawu onsewa abweretseni pamodzi ndipo aikeni pachionetsero

NTCHITO 1B

Kumvetsetsa nsanamira mipikisano ya masewero a anthu a ulumali

ZOFUNIKIRA

 Makope omwe ophunzira agwilitse ntchito nsanamira zamipikisano yamasewero a anthu a ulumali

YANKHO LA CHITSANZO KULIMBA MTIMA

Kupanga chinthu chomwe ena safuna kuyesera kapena amaganiza ndi chosatheka



MALANGIZO

- Apatseni ophunzira makope agwilitse ntchito 'nsanamira zamipikisano yamasewero a anthu a ulumali'. Apatseni aone chithunzi chilichonse ndipo aganizire nsanamira yomwe akuganiza kuti ikusonyezedwa ndi osewera a ulumali. Ophunzira achite ntchitoyi payekha, awiriawiri kapena magulu ang'onoang'ono. Afunseni alembe nsanamira yomwe asankha pansi pa chithunzi chili chonse
- **Akumbutseni kuti palibe** yankho lolondora kapena lolakwa. Aliyense akamaliza ntchito afunseni ophunzira kuti afotokoze nsanamira yomwe asankha pachithunzi chilichonse ndi chifukwa chomwe usankhira
- Pamodzi sankhani chithunzi chomwe chikusonyeza bwino nsanamira zinayi zonse ndipo ikani zithunzi zachionetsero cha nsanamira zamipikisano yamasewera a anthu a ulumali
- Bwerezani ntchitoyi pogwiitsa nthito zinthu za osewera a ulumali a mu dziko lanu



MAFUNSO OKAMBIRANA

- Funsani ophunzira kuti apereke zinthu za m'mene iwo ndi wina yemwe amamudziwa anasonyezako ina mwa nsanamirayi.

NTCHITO 2B

Kufuna kudziwa nsanamira za mipikisano ya masewero a anthu a ulumali

ZOFUNIKIRA

 Makope omwe ophunzira agwilitse ntchito nsanamira za mipikisano ya masewero a anthu a ulumali



© Rob Prezioso



MALANGIZO

- Lembani nsanamira zinayi zija za masewero a anthu a ulumali pa bolodi (kulimba mtima, kusabwerera m'mbuvo ,chilimbikiso ndi kusasiyana pakati pa anthu)
- Fotokozerani ophunzira za m'mene osewera a ulumali amaonetsera nsanamirazi akamafuna kupambana kwambiri m'masewero ena ake. Gwiritsani ntchito matanthauzo oyenera ophunzira omwe aperekedwa mubuku la aphunzitsi kuti muthandize ophunzira kuganizira za m'mene osewera a ulumli amaonetsera nsanamirazi m'masewero komanso m'moyo wao watsiku ndi tsiku
- Gawani ophunzira m'magulu anayi mpaka asanu ndipo perekani kugulu lililonse nsanamira imodzi ndipo onetsetsani kuti nsanamira zinayi zonse zagawidwa mofanana m'magulu onse. Gulu lililonse lirembe papepala mawu kapena maganizo omwe amabwera akaganiza za nsanamira yampikisano yamasewero a anthu a ulumali.
- Kenako, ophunzira adule zithunzi kuchokera munyuzipepala kapena m'magazine zomwe zikuimilira maganizo omwe anabwera m'malingaliro . Ngati palibe nyuzipepala kapena magazine, ophunzira atha kujambula zomwe aganiza. Pogwiritsa ntchito zithunzi komanso mawuwa , ophunzira apange zithunzi zambiri pansi pa nsanamira zamipikisano yamasewero a anthu a ulumali pa pepala kapena thabwa lalikulu
- Ophunzira akamaliza, gulu lililonse liwonetse zithunzi zawo ndipo lifotokoze m'mene zinthunzizi zikuyimilira nsanamira zamipikisano yamasewero a anthu a ulumali

NTCHITO 2B

Kumvetsetsa nsanamira za mipikisano ya masewero a anthu a ulumali

ZOFUNIZIRA

 Ma magazine , ma nyuzipepala, zomatira , scissors , ndi ma pepala kapena matabwa akulu akulu

MALANGIZO

- Atamaliza kukambilana mu ntchito 2A, aphunzitsi apereke matanthauzo ovomerezeka a nsanamira iliyonse. Lembani matanthauzo osavuta kumvetsetsa pamwamba pa zithunzi zophatikiza zija. Matanthauzo awa akupezeaka mubuku la m'manja la aphunzitsi
- Afunseni ophunzira kuti amalizitse pogwiritsa ntchito nsanamira zamipikisano yamasewero a anthu a ulumali, apereke ndemanga zoonjezera zokhudza zomwe nsanamira iliyonse imatanthauza. Limbikitsani ophunzira kuti afananize nsanamira kuchinthu chomwe chinawachitikira, kapena chinachitikira, wachibale ndipo afunseni kuti afotokoze chinachitikacho ndi chifukwa chomwe asankhira nsanamira imeneyo
- Pansi pa zithunzizolumikiza lembani mawu ofotokozena pang'ono za m'mene nsanamira iliyonse ya mipilisano a masewero a anthu a ulumali yaonetseredwa ndi osewera a ulumali. Gwiritani ntchito matanthauzo oyenera ophunzira mu buku la m'manja la aphunzitsi kuti akuthandizireni. Matanthauzo komanso zofotozera zufunika kukambidwa kuti ophunzira amvetsetse kufunkira kwao ku zabwino zonse zomwe usewera aulimali akwaniritsi

- Pomaliza , m'magulu mwawo , ophunzira ayambe kuganiza njira zatsopano zomwe angaonetsera nsanamirazi m'moyo wao wa tsiku ndi tsiku, kuonjezera akamachita zamasesewero olimbitsa thupi

MAFUNSO OKAMBIRANA

- Ndi nsanamira iti yomwr inavuta kwambiri kuonetsa
- Ndi kusintha kwanji komwe mungachite m'moyo mwani komwe kungakuthandizuren kuti muonetsera nsanamira bwino bwino
- Osewera a ulumali amaonetsera bwanji nsanamirazi kwa ife?



© Francois Nel/Getty Images

NTCHITO YOONJEZERA

Funsani ophunzira kuti apange ma kadi a malonjezano kuti akuwonetsa m'mene akhalire mu nsanamira umodzi m'moyo wawo komanso ku sukulu. Izi zitha kuonjezeredwa ngati gawo la chionetselo chao

Ophunzira atha kugwiritsa ntchito luso awo kuti afotokoze ndi kugawa nsanamira za mipikisano ya masewero a anthu auluma i za kulimba mtima, kusabwelera mbuyo , chilimbikiso nfi kusasiyana pakati pa anthu. Atha kulemba chinthu, kugwiritsa ntchito luso lawo la zithunzi, kujambula, kupanga kanema wam'fupi kapena kukonza chida chomwe chitha kuonetsedwa kuti chifotokozere nsanamira zamukalasi, msukulu kapena dera lawo

NTCHITO YA KUNYUMBA

Gawani kumvetsetsa kwanu kwa nsanamira zamipiksano yamasewero a anthu a ulumali ku banja kwanu kapena otsatira . Nsanamirazi zikutanthauza kwa iwo ndipo nonse m'mazionetsera bwanji m'moyo wanu wa tsiku ndi tsiku wabanja lanu ?. Mungaganizire nkhani zina zomwe zopezekwa m'mabuku kapena m'makakema amaonetsera nsanamira zamipikisano yamasewero a anthu a ulumalizi?

ZITSANZO ZA M'MENE NSANAMIRA ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI ZINGAFOTOKOZEREDWE



Kudzera m'mene achitira, osewera a ulumali awa aonetsa nsanamira zakulimba mtima, kusabwerera mbuyo , kusasiyana pakati pa anthu komanso kulimbikitsika

NSANAMIRA ZA MASEWEROA ANTHU A ULUMALI

DZINA:

KALASI:

(Leave space for drawing)



KOMITI YA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI YAKUNJA

NSANAMIRA ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

**GWIRITSANI NTCHITO UPANGIRI WANU WA NSANAMIRA ZINAYI ZIJA
KUTI MUMALIZITSE NTCHITO ZILI PA TSAMBA ILI**

Kulimba mtima ndi kuyesera chinthu chomwe ena sangayesere kapena ngati ndi zotheka

1. Osewera a ulumali amaonetsa kudziko zomwe zitha kukwanilitsidwa



Perekani zitsanzo za momwe inu munaonetsa kulimba mtima: Mwachitsanzo, kulimba mtima pomwe ndinayesera masewero a tsopano

NSANAMIRA ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

Kusabwerera m'mbuyo ndi kupitiriza kuchita chinthu ndi kupitabe chitsogolo ngakhale zikuvuta

2. Kuphatikiza kulimba kwa malingaliro a ngwiro, kuthekera kwa thupi komanso kuchirimika mopambana



Kusabwerera m'mbuyo kukatanthauza chani kwa inu? Mokhala awiri kapena m'magulu ang'ono ang'ono chitani sewero la mphindi ziwiri losonyeza m'mene mungasonyeze kusabwerera m'mbuyo **kusukulu**. Mwachitsanzo sewero lanu litha kuonetsa m'mene simubwererela m'mbuyo kuti mukhonze bwino kusukulu

NSANAMIRA ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

Chilimbikitso ndi kulimbikitsika mtima kudzera mu ntchito ndi zomwe ena anakwanilitsa

3. Kupereka mwayi kwa anthu a ulumali kuti afikile kuthekera kwavo. Kusangalatsa anthu ena kuti azichita nawo ndi kuchitimika m'masewero olimbitsa thupi



Amakulimbikitsani ndani? Jambulani chithunzi kapena lembani za munthu amene amakulimbikitsani mubokosi ili m'musili. Munthuyi atha kukhala mzanu wachibale kapena mphunzitsi

NSANAMIRA ZA MIPIKISANO YA MASEWERO A ANTHU A ULUMALI

Kusasiyana pakati pa anthu ndi kuwerengera aliyense , kuonjezera anthu ama ulimali, kuwapatsa mwayi ofanana ndi chithandizo chilichonse chofunikira kuti akwaniritse zomwe akufuna kufikira

4. Kuletsa zikhulupiriro, kusintha kaganizidweka anthu, kuchotsa **kukokerana pansi** kwa m'madera ndi kusalana



Pangani lonjezo loonetsetsa kuti mukuonetsa kusasiyanitsa pakati pa anthu ku sukulu

Ndikulonjeza kuonetsa kusasiyana pakati pa anthu ku sukulu mu njira iyi

NKHANI YA OSEWERA WINA



Moni ndine shoko Ota. Ndinali osewera wa ulumali Nordic skier ndipo pano ndikupikisana nawo mu Teakondwo ya ulumali

Ndakhalako ndi nyengo zina zokhumudwitsa munthito yanga ya masewero, kuonjezera kukanika kutenga mendulo m'masewera a ulumali a biathlon, koma sindinagwe mphwayi mpaka ndinakapambana mendulo ya chiwiri ku cross country skiing. Pano ndinazipatsa chintchito chatsopano ndipo ndayamba kukonzekera nawo' mu taekwondo yomwe ili gawo la mndandanda wamasewero amumpikisano wa anthu a ulumali a Tokyo 2020

Chomwe chinandichitikira chachikulu ngati osewera waulumali ndichoti ndinakhala onyamula mbendera **wanthumwi zaku** Japan wampikisano muchaka cha 2014. Ndinaliridwa kuti ndinyamule mbendera ya Japan kumwambo otsegulira ndipo ndinamva kuchemereredwa kwabanja langa mdi aamzanga omwe amandonera kunyumba.

Kukonzekera masewero sikusangalatsa nthawi zonse koma ndimakwanitsa kudutsa munyengo zowawitsa chifukwa cha ophunzira komanso osewera anzanga omwe timakonzekera limodzi. Kudzera m'masewero, ndakumana ndi anthu ambiri ndaphunzira zambiri ndipo ndakhala munthu amene ndilinpanopa. Ndikhulupirira kuti ndipitirira kukondwera ndi chikonzekero chamasewero ndi anzanga ndipo nditukuka mopitirira kudzera m'masewero

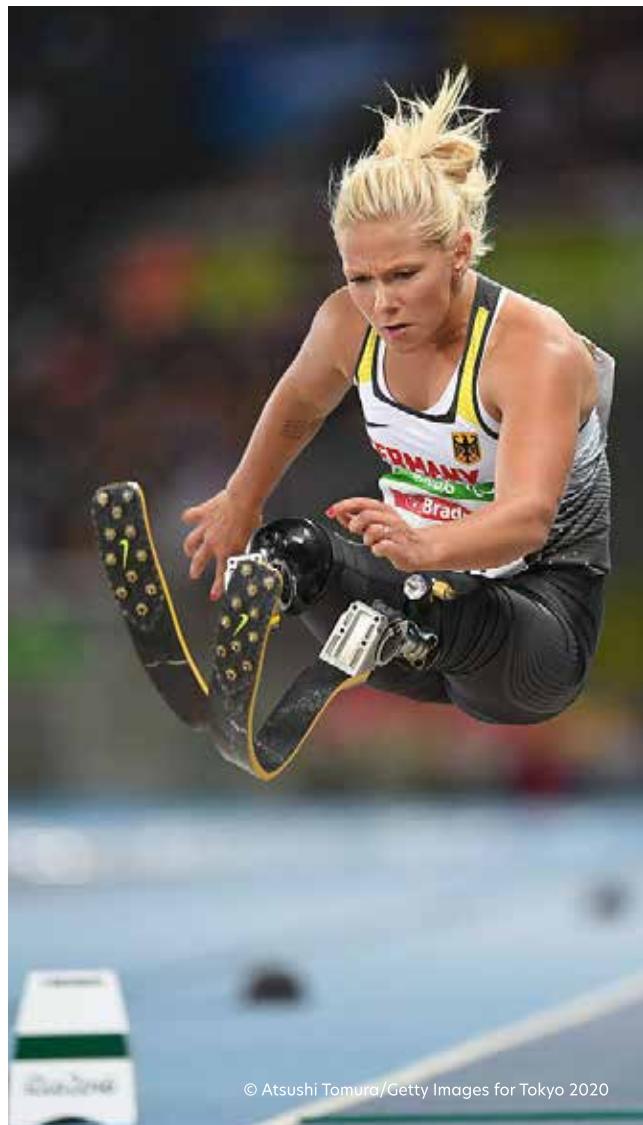


NKHANI YA OSEWERA WINA

Moni ndine Vanessa Low.
Ndimachokera ku Germany koma
pano ndikupikisana nawo ku Australia .
Masewera anga a ulumali ndi
LongJump ya 100 meters

Chachikulu chomwe ndinakwanilitsa ngati osewera wa ulumali ndi choti ndinapambana mendulo yoyamba ya Long jump ku mpikisano wa masewera a anthu a ulumali ya Rio mu 2016. Ndinapambananso mendulo yachiwiri mu 100 meters ndipo ndinakhala ndi nthawi yopambana koposa.

Ndimalimbikira kwambiri chikonzekero cha masewero ndipo nthawi yanga yokonzekera imakwana maola asanu!



NKHANI YA OSEWERA WINA

**Moni! Ndine Maciel Santos ndimakhala ku Brazil.
Masewero anga ndi Boccia**

Chachikulu chomwe ndinakwanilitsa kudzera mumpikisano wamasewero a ulumali waku London mu 2012 ndichoti ndinapambana mendulo yoyamba. Ndili paguwa ndinafaniza zanyengo zonse zowawitsa zomwe ndinakumana nazo ndikamapita kokonzekera ndipo pomaliza ndinapeza mphoto yomwe ndimayenera kupeza.



NSANAMIRA ZA MASEWERO A PARALYMPIC

DZINA:

KALASI:



NSANAMIRA ZA MASEWERO A PARALYMPIC

Tchulani zithunzi za anthu othamanga aulumali. Muzithunzizo tchulani chimodzi chimene nsanamira za Paralympic zikuyimira Nsanamira imodzi ikhoza kuyimira zithunzi zingapo.

PICTURE 1

Paralympic value:

CHITHUNZI CHOYAMBA

PICTURE 2

Paralympic value:

CHITHUNZI CHACHIWIRI 10

PICTURE 3

Paralympic value:

CHITHUNZI CHACHITATU

PICTURE 4

Paralympic value:

CHITHUNZI CHACHINAYI

MASEWERO OTHAMANGA OMWE AULUMALI AMASEWERA AKUBWERA MUMZINDA

KUPHUNZIRA . KUTENGA GAWO . NDIKUYIKAMO

Cholina chakuphuzira: Umapeza ukadawulo kuti uzipeze.



ZOCHITA 1A

KODI SUKULU YATHU INGAFIKILIDWE?

ZIPANGIZO



Learner factsheet, **Is my school accessible?**; whiteboard/chalkboard or another way of recording learners suggestions.



MALAMULO

Ophunzira azalingalire ngati sukulu yawo ingafikilidwe ndi alendo, monga osewera othamanga aulumali. Zimene zikuyenera kuchitikira mumakalasi mwawo kapena ophunzira agawidwe m'magulu ang'onoang'ono. Apaseni malo olembaperapo . Kodi sukulu yathu ingafikiridwe? Afuseni kuti awone magulu azithuzi mobwereza ndipo akambiranre ngati akuganiza kuti osewera masewero othamanga omwe ali ndi ulumali atha kuyenda mozungulira sukulu yawo ndi makalasi ophunziliramo mosavuta. Kodi zotchinga ndichiyani? kupanga pawokha? Lembani maganizo awo pogwiritsa ntchito white board kapena black board kuti aliyense awone.

Atengeni ophunzira kaulendo kakafupi kuzungulira sukulu kuti awone zinthu zomwe apeza. Kodi ndi zinthu ziti zomwe apeza zina? Perekani maganizo anu kwa pakhomo polowela kusukulu, awunguzeni makalasi anu chiteteko nchotani mutinjira 11 toyendamo. kutalika kwa zitseko, komanso zotsekulira zitseko ndi zokhomela. kafikirenso kuzimbuzi. kawonjezereni mfundo zina pogwiritsa bolodi loyera / chalkboard.

Afuseni ophunzira kuti apereke maganizo awo popeza njira zophweka zothetsera zina azipeza.

Cover image: © Thomas Lovelock for OIS/IOC

ZOCHITIKA 1B

MWALANDILIDWA ALENDÖ ATHU.

ZIPANGIZO



Zidutswa zazikulu za makadi kapena pepala, zojambula, zamatundumitundu kapena zopeta ndi zipangizo, malo olemba ophunzira . Kodi sukulu yathu ingafikilidwe ? zithunzi za para athletes ndi masewero ake zochokela mumanyuzi pepala, magazine. Impossible fact sheets on download them from tge internet websites.



MALAMULO

Aphunzitseni ophunzira pakuyankhula ndi kulemba mawu otı mwalandilidwa mudziyankhulo zosiyansiyana. Kodi sukulu yathu ingafikilidwe? (German : killkonmeni Azerbaijani,XO,SI English, welcome) mapepalawo umaphatikizapo mawu otı mwalandilidwa omwe amatanthauzidwa padzikolo lonse lapansi muziyankhulo zotchuka khumi.

Agaweni ophunzira mmagulu ang'onoang'ono. Lengani akopetsa mwalandilidwa chizindikiro kwa para atheretes ochokela mumayiko osiyansiyana. Zikongoleseni ndi zomata ndi zithunzi za para athletes ndimasewero anu. Zikhometseni zizindikilo zake kusukulu pamalo olandilira alendo



MAFUNSO OKAMBIRANA

Kodi ndi zinthu ziti zosavuta zomwe mungachite kupanga alendo omwe ali ndi ulumali kulandiliwa pasukulu yanu?

FOR MORE INFORMATION:



Images can be downloaded from:
<https://www.paralympic.org/>

ZOCHITIKA 2A

Kodi sukulu yathu ingafikilidwe?

ZIPANGIZO



Olemba ophunzira, (kodi sukulu yathu ingafikiridwe?) White board/ chalk board kapena njira ina yomatepa mawu a ophunzirawo maganizo awo.



MALAMULO

Ophunzira asankhe ngati sukulu yawo ingafikilidwe kwa alendo ngati para athletes. Zochitika zitha kuchitika mumakalasi kapena ophunzira atha kugawidwa mumagulu ang'onoang'ono. Apaseni ophunzira makope kuti azilembapo. Kodi sukuli yathu ingafikilidwe? Mwacholinga ichi zitengera kuthanthauza pakutheka kuyenda mwabwinobwino ndi modekha kukhala ndi zofanana kupeza zofunika mukalasi ndikuyesela zomwe mwaphunzira mwayiwake.

Gwilisani zofanana mwazitsanzo kuti mufotokoze zina. Kukhala ndi nyali ndinjira inaso, yothandizila kukhala mutnjila toyendamo pakupewa kukankhana, gwilitsani chantundu owala kapena mpira waukulu pamene mukusewela mpikisano, etc

ZOCHITIKA 2A

Afuseni ophunzira kutu awone magawo adzithuzi mobwereza ndipo akambirane ngati akuganiza kuti ndizotheka kwa para athletes ayendere sukulu yavo ndi makalasi omwe. Kodi zotchinga ndi chiyani pamem ukupanga wekha? Pa white board kapena chalk board jambulani mizere iwiri. Mbali imodzi mutu wake ukhale vuto ndipombali ina mulembe kuti mayankho. Lembani mwandondo mwake panfundo zolempheletsa mbali yomwe kuli mutu woti mavuto cholinga kuti aliyense akathe kuwona.

KODI SUKULU YATHU INGAFIKILIDWE

MAVUTO	MAYANKHO

Ayikeni ophunzira mmagulu, ndipo gulu lilironse litenge wheel chair nkuyesa kuzungulira sukulu, maka kupita malo ngati polowera, mmakalasi, ntinjira toyendamo, katalika kwa zitseko ndi zogwirira, ndionso kuchimbudzi

Akatha izi, ophunzira abwerere mkalasi andipo akakambirane zomwe apeza nkuzilemba pafact sheet. Ngati apeza zina zokhoma pozungulira kusukulu azilembe zonse.

pomaliza, ophunzira akambirane momwe anagthetsere mavuto omwe akumana nawo mmene amazungulira sukulu yawo.

ZOCHITIKA 2B

PARA ATHLETE NDI ANTHU AULUMALI OSAWONA AKUBWERA MUDZINDA

ZIPANGIZO zophimba m'maso



Eyeshades or blindfolds (something to cover the eyes).



MALAMULO

Ophunzira adzazidwe ukadaulo kuti kudzakhala bwanji kwa munthu othamanga ndiposo amene ali ndivuto lakusaona akadzayendela pasukulu panu. Agaweni ophunzira awiriawiri, modzi akhale olondolera owona ndipo wina avale chotchinga kumanso(kutseka maso olondera aliyense amugwire nzake pazanja , paphewa kapena muchiuno ndi kuyenda bwinobwino mozungulira sukulu. Olondolera njira awonesese kuti anzawo aphimbidwa kumaso akuyenda komanso kukhala pabwino nthawi zonse.Ophunzira azisinthana zochita kuti aliyense aphudzire ndi kukhala ndi ukadaulo .

Lingaliro udindo omwe alondolera munthu osawona , ndi ubwino wake yokulankhulana kwabwino.



KUKAMBILANA MAFUNSO

Kodi ndi mbali iti yasukuluyanu utha kukafikako ndipo ndimbali iti yomwe sungafikeko?

Kodi sukulu yanu zonse zofunikila munthu atha kuzipeza mosavuta kwa anthu aulumali osiyanasiyana (mwachisanzo aulumali omwe amayenda panjinga, anthu omwe ali ndi ulumali osawona kapena.

Kodi zotchipa kapena zofunka ndalama zingapangitse kupanga kuti mozungulira sukulu yanu kufikilidwa mosavuta



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NTCHITO YOWONJEZERA

Ayikeni patsogolo maganizo anu pakukonza mayendededwe opita kwa mphuzitsi wankulu pa sukulu kapena a headmaster. Ngati kuli kothekera jambulani makanema kapena kugwilisa ntchito phone ya m'manja, auzeni ophunzira kuti isakhale yayitali (mphindi ziwiri) kanema oonesa mayendededwe a sukulu yanu.

Pezani njira zosiyanasiyana kuyankhulira kapena kulemba mawu okuti takulandilani cholina mutha kuwapasa moni a para athletes ochokela mayiko osiyanasiyana, ndi anthu osawona kapena osanova.

NTCHITO YOLEMBERA KUNYUMBA

Yendani yendani mayendededwe okafikila kunyumba zanu komanso mumadela momwe mukhala kupangila kwa anthu aulumali omwe amagwilitsa ntchito njinga ngati mayendededwe ndi anthu ena ali ndi maulumali osiyanasoyana. Fotokozani pazomwe mwapeza kwa ena mumakalasi mwanu ndipo ganizani choti mupanga kuti madela anu apeze chomwe chikufunika mudela mwathu kuti mukhale mwa mayendededwe abwino.



© Martin Rose/Getty Images

PARA SPORTS NDIATI NDIPO AMASEWERA Bwanji Phunzirani, Pangani Nawo, Osasalana.

KUPHUNZIRA . KUTENGA DAWO . NDIKUYIKAMO

Cholina chakuphunzira pakukhala wodziwa zakusiyana kwa para sports ndi kuvomeleza.



CHOCHITIKA 1A

Kudziwa za para sports

Zipangizo.



Osewera masewero a ulumali,
Masewero onse omwe
amasewera 12



MALAMULO

- Yambani ndi kuwelenga (kapena Funsani ophunzira M'modzi awelenge) nkhani ziwiri za para athletes akupezeka pa malo mwapatsidwa kuti mulembe. "para athletes ndi masewero omwe amasewera". Afuseni ophunzira ngati adawonako masewero amenewo akuseweredwa ndipo zomwe adamva. Kodi akudabwitsidwa ndi osewela othamangawa ndi nkhani zavo?
- Afuseni ophunzira (mumagulu kapena mukalasi) kuti tidziwe masewero onse, kuphatikiza masewelo omwe amaseweredwa nthawi yozizila (winter sports) kodi akuganiza kuti masewero onse amaseweredwa ndi anthu aulimali, lembani mayankho onse pabolodi. Afuseni ophunzira kuti amadziwa bwanji kuti masewerowo ndi a anthu aulimali ndipo anadziwa bwanji zimenezi? Kodi masewerawa adakawawonera pakanema? Kapena m'modzi wa pabanja pawo olo nzawo anatengapo gawo **kapena** kupikisana mumasewero amenewa?

Cover image: © Bob Martin for OIS/IOC

CHOCHITIKA 1B

Kulota za para sport

ZIPANGIZO



Makina a kanema a Projector, powonetserapo, kompyuta

- Kodi ophunzira akutha kuzitsata bwino lomwe?
- Aphunzitsi asankhe okha masewero omwe akufuna ayike pamndandanda ophunzira

ZOFUNIKIRA

- Onetsanani kanema ndi kukambirana, zina mwa izi
- Chithunzi chilichonse chosonyeza masewero a Paralympic . Limodzi ndi ophunzira, werengani tanthauzo la masewera amenewa


© Dan Behr

ZOCHITIKA 1C

Kudziwa za masewero a anthu aulumali

MALAMULO

- Bwerelani ku maganizo oyambilira awophunzira okhuzana ndi masewero oseweredwa ndi anthu aulumali. Kodi aphatikizapo chili chonse chokhuza para sports kapena pa power point presentation ? Ngati zili choncho zitengeni kapena muziphaticize pamalo pachionetselo.

- Malizani maphudziro pakuwathandiza ophudzira kuti amvetse kuti kuli masewelo ambiri omwe amaseweledwa ndi anthu aulumali. Koma okhawo omwe akukapikisana pa mpikisano wa Paralympic winter or summer games. Omwe osankhidwa ndi amene ali chitsazo cha para sports akupikisana pa Paralympic games.



© Al Tielemans for OIS/IOC

CHICHITIKA 1D

Kulota za para sports

MATERIALS:



Theme 2 Unit 1: 'Guess the Para sport' PowerPoint presentation,
Memory cards and scissors.



MALAMULO

- Sewerani masewera a anthu aulumali wosayiwalika. Pali zithunzi khumi zapatsidwa pazochitikazi, pachithunzi chilichonse pakuwonesa Masewera a anthu aulumali omwe akuseweredwa dzina lamasewero ndi para spor. Dulani zithunzi ndikuzipasa mayina.
- Perekani chithudzi chimodzi ndi dzina kwa ophunzira mutawayika mugulu la ana asanu ndi modzi.
- Afunseni ophuzira ayike chithunzi moyangana mmwamba patebulo kapena pansi. Ophunzira ayesese kufananiza mayina olondola pakulinganiza ndi para sport.



MAFUNSO OKAMBILANA

- Kodi muli ndi abale omwe ali ndi ulumali? Kodi mumawerengera mumasewera ndi mpikisano yomwe imaseweredwa? Ngati ayi, nanga ndi chifukwa chiyani?

CHOCHITIKA 2A

Kulota za para sports

ZIPANGIZO



Pepala, pensulo, black board,
fact sheet

Kudzwa za para sports



MALAMULO

- Aphunzitsi akuyenera kuwafunsa ophudzira mumagulu kapena mkalasi mwawo, kuti atchule masewera omwe akuganiza kuti amaseweredwa ndi anthu aulumali. pamayankho awo afuseninso kuti atchule masewero omwe akuganiza kuti amaseweredwa ku Paralympic games. Lembani mayankho onse pabolodi . Tsekani nzere kensi kapena gwilitsani njira iliyonse pakuzindikila masewero a anthu aulumali ndi ophunzira poganiza kuti amaseweredwa ku paralympic games.
- Pamene makalasi amaliza, gwiritsani ntchito polemba kuti muonetse masewero a paralympic oseweredwa nthawi yotentha omwe akuseweredwa ku Tokyo 2020 komanso masewera osewera nthawi yozizira omwe akuseweredwa ku Beijing 2022.
- Auzeni ophunzira zokhuzana ndi masewera omwe ali odziwika kwa iwovo ndipo kambiranani kuti amasewera bwanji kapena kuonera. kodi ndi ubwino wanji omwe ulipo kuwalora anthu aulumali kusewera. Sankhani masewero osapitilira anayi kuchokera kumasewero tidawasankha pachomwe tinalemba kuti tikafotokoze ndi kukambirana mwandondomeko zake.

CHOCHITA 2B

Kulota za zamasewero a anthu aulumali

ZIPANGIZO



Kufotokoza pepala la chithunzi
Langizo



INSTRUCTIONS:

Kanema aliyense ndi chithunzi chamasewero a anthu aulumali ndi kufotokoza kwake. Ophunzira awerenge kufotokoza ndipo anene kuti ndi masewero anji? Achite ntchitoyi m'modzim'modzi, awiriawiri kapena m'magulu.

Ngati kuli kotheka, apatseni ophunzira zithunzi zenizeni papepala ndipo mulembe mayankho awo pabolodi.

- Tsopano, awonetseni chithunzi ndipo onani ngati akhoza. Onani mayankho musanapitirize kanemayo.
- Aphunzitsi asankhe masewera a anthu aulumali omwe akufuna kuonetsa. Asagwiritse ntchito masewera onse ngati kuli kotheka, masewera enawo achotsedwe pakanema ndipo atha kuwonjezerapo ena omwe palibe.

Mafunso okambiranana

- . Kodi muli odabwa ndi ena mwa masewera?
- . Kodi muli ndi amnzanu ena omwe ali ndi ulumali
- . Muwapatsako mwayi kusewera nawo masewera omwe mumasewera? Perekani chifukwa payankho lanu.



© Scott Heavey/Getty Images

EXTENSION ACTIVITY

ZIPANGIZO



Kompyuta, memory cards,
makadi, ma sizasi

- Sewerani masewero aulumali osayiwalika mpikisano. Pali zinthunzi zomwe zopatsidwa pazochitikazi. Kadi iliyonse ikumawonetsa masewelo amaulumali akuseweredwa ndipo dzina la masewelawa ndi masewelo aulumali . Dulani zinthuzi ndikuzipatsa mayina
- Perekani imodzi yomwe yakozedwa mwawukadaulo ndipo nenani mayina kugulu lirilonse lomwe mumakhala anthu asanu kufikila asanu ndi imodzi
- Funsani ophunzila kuyika zinthunzi ndi dzina lamasewelo kuyangana pansi pa tebulo kapena pansi ophunzila atenga ndikuwatembenza kuti mkope ziwoneke. Ngati zili zolondola ndipo zikufanana pamakadi awiriwo pamodzi. Amalembedwa kuti masewero a anthu aulumali . Mpikisano umatha pamene ophunzira ayesera pakufananiza zinthuzi zonse omwe zili pakhadi ndi mayina pompo masewero a anthu aulumali
- Mumagulu ang'onoang'ono tchulani Para Sports munthawi yonse muli mkalasi mukhoza kulota zamasewero a anthu aulumali



NTCHITO YAKUNYUMBA

- Kodi ndimasewera ati a **paralympic** omwe amakusangalatsani? Zomwe mungapeze zamasewelo ndi Para athelets angasewerewdwe?
- Kodi alipo angati Para Sports omwe angakumbulidwe ndipo awuzeni abanja mwanu zazimenezi.

FOR MORE INFORMATION:



Further resources including video clips, pictures and explanations can be found on the IPC website:
<https://www.paralympic.org/>

MASEWERO AULUMALI KUMPIKISANO WA PARALYMPIC

**MUNYENGO YOTHENTHA MUMASEWERO OSIYANASIYANA OMWE AKASEWEREDWE KU TOKYO
CHAKA CHA 2020**



Para archery



Para athletics



Para badminton



Boccia



Para canoe



Para cycling



Para equestrian



Football 5-a-side



Goalball



Para judo



Para powerlifting



Para rowing



Shooting Para sport



Sitting volleyball



Para swimming



Para table tennis



Para Taekwondo



Para triathlon



Wheelchair basketball



Wheelchair fencing



Wheelchair rugby



Wheelchair tennis

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KASEWEREDWE KA MASEWERO AULUMALI

**MUNYENGO YOZIZILA KUMASEWERO OSIYANASIYANA AULUMALI OMWE
AKASEWEREDWE KU BEIJING CHAKA CHA 2022**



Para alpine skiing



Para cross-country skiing



Para snowboard



Para biathlon



Para ice hockey



Wheelchair curling

FOR MORE INFORMATION:

-  For full lists of the Tokyo 2020 and Beijing 2022 sports please refer to:
<https://www.paralympic.org/news/ipc-announces-final-tokyo-2020-paralympic-sports-programme> and <https://www.paralympic.org/news/beijing-2022-paralympic-medal-programme-announced>

Images: Top row, left to right: © Tom Pennington/Getty Images; © Chung Sung-Jun/Getty Images; © Tom Pennington/Getty Images.
 Second row, left to right: © James Netz; © Bill Wippert; © Hannah Peters/Getty Images.

MASEWERO OTHAMANGA OTI TIPHUNZIRE

**"MULI BWANJI, DZINA LANGA NDINE
JOHANNA BENSON. NDIMAKHALA
KU NAMIBIA MUNZINDA WOTCHEDWA
WALVIS BAY**

Masewero anga ndi masewero aulimali
othamanga ndimapikisana nawo pamagawo
wothamanga

Chachikulu chomwe **ndinachita** ndi kupambana
masewero aku London 2012,
pamasewero aulimali opikisana
omwe ndidapambana mendulo yapamwamba
yotchedwa T37 women 200m, ndi mendulo
ina yopambana T37 women 100m ndipo
mendulo zimenezo adapeleka ndi Frankie
Fredericks (Namibian track and field hero ,
and winner of four silver Olympic medals in
100m and 200m)

Ndimakonda masewero chifukwa ndimakonda
moyo ndipo masewero ndichinthu chimodzi
chomwe ndimakonda moyo wanga . Moyo
wanga ndi banja langa unasintha kudzela
kuzomwe ndidakwanilitsa muluso langa la
zamasewero. Ndikufuna kulimbikitsa
achinyamata kutengapo gawo pamasewero
amasukulu . Ndipo masukulu akuyenera kukhala
akonzekera bwino paphunziro la PE ndi
anthu owaphunzitsa mukayendedwe
kumaphunziro zomwe zinga iyikidwe kwa
mwana aliyense pasukulu



© Michael Steele/Getty Images

KASEWEREDWE KA MASEWERO AULUMALI

BEINJING LIU

Dzina langa ndine Benying Liu. Ndimakhalira dziko la China. Panthawi yomwe ndinali ndi zaka 8 zakubadwa ndidachita ngozi.

Chifukwa cha ngozi imeneyi, ndimakanika kugwiritsa ntchito manja ndi miyendo.

Ndine wodziwa kusambila. Ndimapikisana nawo kusambira kupita kutsogolo ndi kusambira cham'mbuyo. ndimayesetsa kukonzekera kuti ndikhale woposa wina aliyense

Pamane ndinali ndi zaka 20 zakubadwa ndinakayimira dziko la China muchaka cha 2016, mumpikisano wotchedwa Paralympic ku Rio de Janeiro.

Ndinali osambira wachangu kwabasi pamtunda wa 200 pakupikisana kusambira kutsogolo. Ndinasambira mpikisano wapadziko lapansi munthawi yake ndipo ndidapambana mendulo yapamwamba.

FOR MORE INFORMATION:

-  You can watch the race here:
<https://www.youtube.com/watch?v=brQenFJkBoI>



KASEWEREDWE KAMASEWERO A ANTHU AULUMALI

JAPANESE WHEELCHAIR RUGBY TIMU

Timayimilira dziko la Japan posewera masewero aulumaLi apanjinga a rugby . Tilibe kuthekera pongwiritsa ntchito manja ndi miyendo . Timagwiritsa njinga pakusewera mpikisano. Mpikisano timasewera mogundanagundana. Nthawi zina zimatipatsa mantha, kwenikweni pamene njinga zagundana kufika kwa ife. Koma sitimagwa pamipando yantru chifukwa timakhala omangirila. Komabe timatha kukhudza nthaka pamene tili pompo

Timasewerela mcati mwabwalo. Timu iliyonse imakhala ndi osewera anayi. kuti mupambanempikisano mukuyenera kuchinya zigoli zambiri kuposa azanu atimu ina

Muchaka cha 2016 tidapambana mendulo ku Rio Zomwe zikutanthauza kuti tidali achitatu kwa timu yopambana.



FOR MORE INFORMATION:

-  You can watch us playing here: <https://www.youtube.com/watch?v=NzIBNkH1eNg>

MASEWERO AULUMALI A ICE HOCKEY

(AMASEWEREDWA KUMADZI OWUNDANA)



CUT
HERE



© Bill Wippert

MASEWERO A ANTHU AULUMALI A TABLE TENNIS



CUT
HERE



© Rob Preziosi

MASEWERO A ANTHU

AULUMALI A WHEEL CHAIR CURLING

cf

CUT
HERE



MASEWERO A ANTHU AULUMALI A JUDO



CUT
HERE



© Rafal Burza

MASEWERO A ANTHU

AULUMALI OTCHEDWA ARCHERY



CUT
HERE



© Dan Kitwood/Getty Images

MASEWERO A ANTHU

AULUMALI OTCHEDWA ALPINE SKIING



CUT
HERE



© Tom Pennington/Getty Images

MASEWERO A ANTHU AULUMALI OTCHEDWA BOCCIA



CUT
HERE



© Matthew Stockman/Getty Images

MASEWERA A SITTING VOLLEY BALL

(AMASEWEREDWA ATAKHALA PANSI)



CUT
HERE

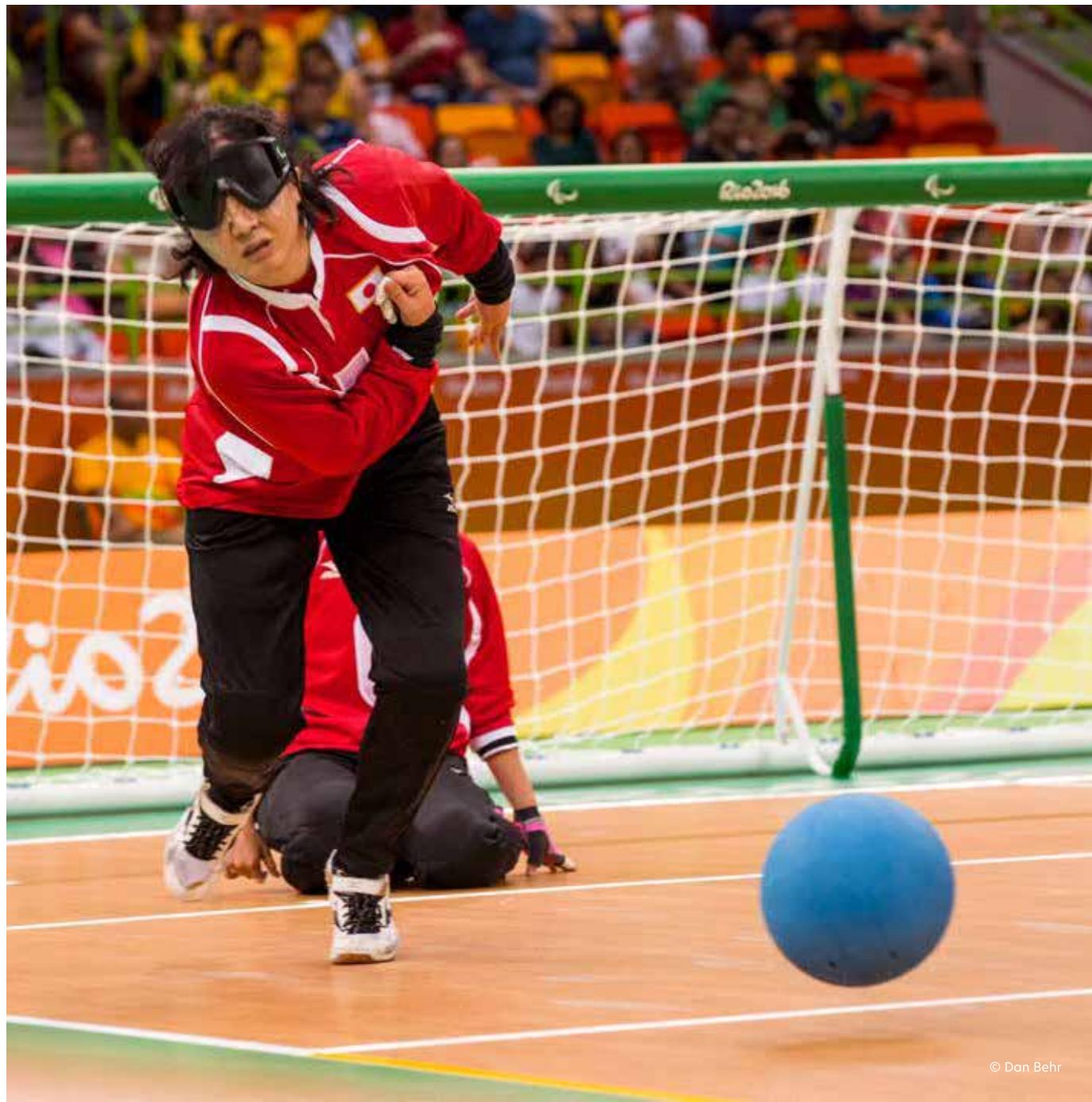


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MASEWERO A GOALBALL



CUT
HERE



WHEELCHAIR BASKETBALL



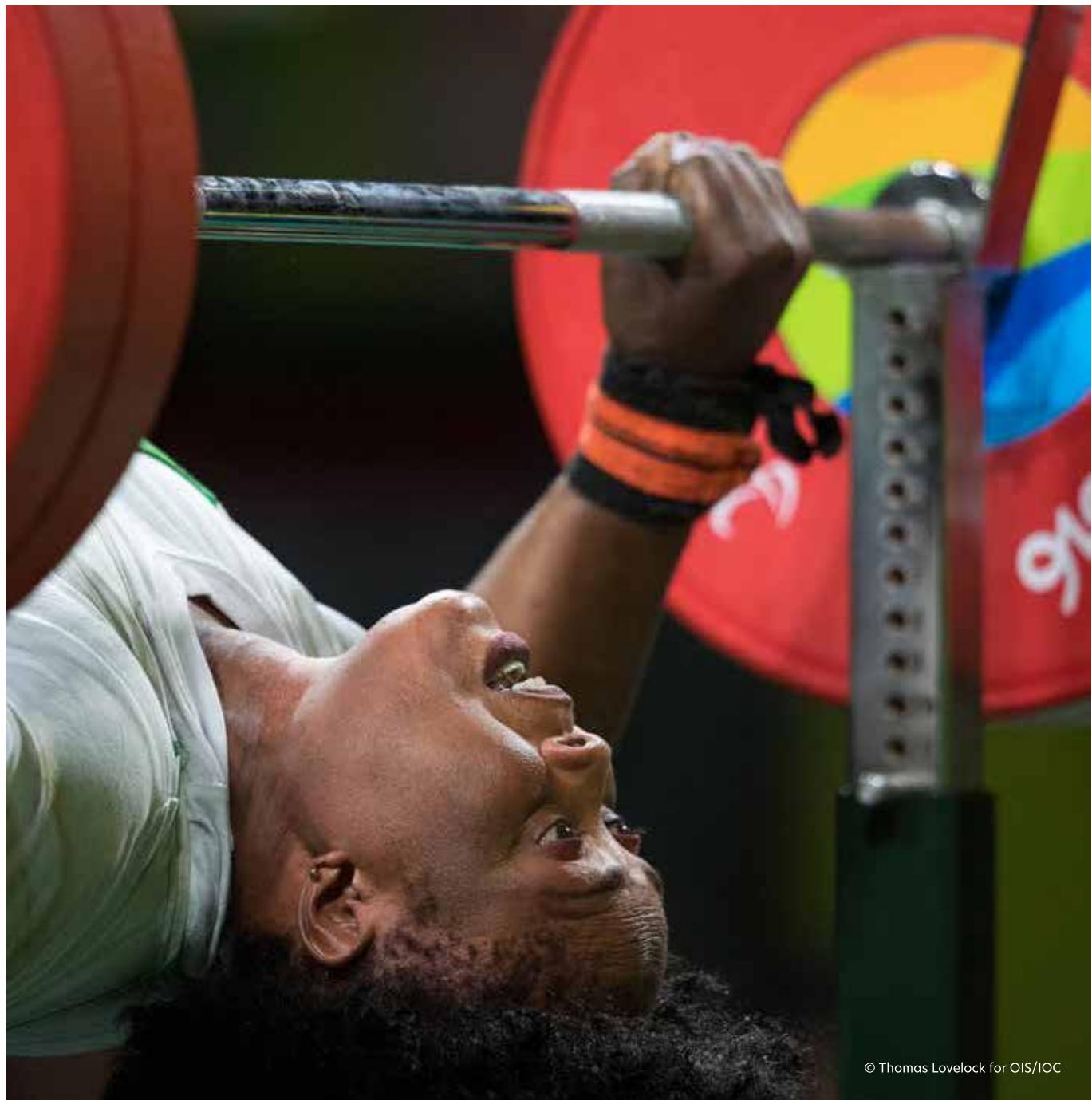
CUT
HERE



PARA POWERLIFTING



CUT
HERE



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PARA ATHLETICS



CUT
HERE



© Thomas Lovelock for OIS/IOC

KULOTA MASEWERO AULUMALI OSIYANASIYANA

FIND OUT ABOUT THE DIFFERENT PARA SPORTS



KULOTA ZA MASEWERO AULUMALI

- Amaseweredwa pa bwalo
- Timagwiritsa ntchito njinga zonga zomwe anthu aulumali amayendera.
- Matimu awiri omwe amakhala ndi osewela asanu amazungurila mubwalo kudutsana, kulandana, ndikumenya mkatì mwa golo.



WHEELCHAIR BASKETBALL

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Tonse tili ndi vuto losapenya kapena kopenyetsetsa
- Timavala zophimba mmaso
- Timagwiritsa ntchito mpira omwe uli ndi belu
- Matimu osewera atatu amayesetsa kuti achinye zigoli popukusa mpira kupita mbali ya adani kugolo lawo.



GOALBALL

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timasewera pabwalo laling'ono
- Mbali iriyonse kumakhala osewera asanu ndi mmodzi
- Timaseseleka chokhala
- Timamenya mpira kudumphitsa net



SITTING VOLLEYBALL

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Masewerawa amafunika kunyindirira
- Masewerawa amatha kusewera munthu mmodzi, awiriawiri, kapena anthu angapo
- Timakankha kapena kuponya mipira yamawanga osiyana kuti iyandikane ndi pamalo potchedwa jack



BOCCIA

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Pali masewera osiyanasiyana omwe tingathe kusewera
- Ena othamanga mitunda yayifupi kapenaso kutali
- Ena odumpha kuyerekeza ndi kupita mmwamba kapena patali
- Ena ndi oponya zinthu kuwona pomwe zingakagwere



PARA ATHLETICS

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Owonera masewerawa amatha kuzizidwa kwabasi
- Timafuna madzi oundana otchedwa snow
- Timatsetsereka pa mtsetse mwa liwiyo



PARA ALPINE SKIING

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timapikisana payekha payekha
- Timakhala kapena kuyima kutali ndi chomwe tikufuna kubaya
- Tikhoza kugwilitsa ntchito mapazi
- Timayenera kuyesetsa kuti tisaphonye



PARA ARCHERY

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timapikisana payekha payekha
- Timafunika kukhala a nyonga, maka mmanja ndinso nchiuno kupita kumtunda kwa thupi
- Timagona pa bench lopangidwa moyenera
- Timanyamula zitsulo zomwe zimayikidwa ku nsongaya ndodo yakeyake



PARA POWERLIFTING

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timasewera mkati mwa nyumba komabe kumazizira
- Timasewera ndi ndodo ziwiri komanso ndi puck
- Timavala zipewa zolimba zotetezera mmutu
- Timasewera anthu asanu ndi mmodzi mmbali iliyonse, kumayesetsa kugoletsza zigoli zambiri



PARA ICE HOCKEY

KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Ife ndi osewera osapenya kapena kupenyetsa
- Timagwetsa ndi kumugwira mzathu olimbana nayeyo
- Timafuna kuchinya 'ultimate ippon'



PARA JUDO



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KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timagwiritsa ntchto mpira waungono ndi ka 'paddle'
- Timayesetsa kumenya mpira kudutsitsa pamwamba pa net
- Timasewera masewerawa pa tebulo



PARA TABLE TENNIS



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KULOTA ZA MASEWERO AULUMALI

THEME 2 UNIT 1

- Timasewera pamalo pomwe pali ice ndipo poterera
- Timagwiritsa ntchito njinga zoyendera a ulumali
- Amuna ndi akazi onse amatha kusewerera limodzi
- Timagwiritsa ntchito miyala yazogwirira
- Timayesetsa kufikitsa miyala pamalo ake oyenera



WHEELCHAIR CURLING

TISEWERE MASEWERA A SITTING VOLLEYBALL

LEARN. ENGAGE. INCLUDE.

Cholina: Kudziwa zamasewero aulumali ndi kaseweredwe kake.



CHOCHITIKA 1A

TIYENI TIYAMBE KUPHUNZIRA UKUDAULO UMENEWU: Kuponya ndikuwutenga pamwamba pa net titakhala pansi



ZIPANGIZO

Chibaluni kapena china chachikulu, mpira yosalemera yopepuka, net yosalimba kapena chingwe, mulingo wa 1 mita kuchokela pabwalo, gwiritsani ma 'con' kapena mabotolo a plastic



© Rob Prezioso

UKADAULO OKONZEKERA

Kukhala pansi, gwiritsani ntchito manja anu kuti tuyende mbali zosiyanasiyana kuzungulira pabwalo pakuyamba kusya ndi kusintha komwe mumapita molamulidwa mutimagulu

- 1 Khalani moyandikana wina ndi mzake motalikana mita imodzi.
- 2 Konzekelani kuponya mpira kwa wina ndi mzake ndikuwutenganso.
- 3 Khalani pansi mpaka mpira uthe, mukangopambana dutsanai patsogolo ndikubwereza mosayima

Ponyani mpira kudutsa neti kwa mzanu yemwe athe kuwugwira. Osewera akhale pansi mpaka mpira onse uthe, azigwiritsa manja ngati akufuna kusuntha

- 4 Ikani ophunzira mmagulu anayi
- 5 khalani mwamakona anayi
- 6 Ayikeni moti ophunzira awiri atha kuponyerana mpira nkumawugwira

Bwerezani mwaluso ndi awiri ophunzira mumbali zonse ya net

TISEWERE MASEWERA A SITTING VOLLEYBALL

MAWU OYAMBA

Volleyball yokhala pansi ndi masewero omwe amaseweredwa ndi anthu aulumali. Malamulo ake ndiwosasiyana ndi volleyball yoyima koma amaseweredwa pabwalo laling'ono ndipo amayika ukonde otsika.

Izi zimapangitsa masewero kukhala achangu kwambiri kuposa volleyball yoyima. Mfundzo zina zokhudzana ndimasewero zitha kupeze ka mu over view ya para sport.

Onse a zaka za 6-12 kabenanso 13-18 onse akhonza kusewera masewerowa

FOR MORE INFORMATION:

- ▶ Use the film, **Sitting volleyball** the game and the main moves. The film is available via the IPCs ImPOSSIBLE YouTube playlist: <http://bit.ly/ImPOSSIBLEvideos>



CHOCHITIKA 1A

Gulu la anthu anayi kapena asanu ndi mmodzi. Ophunzira amakhala mozungulira amagwira ntchito imodzi lakuyetsetsa ndikusunga mpira mmwamba pakuwumenya mopititsa mwamba ndi manja onse (mopatsilana) Ophunzira ungausunge mpira kwanthawi yayitali bwanji mmwamba? .

Osewera limbanani awiriawiri popanda net. Mpira upatsilidwe pakati pa osewera awiri. Ophunzira matimu womwewo usanapite kwa anzau. Pointi imaperekedwa ngati mpira watsika kudzera kwa adani atimu ina. Kagulu komwe kamawina ndikomwe kachinya asanu ndi atatu pointi moyambilira

TIYENI TIYIPATSE MOTO MIPIKISANO

1 Agaweni aphunzila cholinga kuti akhale ofanana mbali zonse komwe kuli neti. Ndimene zimakhalila kuti ophunzira amakhala asanu ndi mmodzi patimu. Zikutengela nambala yomwe ingakonzeledwe kutengeka kukula kwa kalasi yanu komanso zipangizo zomwe zilipo kumbukilani kuti ophunzira ochepta pa timu amene ophunzira akutenga nawo gawo ophunzirayo amakhala mumpikisamo.

2 Ophunzira onse akuyenera kukhala pansi ndikukhalabe pansi nthawi zonse

3 Yambirani ndi baluni. Aliyense wamutimu membala akuyenera kukhudza mpira kamodzi usanapite kudutsa neti kwa adani anu. Afotokozeleni ophunzira kuti kusintha lamulo uku kumachedwetsa kuseweredwe kampira ubwino wake zimapatsa kuthekera ndi mwayi kwa onse osewera kutenga nawo gawo pamasewerawa. Kwa ophunzira wonse osewera patimu amatha ndithu kugwira mpira.

4 Pamene ophunzira akutha kumvetsetsa pamasewero a mpira wa volleyball, mutha kusintha baluni ndi kubweretsa mpira weniweni wa volleyball. Mpira ukuyenera kukhudzidwa katatu ndi ophunzira atatu ophunzirawo mosiyana usanadutse net, nkukagwera pansi mmbali ya adani. Timu yomwe yomwe imawina ndiyimene yafika 25 points (zikhoza kuchepetsedwa)



© Seihan Cho

CHOCHITIKA 1B

TIYENI KOKONZEKERA ZOMWE TIMADZIWA NDI KUKHALA OKONZEKA KUSEWERA:

KUPHUNZIRA UKADAULO

Ikani tizizindikiro mmalire a bwalo la sitting volleyball. Ophunzira aliyense ayesere kuponya mpira ndikumenya tizizindikiroto, poponya mpira ndi mkono umodzi, poyesera katatu.

Asewera kawiri kapena katatu, ayike kapena osayika net.

Mpira upatsiridwe kaye kwa osewera a mbali imodzi kangapo usanaponyeredwe kwa adani. Ma point aperekedwe ngati mbali ya adani yagwetsa mpira. Mmbali yowina ndi imene yayamba kufika ma points 10.

Sewerani pokhala anthu atatu mmbali iliyonse, kuyesera zonse zomwe mwaphunzira, monga serving, digging, setting, spiking, ndinso blocking.



© Lieven Coudens

CHOCHITIKA 2

TIYENI TIYESERE MASEWERA A SITTING VOLLEYBALL

ZIPANGIZO

Mipira yosiyanasiana kukula ndi malemeledwe moyenera msinkhu ndi kuthekera kwa ophunzira, monga mipira yosewelera kunyanja ,mabaluni, mipira ya volley ball

Volleyball net or chingwe chimene chingayikidwe 1 mita kuchoka pansi, pakati pa bwalo losewerera, nkuperaka mulingo wa 6m mulitali ndi 6M mulifupi

MALO OSEWERELA

Malo osalala pansi okwana $10\text{m} \times 6\text{m}$ mukukula kwake, olembedwa ndi choko, tepi, ma cone zolembra

Ikani ukonde otsika (moyelekeza 1 mita mwamba) kudutsa pakati pamzere umene umagawa bwalo mu awiri $5\text{m} \times 6\text{m}$ mochepetsedwa

Osewera akazolowera, ikaninso mizere kuchokera mita imodzi kuchokera pa mzere wa pakati. Mizereyi ikhale yoti singagundane.

MUNGASEWERE BWANJI?

Matimu nthawi zambiri amayika osewera asanu ndi mmodzi

Osewera akuyenera kusewera osanyamuka pansi

Cholinga ndikumenya mpira kudutsa ukonde kuti mpirawo ukafike mbali yina yabwalo

Matimu ali ololedwa kupatsirana mpira okhaokha katatu usanafikire kudutsa ukonde

Kutseka adani anu akafuna kumenya mpira ndikoloredwa. Izi zikusiyana ndi malamulo a volley ball achikhaliire

Timu yoyamba kufika mapointi 25, maka itafika ma points wa kuitirira amnzawo ndi ma points awiri.
Timu yoyamba kuwina mu zigawo zitatu ndiyo yapambana



MFUNDO ZOTHANDIZA KULOLA ANTHU AULUMALI OSIYANA KUCHITA MASEWEROWA

(T) Kugwiritsa ntchito zinthu zina zothandizira
(R) Chepetsani anthu osewera
(R) Chepetsani nambala ama pass omwe osewera ayenera kuponya asanamenyere mpira mbali ya adani
(R) Lolani mpira kuti ukhale mmanja musanapatsilane
(E) Chepetsani kakwezedwe kaukonde mmwamba
(E) Gwiritsani ntchito mpira wopecuka, kapena waukulu, komanso osathamanga kwambiri
(E) Gwiritsani zida zomwe makaka ake ndi osiyana ndi pomwe pakuseweredwa masewerawa
ZINA ZOTHANDIZA
Mukhoza kumva zambiri mutawonera video ya I'mpossible pa intaneti

FOR MORE INFORMATION:

 For a brief introduction, please see the film **Sitting volleyball** via the IPCs ImPOSSIBLE YouTube playlist:
<http://bit.ly/ImPOSSIBLEvideos>

 Further information can be found at:
[https://www.paralympic.org/
sitting-volleyball](https://www.paralympic.org/sitting-volleyball)

ZINA ZOWONJEZERA

Pangani kafukufuku udindo wa libero , cholinga cha mzere womaka , malamulo ena a mpikisamo kuphatikiza kumaka ndi kuteteza njila zoti kugwiritsa ntchito pa volley ball yokhala pansi ikaniponi nzeru izi kumpikisano yanu

Tenganiponi gawo pa volley ball yokhala pansi. Mukhoza kupanga miikisano ndi ma school ena, komanso kudziwitsa ena ndi ena za masewerawa.

Pakupitiliza ophunzira kuti awonetsetse za mpikisanowu akuyenela kutenga udindo wa mphunzitsi wa timu kapena oyimbira masewero

FOR MORE INFORMATION:

 A guide to acting as a referee can be found in the **Official Sitting Volleyball Rules** (page 8):
www.worldparavolley.org/wp-content/uploads/2017/06/2017-2020-SITTING-Volleyball-Rules-with-Diagrams.pdf

POMPA PALOKHA KUFUFUZA

Fufuzani za ochita a masewero a ulumali omwe akakuyimilireni dziko lanu pamasewero a sitting volleyball. Pezani masamba a mchezo amene mungagwiritse ntchito powalimbikitsa osewerawa.

KUKAMBIRANA /KUKULUKA MAFUNSO

Kodi mumava bwanji mukamasewera volley ball yokhala pansi? Kodi ndimbali iti ili yovuta kwambiri pamasewerawa

Kodi mungayifotokoze bwanji volley ball yokhaka pansi?

Mukadakhala ndi mzanu mukalasi yanu amene ali wolumala, kodi mukadapanga bwanji kuti masewerawa apezekemo ?

Mwachitsanzo, mungamuyike bwanji mzanu wamukalasi mwanu amene samaona Njira imodzi mungaganize zokhudzana ndi malamulo ndi zida. Mwachitsanzo muthe kugwiritsa ntchito mpira omwe umapanga phokoso pamene ukuponyedwa kapena lolani osewera ambiri pa timu imodzi

NTCHITO YOKALEMBERA KUNYUMBA

Kodi chomwe mungakawuze banja lanu zokhudzana ndi volley ball yokhala pansi ndi chiyani?

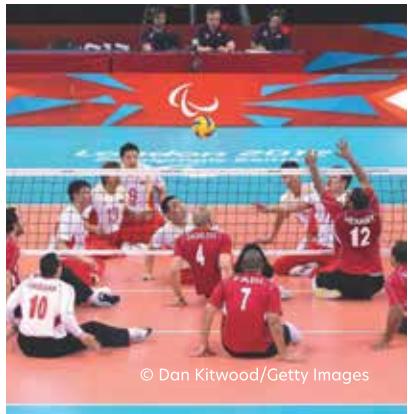
Kodi iwo angakuuzeni zotani zamasesewero amanewa?

Kodi zina zomwe mungapeze zokhudzana ndi volley ball yokhala pansi nzotani?

KUWUNIKIRA MAFUNSO

Malizani kuwunikira mafunso panokha, awirawiri kapena mumagulu ang'onoang'ono

TIYENI TISEWERE MASEWERO AULUMALI A SITTING VOLLEYBALL



MALO OSEWERELA



**MASEWEREDWE
A MPIKISANO**



**KUCHALIRA
KUMENYA MPIRA**



**KUYAMBITSA
MASEWERO**



KUWUPONYA



KUTSEKA NJIRA

MAPHUNZIRO AKUTHAMANGA

MULI BWANJI DZINA LANGA NDINE WELLINGTON PLATINI SILVA. PANO NDIMAKHALA KU SÃO PAULO, BRAZIL

Masewero anga aulumali ndi sitting volleyball. Chinthusi chachikulu chomwe ndinakwanirtsa padakali pano ndikukhala nawo mbali yatimu yowina mphotho yachiwiri muchaka cha 2014. Awa anali masewero a dziko lonse lapansi a sitting volleyball mudziko la Poland. Tidafuna kuwonetsa dziko lapansi kuti gulu lathu ndife othekera. Ndimakoze kera kwa maola 20 pa sabata komanso kwa maola atatu mpaka anayi patsiku kuti ndikhalaе katswiri wasewerawa

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Wellington Platini Silva (far right) representing Brazil

TIYENI TISEWERE MASEWERO AULUMALI A SITTING VOLLEYBALL

YOYIMA PAYOKHA , TIMAGULU KAPENA MATIMU

NO	MAFUNSO	MAYANKHO
1	Ndi chifukwa chiyani masewera amachedwa sitting volleyball?	Osewera ayenera kuvala zotetezera mabondo zomwe zimakhuzana ndi pansi mumpikisano wonse kupatulapo pakulimbana kapena kuteteza mbali yanu .
2	Cholina cha masewerawa ndi chani?	Pakuletsa mpira kuti ukamenye pansi kumbali kwanu yabwalo
3	Kodi masewerawa amayamba bwanji?	Kuponya mwamba pamene osewera amawukhudza mpira kudutsa mu neti
4	Tchulani maseweredwe anayi a sitting volleyball	Kuwuponya mwamba kupatsira , kuima mumzere, kuwukankha, kuwutseka, kuwutenga pansi
5	Kodi timu imawina bwanji ma pointi?	Poyinti imayambira nthawi imene mpira wamenya mbali ya adani atimu ina yabwalo
6	Kodi ndizigawo zingati zimene timu iyenera kuwina kuti ipambane pamasewerawa?	Kuyima mzere wakumbuyo kuteteza mwaluso pakuwutenga mpira pansi
7	Kodi ndi osewera angati patimu omwe amaloleredwa pabwalo panthawi imodzi?	
8	Kodi amapatsilana kangati matimu koloredwa mpira usanapite pamwamba pa neti ?	
9	Kudi udindo wa libero ndichani?	

MAFUNSO OTHANDIZIRA KUMVETSA

SITTING VOLLEYBALL EVALUATION QUIZ



SITTING VOLLEYBALL

THEME 2 UNIT 2

KODI NDI CHIFUKWA
CHIYANI MASEWERAWA
AMATCHEDWA SITTING
VOLLEYBALL?



KODI CHOLINGA CHA MASEWEROWA NDI CHANI?



KODI MASEWEROWA AMAYAMBA BWANJI?



TCHULANI NJIRA ZINAYI ZAKASEWEREDWE KA SITTING VOLLEYBALL



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KODI TIMU IMAWINA BWANJI MASEWERAWA?



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**KODI TIMU IMAYENERA
KUWINA MA SET ANGATI
KUTI IPAMBANE?**



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**KODI TIMU IMAYENERA
KUWINA MASET ANGATI
KUTI IPAMBANE?**



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**KODI TIMU IMALOREZEDWA
KUPATSIRANA KANGATI
ASANAMENYERE KU MBALI YA
ADANI?**



**KODI NTCHITO YA BELU
NDI CHIYANI?**



TIYENI TISEWERE MASEWERO A GOALBALL A ANTHU AULUMALI

PHUNZIRANI . CHITANI . PHATIKIZANI

Cholinga cha phunziro: Kuti mudziwa zamitundu yosiyanasiyana ya masewero a anthu aulumali.



TISEWERE MASEWERA A GOALBALL

MAWU OYAMBA

Goalball ndi masewera a anthu aulumali amene sapenya kapena kopenyetsetsa, koteru kuti pofuna kuonetsetsa kuti osewera onse ndi chimodzimodzi, onse amaphimba kumaso

Mpira okhala ndi belu mkati umagwiritsidwa ntchito pamasewero
Mizere imayikidwa mubwalo kufuna kuthandiza osewera
Bwalo limakhala lotalika malipande 18 mulitali ndi malipande 9 mulifupi

FOR MORE INFORMATION:

 For a brief introduction, please see the film '**Goalball**' via the IPC's I'mPOSSIBLE YouTube playlist: <http://bit.ly/ImPOSSIBLEvideos>

Posewera masewerawa, pasapangidwe phokoso lirlonse.
Zambiri za masewerawa zikupezeka pamasamba a intanet

Cover image: © Scott Heavey/Getty Images



ZOCHITIKA 1A

TIPHUNZIRE UKADAULO MASEWERA A GOAL BALL

ZIPANGIZO

Mpira okhala ndi belu mkatı, kapena mpira uliwonse koma wokulungidwa ndi pepala kunja, moti uzipanga phokoso ukaponyedwa. Zophimbira kumaso

Zinthu monga ma koni , mabotolo a pulastic, miyala, manet, zolembera zowala

- ✓ Osewera ayambepo
- ✓ Osewera ayambepo kusewera mmodzimmodzi, wina ochinya, wina otchinga. Chigoli chimagola ngati mpira wamupitilira wotchinga kulowa pagolo

KUPHUNZIRA MASEWERAWA

Osewera ayenera kuvala zophimba kumaso

- Osewera aziyenda yenda pabwalo losewelera , mosintha sintha komwe akulowera, momvera malamulo a kochi
- Osewera aziponya mpira wabelu uku ndi uko momvetsera phokoso
- Osewera ayesere kuponya mpira momwetsa zigoli ndithu
- Mmagulu a anthu asanu ndi mmodzi, or atatu, osewera ayesere malo osiyana mu timu, monga otchinga, ochinya
- Otchinga ayenera kugona pansi kutsogolo kwa golo, kuti azitha kutchinga mpira
- Osewera azisinthana malo kuti aliyense afike pothekera



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NTCHITO 1B

TIPHUNZIRE UKADAULO WAMASEWERA A GOAL BALL

KUPHUNZIRA MASEWERAWA

- Osewera ophunzira dodgeball. Akhale m'magulu a anthu asanu ndi atatu kapena khumi.
- Asewera atatuatatu
- Cholina cha masewerawa ndi choti azigoletsana pamene ochinya waponya, ndipo timu ina kukanika kutchinga mpira mpaka kulowa pagolo
- ✓ Ikani timikeka titatu kumamaliziro konse kuwiri kwa bwalo, osewera atatu akhale pa mikekayo
- ✓ Osewera anjute mbali zonse, timu ziziponyerana mpira moyesera kugoletsana
- ✓ Osewera aziyesera kugwiritsa matupi awo kuyimitsa mpira
- ✓ Mpofunika kuyesetsa kuti aliyense osewera apatsidwe mpata

- ✓ Masewerawa akhonza kuchitika munthawi yochepa, monga mphindi zisanu. Timu imene igoletse zigoli zambiri mu nthawi imeneyi ndiye yowina
- ✓ Pamene masewera ayamba kudziwika bwino, zinthu zikhonza kusinthidwa, monga kukula kwa bwalo, anthu osewera, komanso nthawi yosewelera



© Dan Behr

ACTIVITY 2

KUPITIRIZA MASEWERA A GOAL BALL

ZINA ZOFUNIKA KUDZIWA: Onerani kanema wa goal ball pa internet, potsatira link iyi;

FOR MORE INFORMATION:

-  For a brief introduction, please see the film '**Goalball**' via the IPC's I'mPOSSIBLE YouTube playlist:
<http://bit.ly/ImPOSSIBLEvideos>

ZIPANGIZO

mpira okhala ndi belu mkati, kapena mpira uliwonse koma wokulungidwa ndi pepala kunja, oti uzipanga phokoso ukaponyedwa Zotchinjiriza mawondo ndinso zigongono

Ma mati kapena timphasa

Zingwe

Ma tepi

Zolembera zowala

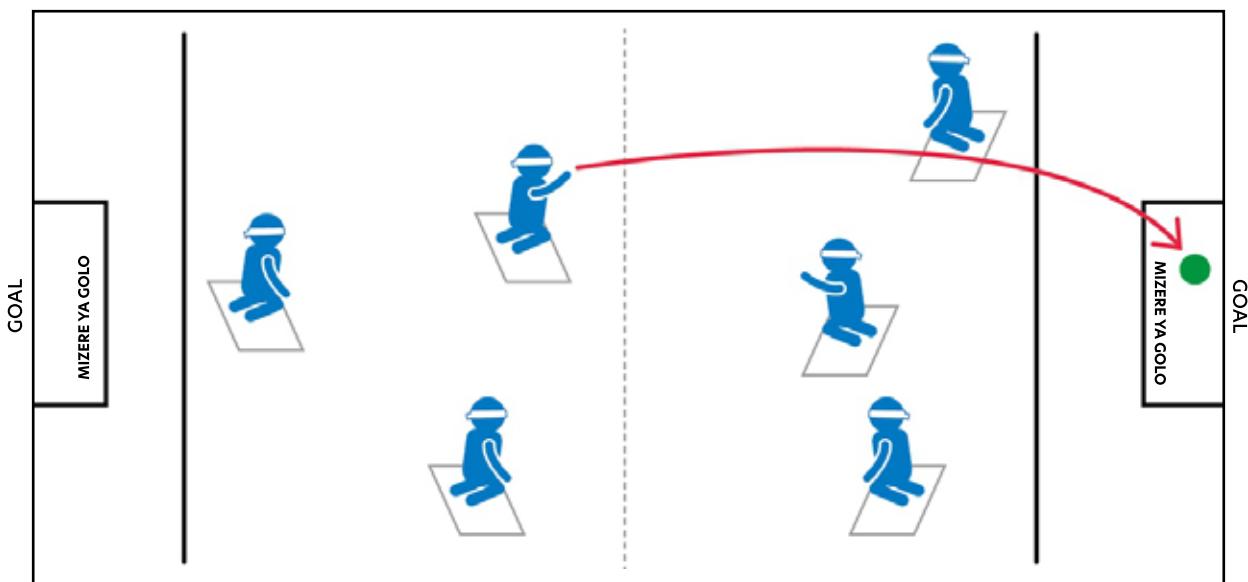


MALO KAPENA BWALO LOSEWELERA

- Malo osewerera ayenera kukhala osalala, popanda zitsotso
- Malowa ayenera kukhala a mulingo wa ma mita 18 mulitali ndi 9 mita mulifupi
- Gwirirsani tapi kapena chingwe kudula malire osiyana pa bwaloli, osayiwala kumatanso mzere wa golo mbali iriyonse ya bwalo
Ngati pa malo pamasewero sipali posalala, osewera akhonza kukhala pa ma mati kuwopa kunyuka

THEKA LAMZERE

MALO OSEWELERA



ACTIVITY 2

KASEWEREDWE KA GOAL BALL

- Osewera amakhala atatuatatu m'mbali iliyonse, kutanthauza timu imakhala anthu atatu
- Cholina cha masewerawa ndi kugoletsa zigoli zochuluka
- Osewera amayenera kutchinga mpira ndi matupi awo
- Osewera mmodzi sangapitirize kuponya mposera kawiri panthawi imodzi
- Ngati timu ina yatulutsa mpira, mwayi umapatsidwa kwa anzawo
- Timu imapatsidwa 10 seconds kuti iponye mpira
- Mpikisano uliwonse umakhala ndi mphindi makumi awiri ndi mphambu zisanu. Mphindi zitatu mkatimo zimakhala zopuma
- Timu *yogoletsza* zigoli zambiri mumphindi zimenezi ndi imene imapambana

FOR MORE INFORMATION:



Further information and films can be found on the IPC website:
www.paralympic.org/goalball



MFUNDO ZOTHANDIZA AULUMALI KUSEWERA MOSAVUTIKA

- T - Fotokozani pogwiritsa njira zosiyana siyana, monga kuyankhula pogwiritsa manja, kugwiritsa zida zirizonse zomwe zingathandizire kuti anthu amve
- T - Lolani anthu owona bwino lomwe kupanga nawo masewerawa mpaka aulumali atafika podziwa bwino lomwe
- R - Chepetsani chiwerengero cha anthu osewera, kuyambira kusewera mmodzi mmodzi, nkuwauza osewera pokhala pamene akudikirira nthawi yaho ifike
- R - Chepetsani mulingo wabwalo losewerera, kuti osewera ayandikane
- E - Osewera atha kusewera kuchokera pa ma wheel chair, atakhala. Akhoza kugawidwa zigawo pabwalo pomwepo. Osewera akhoza kutchinga mpira ndi njinga zavo, kapenanso ndi ndodo, olo ndodo zosewerera masewero zotchedwa ma bat.



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ZOCHITA ZONSE

Fufuzani malamulo amasewera, kuukira ndi njira zodzitetezera, ndi njira zina zampira. Gwiritsani ntchito chidziwitsochi pamasewera anu.

Tengani nawo gawo pamipikisano yampira wazigoli zam'kalasi ndi zokopa, kapena tsutsani sukulu ina yakwanuko kumasewera ampikisano. Komanso, konzani ndikuyang'anira zikondwerero za mpira wa zigoli ndi zikondwerero za ana ang'onoang'ono.

Kuti awonjezere kumvetsetsa kwamasewera kwa ophunzira, ophunzira atha kutenga udindo wa mphunzitsi ndi/kapena woweruza.

KUDZIWA ZAMBIRI:



A guide to acting as a referee can be found in the official goalball referees manual: www.ibsasport.org/sports/files/609-Referees-IBSA-Goalball-Officials-Certification-Programme-Manual.pdf



ZOSAKHALITSA WODZIYIKA FUFUZANI

Fufuzani othamanga a Para omwe akuyimira dziko lanu ndikukhala m'gulu la timu yampira. Gwiritsani ntchito Facebook, Twitter, Instagram kapena mapulogalamu ena ochezera apa Intaneti ndi mawebusayiti kuti muwathandize.

ZOKAMBIRANA/KULINGALIRA MAFUNSO

- Munamva bwanji kusewera mpira? Ndi chiyani chomwe chinali chovuta kwambiri pamasewera?
- Ndi maluso ndi luso lotani limene munthu ayenera kukhala nalo kuti akhale wosewera mpira wabwino?
- Kodi othamanga a Para omwe amaseŵera mpira wa zigoli angakumane ndi mavuto otani mavuto amenewa? Kodi mungawathandize bwanji?

NTCHITO YA KUNYUMBA

- Fotokozerani achibale anu mmene zimakhalira kusewera mpira wazigoli mutavala chophimba m'maso.
- Ndi chiyani chinanso chomwe mungadziwire pazamasewera a mpira?
- Ndi masewera ena ati omwe anthu omwe ali ndi vuto lamaso amaseweretsa?

MAFUNSO OYESA

Malizitsani mafunso pawokha, awiriawiri kapena magulu ang'onoang'ono.

TIYENI TISEWERE MASEWERO A GOALBALL A ANTHU AULUMALI



MALO OSEWELERAPO



KASEWEREDWE



**KUTCHINJIRIZA
MPIRA NDI THUPI**



**KUGWIRITSA NTCHITO
NJIRA YA BOWLING**



**KUPONYERA MPIRA
PANSI**

MBIRI YA OSEWERA

**"HI, NDINE AKIKO ADACHI. NDINE NZIKA YA KU JAPAN.
NDIMASEWERA GOAL BALL"**

Chachikulu chomwe ndachitapo pamaserewera wa ndicho chakuti tinawina golide ku London masewero a anthu aulimali a mchaka cha 2012

ndine olimbikitsidwa kusewera masewera wa chifukwa aliyense akhoza kusewera, chofunika ndi kuphimba mmaso basi



MAFUNSO ODZIFUNSA PAWEKHA, AWIRIAWIRI, NDINSO M'MAGULU

TIYENI TISEWERE MASEWERO A ANTHU AULUMALI A GOALBALL

NO	MAFUNSO	MAYANKHO
1	Kodi masewero a goalball angaseweredwe ndi anthu aulumali uti?	Masewero aulumali omweso ali ndi vuto la maso kuwona
2	Kodi kuti onse osewera afanane chimachitika ndi chiyani ?	Osewera onse akuyenera kuvala chophimba kumaso chakuda
3	Kodi cholinga cha masewerawa ndichani?	kuitanitsa mpira poukhwekwelezera kugolo la adani
4	Kodi osewera amadziwa bwanji kuti pamene mpira uli pati kapena ukulowera kuti?	Mpira umakhala ndi beru nkati cholinga osewera athe kumva mmene ukuyendera
5	Kodi owonerera adzitani pamene mpira ukuseweredwa?	Kukhala chete kuti mpira uzimveka
6	Kodi osewera adzapanga chiyani pamene akutchinga mbali yawo?	Amagwiritsa ntchito matupi awo kutchinga mpira kuti usadutse
7	Chimachitika ndi chiyani mpira waponyedwa kupitirira mzere wakumalire ?	Timu inayo imapatsidwa mwaiy omenya mpira
8	Kodi timu imawina bwanji pamasewerawa?	Pakupeza mapoyinti ambiri kuposa timu inayo munthawi yoikidwa
9	Kuphatikiza nthawi yupumila, mpikisanowu umakhala nthawi yayitali bwanji?	Mpindi 27 (2x12 mphindi kuchepetsa ndi mphindi 3 yopumira)

TIYENI TISEWERE MASEWERO A ANTHU AULUMALI A GOALBALL

EVALUATION QUIZ



Kodi matimu akuyenera kusewera
Goalball ndi anthu aulumali uti?



GOALBALL

THEME 2 UNIT 3

Kodi kuti anthu onse osewera
afanane chimachitika ndichani?



GOALBALL

THEME 2 UNIT 3

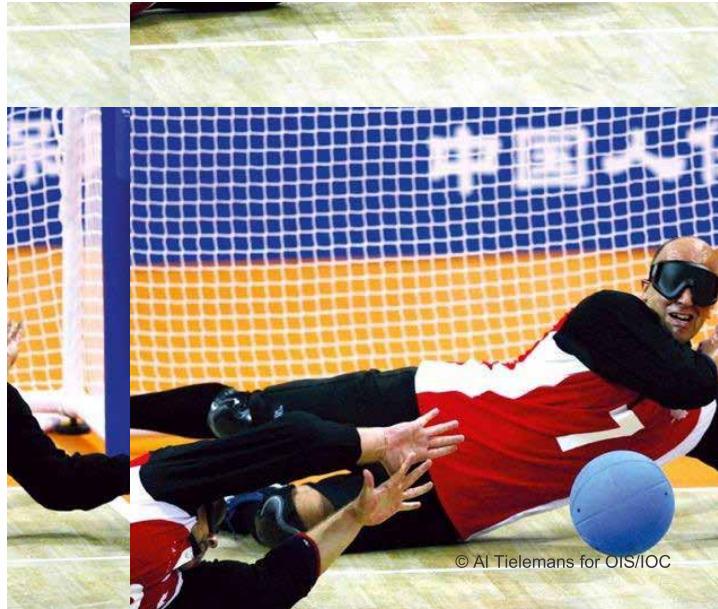
Cholina chamasewera a
goal ball ndichani?



GOALBALL

THEME 2 UNIT 3

Osewera amadziwa bwanji
kumene kuli mpira ndiponso
kuti ukulowera kuti?

 I'mPOSSIBLE

GOALBALL

THEME 2 UNIT 3

Kodi owonerera akuyenera
kutani pamene masewera
ali mkati?



GOALBALL

THEME 2 UNIT 3

Kodi osewera amatani
akamatchinjiriza kuti
mpira usawadutse?



GOALBALL

THEME 2 UNIT 3

Kodi Zimatani pamene mpira
wamenyedwa mpaka kudutsa
malire abwalo losewelera ?



masewer oponya mpira wa a goal ball

THEME 2 UNIT 3

**Kodi timu ya goalball
imadziwika bwanji kuti yawina?**



masewer oponya mpira wa a goal ball

THEME 2 UNIT 3

**Kodi kuphatikizapo nthawi
yopumira, masewero a goal
ball amatenga nthawi
yayitali bwanji?**



ZONSE ZILI NDIKUTHEKERA KUBWERETSA POYERA, NDI KUWALITSA MASEWERO OSIYANASIYANA MASEWERA A ANTHU AULUMALI

KUPHUNZIRA . KUTENGA DAWO . NDIKUYIKAMO

Kuphunzira.Kutengapo mbali.Kuchitira limodzi



NTCHITO 1A

Phunziro lalikulu lachiwiri
KUBWERETSA POYERA NDI KWALITSA MASEWERO
OSIYANASIYANA A ANTHU AULUMALI

ZIPANGIZO:

 Zipangizo zandingathe zochokera m'mitu yambuyo, nyuzipepala zankhani zokhudza osewera



MALANGIZO

Ophunzira agwirite ntchito zonse zomwe amadziwa zokhudza masewero a ulumali komanso kuti masewero awo akhale opatsa chidwi kwa kuti anthu ena asilire / ndikukhala ndichidwi / akhale ndi chidwi pamasereworo. Zionetsero zaho zikhale zosangalatsa komanso zopatsa chidwi komanso zikhale ndi Phunziro lopatsa chikoka.

Gwiritsani ntchito zipangizo zopezeka mosavuta. Pezani zithunzi zochokera m'magazini, tinkhani topezeka nyuzipepala kapena nkhanzi zochitika zopezeka mundingathe, kapena kufunsa ophunzira kujambula nkhanzi zaho. Wonjezerani mawu asavuta kapena zinganizo zazifupi zosonyeza anthu ena masewero a anthu aulumali ndi zipambano zaho.



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NTCHITO 1 B

Tiyeni tithandize osewera aulumali

ZIPANGIZO:



Zipangizo, zolembera, zojambulira ndi kukongoletsera pepala lowerengera ophunzira, mauthenga osonyeza kuthandiza osewera a ulumali.



MALANGIZO:

Uwu ndi mwayi kwa ophunzira kuyamba kuthandiza komanso kutsatira masewero a ulumali a m'madera athu komanso mdziko mwathu odzikhulupilira pamene akuphunzira komanso kokonzekera masewero ena omwe akubwera a anthu a ulumali. Pezani masewero a anthu aulumali a m'madera komanso mdziko mwathu ndi kufunsa ophunzira kujambula zithunzi kapena kulemba zipangizo zazifupi, uthenga ndi uthenga opezeka pamasamba a mchezo othandiza.



KUKAMBIRANA MAFUNSO:

Kodi ndi zinthu ziti zomwe osewera aulumali atanganidwe nazo kuchita nthawi ndi nthawi ndi masewero aulumali alinkudza?

NTCHITO 2 A

KUBWERETSA POYERA OSEWERA AULUMALI

ZIPANGIZO:



Pepala logwiritsirapo ntchito.
Shine a spotlight on local para athletics,
zipangizo zolembera ndi kujambulira,
mabukhu, magazine, tinkhani, nyuzi
pepala, zokhudza osewera masewero
aulumali a mdziko mwathu muno,
kugwiritsa ntchito masamba a
intaneti ndi chisankho



↗ NGATI MUKUFUNA ZAMBIRI

Zambiri mukhonza kuzipeza pa
www.paralympic.org.



MALANGIZO:

Gawani ophunzira awiriawiri kapena
m'magulu ang'onoang'ono.
Awuzeni kuti akuyenera kupeza
chilichonse chomwe angachite
zokhudza tsogolo ladziko
pamasewero a anthu aulumali, makamaka
omwe amakhala komanso
kokonzekera masewero kwathu kuno.
Pamene pali kuthekera izi zikuyenera
monga osewera aulumali kupikisana
masewero munyengo yachilimwe
komanso yozizira. Akhonzanzo
kuchita zinthu munjira yomwe iwo
akufuna: Kuwerenga mabuku ndi
tinkhani tamunyazi pepala komanso
magazine, kumvera nkhanzi
zofotokozedwa ndi anthu ena,
kulembra kwa osewera aulumali
ena, kuwaitana kusukulu kapena
kugwiritsa ntchito internet yomwe
umatha kumayankhula kapena
kuonana ndi osewerawo, kuwonera
pakanema mapulogalamu komanso
mavidiyo a osewerawo. Ngati pali
mwayi wogwiritsa ntchito poyambira
pabwino ndi sabukomiti ya aulumali
(IPC). Perekani kugulu lililonse
undindo waosewera aulumali
osianasiyana komanso kufunsa
aliyense Kupanga kafukufuku wofanana.

Ophunzira akuyenera kugwiritsa ntchito
uthenga womwe asonkhanitsa kuika
pamodzi Kupanga chionetsero, zowerenga
zokhomedwa, Timabuku tingo'noting'ono,
chikalata, magazine kapena tinkhani ta
munyuzipepala, blog kapena nkhanzi
zazifupi zoti ena akhonza kuwerenga.
Mafunso angapo opangitsa kafukufukuwa
ophunzira kupezeaka papepala losonyeza
ntchito. Shine a spotlight on local para athletics.

NTCHITO 2 B

Tiyeni tithandize osewera athu a ulumali.

ZIPANGIZO:



Cholembera /Pensulo, Pepala, Mafoni amakono, Laputopu, Kompyuta kapena mafoni akuluakulu (sizokakamiza)



MALANGIZO:

Muwauze ophunzira kuti akhala akutumiza mauthenga othandiza ena mwa osewera a anthu aulimali amdera kapena mdziko mwathu omwe apanga kafukufuku. Akhonza kupanga zimenezi potumiza makalata aafupi olimbikitsa, othandiza kapena kuwatumizira mauthenga pogwiritsa ntchito njira monga tsamba lamchezo, mauthenga apa lamya kapena kutumiza imelo.

Limbikitsani ophunzira kupililiza kutumiza mauthenga a othandiza pamene akutsatira m'mene osewera aulimali akuyendera pa ulendo wopita kumasewero otsatira.

MAFUNSO OKAMBIRANA:

Osewera masewero aulimali anachotsa chowalepheretsa kusewera masewero (Sebastian Coe, 2012) izi zikutanthauza chani?

Aliyense akuyembekeza kuti ndiwine chikho chagolide (Chomwe chili choyambilira pa mpikisano) kumalo komko ineyo ndi wina ndithu, koma ndikuyembekezera kulimbikira zokonzekera kuti ndipambane masewerowa; izi ndizomwe anthu ambiri a amayiwala amayiwala zimenezi (Esther Vergeer). Tikamaonera osewera masewero aulimali ndi chifukwa chani zili zosavuta kuyiwala mlingo wa kulimbikira kwawo kwa tsiku ndi tsiku?

Masewero a anthu aulimali ali ndi kuthekera koposa kusintha dera (Sir Phillip Craven, former IPC President). Kodi izi zikutanthauzanji?



EXTENSION ACTIVITY

(ZOCHITA ZOONJEZERA)

Pezani masewero amodzi amene simukuwadziwa nkomwe. Pangani kafukufuku wamasewerowa ndi kupeza osewera amene amasewera komanso amene akhonza kuyimilira dziko lanu.



NTCHITO YAKUNYUMBA:

Pezani zomwe mukhonza kutha zokhudza osewera masewero a anthu aulumali a mdera mwathu kapena amene angathe kukapikisana oyimilira dziko lathu.

Chomwe chakukopani pamasewero awo komanso zomwe apanga ndizomwe akupanga m'moyo wa tsiku ndi tsiku?



TIYENI TIPEREKE CHIDWI PA OSEWERA ATHU AULUMALI

Dzina Kalasi.....



TIYENI TIPEREKE CHIDWI PA OSEWERA ATHU AULUMALI

Gwiritsani ntchito mafunso popanga zolemba zokhudza osewera yemwe tasankha.

Kodi wosewera amene tasankha kuti timpange kafukufuku dzina lake ndani?

Masewero omwe akusewera ndi ati? Mwachidule fotokozani m'mene masewerowa amaseweredwera komanso zida / Zipangizo zomwe zagwiritsidwira ntchito.

Ndi dziko liti lomwe akuyimira?

Kodi ali ndi chikhulupiliro kupikisana nawo masewero amunyengo yodzidzira komanso ya chilimwe?



Cover image: © Dan Kitwood

TIYENI TIPEREKE CHIDWI PA OSEWERA ATHU AULUMALI

Kodi anayamba liti kusewera masewerowa komanso anayamba chifukwa chani?

Ndi zinthu ziti zododometsa zomwe apanga kuchokera m'masewerowa komanso nthawi yonyaditsa kwambiri.

Ndi zokhumudwitsa ziti zomwe akumana nazo?



© Martin Rose/Getty Images

LETS SHINE A SPOTLIGHT ON LOCAL PARA ATHLETES

Amakonzekera nthawi zochuluka bwanji? Ndipo kukonzekera kwavo kumafunika chiyani?

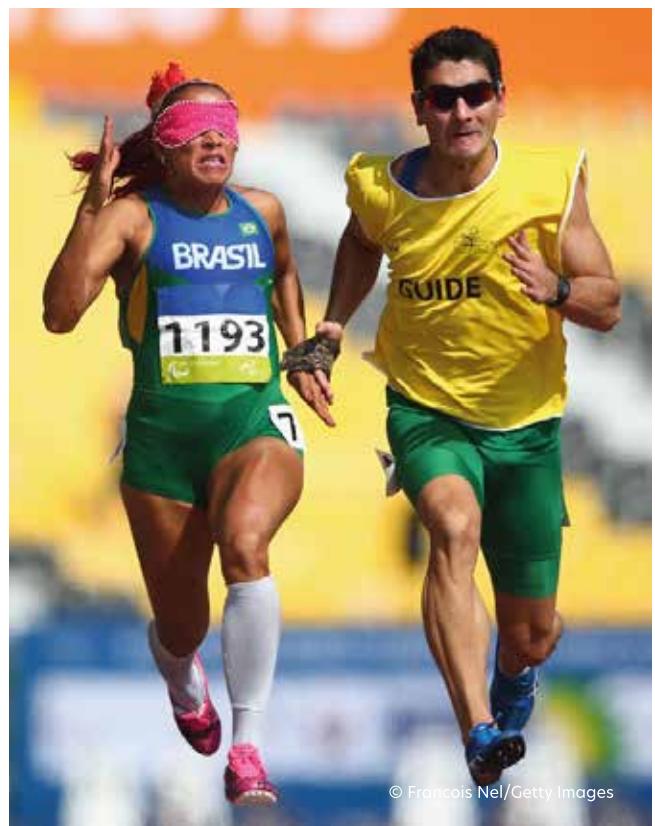
Kodi ndindani komanso ndi nkhani iti yomwe imawapatsa chidwi?

Amapatsa chidwi bwanji ena?

Ndimavuto ati omwe angakumane nawo?

mfundo zina zodabwitsa.

Gwiritsani ntchito zonse zomwe mwatolera
popanga mfundo kapena buku kapena
nkhani yomveka bwino komanso kupatsa chidwi.



© Francois Nel/Getty Images

UTHENGA OTHANDIZA ATHU OSEWERA MASEWERO A ANTHU AULUMALI

Dzina _____ Kalasi _____



UTHENGA OTHANDIZA OSEWERA AULUMALI.

Lembani Kalata kapena uthenga wawufupi ndipo muyikemo zithunzi zothandiza / kulimbikitsa osewera wapamtima pathu kapena timu yaosewera athu.



CUT
HERE



Wokondedwa

Ikani chithunzi apa:

Dzina lanu

Sukulu yanu

Cover image: © Simon Bruty for OIS



Theme 2: Para sports

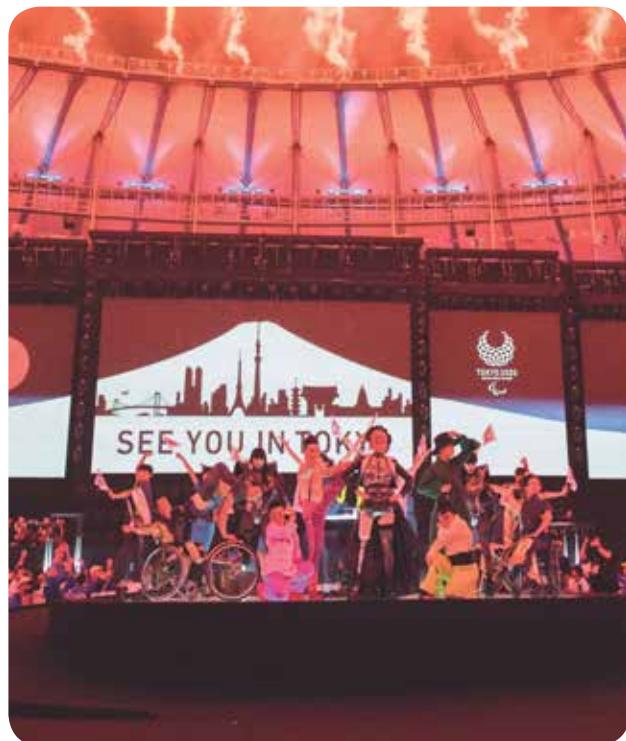
Kupereka chidwi kwa achinyamata kumgwirizano wamasewero a anthu aulimali.

Tiyeni tisangalale ndimasewero a anthu aulimali a Tokyo 2020.

MAU OYAMBA:

Ophunzira akuyenera kupanga kafukufuku wa zina mwa zizindikiro ndi zikondwelero za zamasesewero a anthu aulimali a Tokyo 2020; kuwapatsa chithunzithunzi cha zaka zinayi zamasesewero opambana komanso opatsa chidwi omwe adzaonetsedwe kudziko lonse lapansi mwa khama, kulimbikitsidwa komanso kusangalatsidwa ndi osewera a aulimali.

Pochita izi zikupereka chiyembekezo kwa ophunzira, kwa anthu owonerera komanso omwe amathandiza ndi kusangalatsidwa ndi masewerowa, ndi akatswiri amasewero a ulumali amene ali ndi ubwino, masomphenya pa mgwirizano wamasewerowa. Pezani mubuku la ndingathe lamphunzitsi tsamba 8 mpaka 20) kopani ophunzira ndi masewero a ulumali powaonetsa phunziro lalikulu la kanema wa Rio 2016 (you tube / (6cp- Mc es11); aonetseni zithunzi kapena kuwafunsa mafunso pofuna kudziwa ngati amvetsetsa za masewerowa komanso osewera aulimali amene apikisana. Ndi mafunso ati amene ophunzira alinawo? Muwathandize kupeza mayankho awo. Gwiritsani ntchito Agitos foundation. powerpoint foundation, Tiyeni tisangalale ndi masewero a Tokyo 2020 kukambirana zamaserewowa, mwapadera kambiranani zifanifani ndi zisangalaro zamasesewero pofotokoza m'matanthauzo ndi zolinga zawo.



© OIS

Ntchito 1A ndi B inapangidwa kwambiri kwa ana komanso akuluakulu ophunzira kumgwirizano wamasewerowa .

Ntchito 2

Inapangidwa kwa anthu akuluakulu komanso amene ali ndi ukadaulo pa masewero a anthu aulimali

Activities 1a and b have been designed as the main activity for **younger** and **older** learners who are new to the Paralympic Movement and the Paralympic Games. **Activity 2** is designed for older or more experienced learners who have experienced Para sports.



Ntchito 1A

Tiyeni tipeze zokhudza mascots
a masewero aulumali

ZIPANGIZO

Agitos Power Point Presentation,
Ndingathe; let's enjoy the Tokyo 2020
paralympic games, worksheet la design,
school Mascots, zipangizo kulembra,
kujambulira, kukongoletsera, chipepala
chachikulu chomwe umalembapo zizindikiro
zofotokozerapo zinthu

Gwiritsani ntchito Agitos foundation
powerpoint presentation,

ImPossible : Tiyeni tisangalale ndi masewero
a tokyo 2020 podziwitsa Mascot a masewero
a mmbuyo aulumali ndi someity, mascot ya
masewero a ulumali a Tokyo 2020. Kukamba
za nkhani zavo ndi tanthauzo ndi mauthenga
kuseli kwa makhalidwe osangalatsa
(slides 11-14).

Kodi ma mascot ati amene ophunzira
akuwadziwa, angathe kuwadziwa? Ikani
ziwonetsero za ma mascot, pamwamba
poyer a kuti ena athe kuona.

Fotokozani kuti Mascot sangayankhule ndipo
opangayo afotokozere kudzera m'maganizidwe,
makhalidwe ake, kufotokoza ndi m'mene
Mascot wayimira kapena kukhalira.

Pangani mawu amene akhoza kufotokoza za
Mascot a masewero anthu aulumali; opatsa
chidwi, osangalatsa, oseweretsa, owala,
okopa, ochemelera, akazembe, anthu opezekwa
mbali iliyonse ya azibambo kapena yaazimayi,
anthu okonda malo azisangalalo, kusangalala
ana achichepere, anthu otsatira kapena
othandiza. Sonyezani ubwino umodzi
kapena ungapo wamasewero a anthu aulumali.



© Tokyo 2020

Ophunzira agwiritse ntchito zomwe
akudziwa zokhudza Mascot yamasewero
aulumali popanga ndi kuperekadzina kugulu
lamasewero apasukulu pavo
(pepala la ntchito 1A la maonekedwe
a Mascot yasukulu)

Mascot iwonetsese chinthu china chake
chokhuza sukulu yawo chomwe chiru
ndi tanthauzo komanso cholinga.
ophunzira apereke dzina ndi kufotokoza
chifukwa chomwe asankhira chinthuchi.
Chilowetseni mumpikisano wamukalasi
(kapena sukulu).

Kuli bwanji Kupanga chionetsero
chopambana cha Mascot chimene
chikhoza kunyamulidwa kumalo
amasewero.

Ophunzira okulirapo akhoza kupanga
Mascot imene izionetsa masewero
m'machitidwe osiyanasiyana.



Activity 1b

tiyeni ipange chizindikiro cha Tokyo 2020 or let us create an emblem or let's create an emblem

zipangizo:

Agitos Power Point Presentation .

I'mPOSSIBLE: Tiyeni tikondwelere masewero aulimali a Tokyo 2020.

Pangani emblem, kapena chizindikiro, lomo, zomatira, Zipangizo zolembera, malo a chionetsero.

Gwiritsani ntchito Agitos Foundation Powerpoint presentation, ndingathe: Tiyeni tisangalalendi mpikisano kapena masewero a anthu aulimali a Tokyo 2020 popangitsa kuti ophunzira amvetsetsa za emblem yamasewero a anthu aulimali (Slides 15 - 17).



Ntchito 2

Tiyeni tipange muuni wamasewero a anthu aulimali.

Zipangizo:

Agitos Power Point Foundation presentation ndingathe. Tiyeni tisangalare ndi masewero a aulimali a Tokyo 2020; worksheet, kapangidwe ka muuni wamasewero a anthu aulimali.

Zipangizo zolembera ndi zojambulira, mwayi wogwiritsa ntchito kompyuta, masamba a mtchezo ndi mabuku kapena magazine okhuza masewero a anthu aulimali.

Ophuzira adule ndi kugwiritsa ntchito ma rekitango patsamba logwilitsa ntchito 1b, akonza chizindikilo chopangidwa kuti apanga chizindikiro chomwe chionetsetse kumvetsetsa kwavo pobweretsa pamodzi osewera aulimali pamasewero a anthu aulimali, mukhoza kupanga ntchitoyi kukhala yosavuta pofunsa ophunzira kujambula ndi kukongoletsa zizindikilo zavo.

Kambiranani za emblem ya Tokyo 2020 (slide 16) yapangidwa ndi ngodya zitatu zosiyana za matekitango omwe akuyimira maiko osiyana, zikhaliidwe ndi njira zakaganizidwe kubweretsa umodzi pa chikondwelero cha masewero opambana. Kufuna kudziwa zambiri zokhudza makonzedwe a Tokyo 2020 emblem zitha kupeze ka mu kanema uyu: youtu.be/mmldt_zmi4mqa.

Konzani chionetsero chazizindikiro choymira kubwera kwa osewera aulimali kumasewero aulimali.

Chizindikiro chadziko lomwe masewero akuyikidwa mumalonda, mbendera zamawu, mbendera ndi zolengezedwa zokhudzana ndi masewero. pena zimatha kuonetsetsa

Malo odziwika bwino /poonekera , komanso pa nyumba zoonekera kuzungulira mzinda wonse womwe masewero achitikire kulandira alendo kumalo ndi chikhaliidwe chawo. Ngati masewero abwera kumzinda wapafupi ndi zabwerezedwa (chimodzi chichoke) kodi chionetsero chazizindikiro zanu mukhonza kuika kuti? Nanga mchifukwa chiyani? Masewero aliwonse aanthu aulimali ali ndi muuni wawo kukamba nkhanu yake. Miuni imanyamulidwa ndi onyamula miuni ngodya zonse zinayi za dziko lonse lomwe masewerowo akuchikira. Izi zimapangitsa kusangalatsa komanso kuchititsa anthu kuti athandize masewerowo. bwino /poonekera = bwino kapena poonekera kuchititsa anthu kuti athandize masewerowo Gwiritsani ntchito Agitos Foundation power point ya presentation impossible. Tiyeni tisangalale ndi masewero a anthu aulimali a Tokyo 2020 kufotokoza nkhanu ya miuni yamasewero aulimali [Tsamba 18-20].

Tsamba 19 kufotokonza tsatanetsatane wa nkhanu yakamangidwe ka miuni ya masewero aulimali ya Tokyo 2020 zodziwitsa zoonjezera zokhudza lingalilo la zopangidwa za muuni wamasewero aulimali wa Tokyo akhonza kupeze ka apa :Tokyo2020.Org/en/special/torch/paralympic/design.

Ophunzira aganizire nkhanu yomwe ili kuseri kwa muuni wa masewero aulimali a Tokyo 2020 pophatikiza zakale komanso zatsopano ndi kugwiritsa ntchito chipangizo cha muuni chomwe chingagwiritsidwe ntchito ngati mzinda wapafupi akukuseweredwa masewero aulimali. Amagwira ntchito mma gulu atatu kufotokoza ndi kuonetsa ntchito yawo yamanja. (kugwiritsa ntchito tsamba logwiritsira ntchito lachiwiri, muuni wopangidwa wa masewero aulimali) kapena chopangidwa kuchokera ku kompyuta. Kodi akhoza kupanga muuni wawo ndi kutengera ku sukulu kamasewero am' madera kapena ku malo a zikondwelero?



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Ntchito Yowunikira

Gwiritsani ntchito lembo lililonse lamawu a paralympic popanga mawu khumi kapena mawu achidule amene amafotokoza masewero aulimali. Pangani zithunzi, mavidiyo komanso nkhanu zoyikidwa pa twitter kapena kulemba uthenga wopereka kukhudzika kwambiri. Zokambidwa zokhudza osewera aulimali ndi kusankha chithunzithunzi chothandiza mawu anu. Mawu ot osewera aulimali kapena masewero aulimali a phatikizidwe apezeke mu zochitika 280.

Motsogozedwa ndi miraitowa nde someite mascot robboti, masewera a Tokyo 2020 adzakhala masewero opereka Iuso ndi chidwi kwambiri. Human Support Robots (HSR) Delivery Support Robots (DSR). Tele-Presence Robots (T-TRI) ndi Field Support Robots (FSR) tonse tikuyenera kusonka moteteza masewero opanda zoopseza komanso zosokoneza komanso okhala anthu ambiri owonelera, makamaka amene ali ndi ulumali kuti apeze mwayi kumasewero komanso kusangalala ngati chitonthozo . Iyi ndi njira imodzi imene Tokyo 2020 inakhazikitsira cholina chake pofuna kukwanirtsa amodzi mwa masomphenya ake. Umodzi mu zosiyansiyana. Kodi ndi zina ziti zomwe mungafufuze zokuza Sumuite quirky robotic features Ntchito za HSR, DSR, T/TR1 ndi FSR pa masewero aulimali.

Kuonjezera apo, zovuta zina ndi kuuza ophunzira kuthandizirapo kuchititsa masewero aulimali. Zithandizozi zikuyenera kuhala zinthu monga zomangamanga, malo osewelerapo kapena mabwalo amasewero, zamayendedwe, zofikirika ndi zokopa alendo. Pakuyeneranso kupezeka mascot, zithunzi ndi muuni opangidwa magulu a ophunzira. Akuyeneranso kutenga maudindo a zinthu zosiyansiyana a zimene angakwanitse kuthandiza kubwera pamodzi kuti akapereke mathandizo awo ku bungwe losankhidwa (lopangidwa ndi anthu a mdera kapena asewera masewero aulimali am'madera kapena ogwira ntchito msukulu). Tsamba logwiritsira ntchito, ntchito yopitiriza imapereka Uthenga kwa ophunzira kuti akwaniritsé ntchitoyi. uthenga okhudza masewero a Tokyo 2020 ndi malo osewerera akhonza kupezeka apa; www.paralympic.org/tokyo-2020/about.

Kafukufuku odzipangira pawokha.

Kodi mukhonza kupeza chiyani zokhudza ena mwa makhalidwe a masewero aulimali?

Kodi zolina ndi zikhulupiliro za bungwe la masewero aulimali?

Kodi ndi mbendera yanji imene imaikidwa komanso ndi nyimbo ziti zimene zimayimbidwa kumalo amasewera aulimali? Kodi osewera amalumbira zotani?

Kukambirana / kuganizira mafunso.

Masomphenya a masewero a Tokyo 2002 akunena kuti, masewero ali ndi mphamvu yosintha dziko komanso tsogolo lathu. Masewero adzabweretsa kusintha kwakukulu kwabwino ku dziko lonse. Kodi masewero a anthu aulimali athandiza kubweretsa kusintha kudziko lonse lapansi?

Tokyo 2020 yakazikika pothandiza anthu okhala ku Japan.

Cholina cha Tokyo 2002 ndi chothandiza madera aku Japani pamwamba pa masewero. Kodi ndi ubwino wanji umene ulipo padziko limene likupangitsa masewero aulimali komanso zikuthandizira bwanji popangitsa kuti madera abwere pamodzi.

Wonani zithunzi za malingaliro Tokyo 2020. Wonani zithunzi za malingaliro a Tokyo 2020.

youtube [mmltzmi4mqo. pogwirtsu ntchito maganizo anu ndi malingaliro a tokyo 2020](#)
[kambiranani za mgwirizano osiyanasiyana. Kodi dera lanu kapena sukulu yanu likumapambana limodzi?](#)

Ndemanga ya mtsutso

Malizitsani ndemanga yamtsutso panokha, m'magulu awiriawiri ndi magulu ang'onoang'ono

Ntchito ya Kunyumba.

Gwiritsani ntchito luso lanu popanga zisudzo zazifupi, nkhani zowonera zoonera kapena nkhani yazidole zokhudza masewero aulimali. Gawanani ndi anzau, alimbikitseni kuthandiza masewero aulimali a Tokyo 2020.

Ganizani m'mene mungathandizire anthu omwe ali ndi ulumali osaona kuti amvetsetsa ndi kutenga mbali pamasewero.

Ndemanga ya mtsutso.

Phunziro lachiwiri: Masewero a anthu aulumali.

Tiyeni tisangalare ndi masewero a anthu aulumali a Tokyo 2020.

Payekha, anthu awiri , kapena kukhale gulu ku ndemanga ya mtsutso.

No	Mafunso:	Mayankho:
1	Kodi chikondwelero chamasewero aulumali cha Tokyo 2020 chidzakhalapo lit? Tchulani ma Mascot awiri a zamasewero aulumali ambuyomu.	Chikhalapo pa 24 August,2021 Vomerani mayankho oyenerera Mandeville, snowflake, Ray of light, Tom, Bandabi ndi Mascot yamasewero a Tokyo 2020.
2	Someite ndindani?	Dzinali linachokera ku Someiyoshino, kwa Japanese wotchuka Pick Cherry Blossom, mu chingerezi liwuli limamveka kuti ndi Iolemekezeza kapena kuti lapamwamba. Cherry Blossom yemwe ali ndi luso logwira munthu pomuzindikira komanso ali ndi mphamvu zokopa anthu ena pang'ono koma a mantha kugwiritsa ntchito kuganiza ndi mphamvu zake za thupi pofotokozena zamphamvu za munthu amene ali ndi kuzindikira kwambiri koposa anthu ena.
3	Fotokozani zinthu ziwiri zokhudza someite?	Zizindikiro zamasewero a ulumali za Agitos. Mayina a mipikisano chinthu chimodzi kapena zingapo zosangalatsa, zofunikira ndi zapamwamba zomwe zimapezeka kumasewero apadera. Mgwirizano pakati pa anthu osiyanasiyana.
4	Zinthuzi zitatu ziti zomwe osewera aulumali amagwilitsa ntchito?	
5	Ndi uthenga wanji womwe uli mu zithunzi za Tokyo 2020?	
6	Kodi Zinthuzi zitatu zosiyana siyana za Tokyo 2020 za osewera aulumali zimayimilira chiyan?	

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No	Question	Answer
7	Kodi adzanyamule torch ku Tokyo 2020 ndani?	Mayiko osiyanasiyana, zikhulupiliro kapena zikhaldwe ndi njira zoganizira kuti tizabwera pamodzi mu Tokyo 2020. Atatu azabwera. adzabwera pamodzi kwa nthawi yoyamba kudzapanga magulu osewera torchbearers uwu uzakhala nkumano wawo woyamba.
8	Chapadera ndi chopatulika ndi chiyani? pa torch ya 2020?	Kuvomereza mayankho ena aliwonse oyenerera. Chiphuzitso chaluso lapamwamba cha Shinkansen bullet.
9	Kodi uthenga wapadera wa Tokyo 2020 ndi chiyani?	

Theme 2: Para sports

Tiyeni tisangalare ndi masewero a anthu aulumali a Tokyo 2020.



NDONDOMEKO ODZIPEREKA KUPANGITSA MASEWERO A PARALYMPIC MDZIKO

Ndondomeko yamasewero a anthu aulumali.

Kodi cholinga chake ndi chiyani?

Ndimamasewero angati amene amatenga mbali?

Ndi osewera komanso owonerera angati omwe mukuyembekezera?

Ndi dera liti limene mukufuna mupereke thandizo kuzamasewero a ulumali?

Perekani chifukwa chomwe mukufunira kuthandiza masewero mderalo.

Malo ochitira masewero

Ndi malo amasewero ati omwe alipo kale? Ndiwofikirika kwa anthu osewera masewero aulumali ndi anthu owonerera? Ndimalo ati owonjezera amene angafunike, angafunike? Nanga angadzamangidwe kuti?

Pali kuthekera kwanji koti osewera aulumali ndi owonerera masewerowa akhoza kufikako ku bwalo lamaseweroli m'muzindawo?

Mayendedwe ndi abwino bwanji m'muzindawu.

Mayendedwe ndi malo ogona ndiwo savuta kupeza kwa osewera aulumali ndi owonerera masewerowa?

Zinthu zina

Kodi ndi zinthu zina ziti zomwe mzindawu ulinazo zokopera alendo?

Fotokozani ndi kuwonetsa zithunzi zopangidwa moyimirira masewero aulumali a dziko lanu.

Fotokozani ndi kuwonetsa za Mascot moyimirira masewero aulumali.

Fotokozani ndi kuwonetsa zamasewero aulumali a torch ndipo ganizirani za mzinda ndi m'madera omwe zingakapite.

Kodi mukhonza kufuna zipangizo kapena katundu wanji oti muthandizire masewero aulumali kudera limene mwasankha?

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LEARNER WORKSHEET

Theme 2: Para sports

Tisangalare ndi masewero a Paralympic a mu 2020

Worksheet 1a: Design a school Mascot
for your sport team



Jambulani mascot

DESIGNERS NAME(S): _____

CLASS: _____

Think!

Oyimirira
Mtundu
Nkhope yamsangala
Mawonekedwe
Kakhalidwe
Posatenga mbali (mamuna/mkazi)
Kufotokoza chinthu pogwiritsa
ntchito manja, mutu, zizindikiro
za sukulu/mawu/zikhulupiliro/zidindo
Kukonda zisangalalo.
Masewero



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Uzani anzanu amkalasi zambiri ya Mascot yanu.

Chifukwa chiyan? mwasankha
chinthuchi komanso dzina?

Mascots name: _____

Theme 2: Para sports

Tisangalare ndi masewero a Paralympic a mu 2020

Worksheet 1b: Design an emblem

DESIGNERS NAME(S):

CLASS:

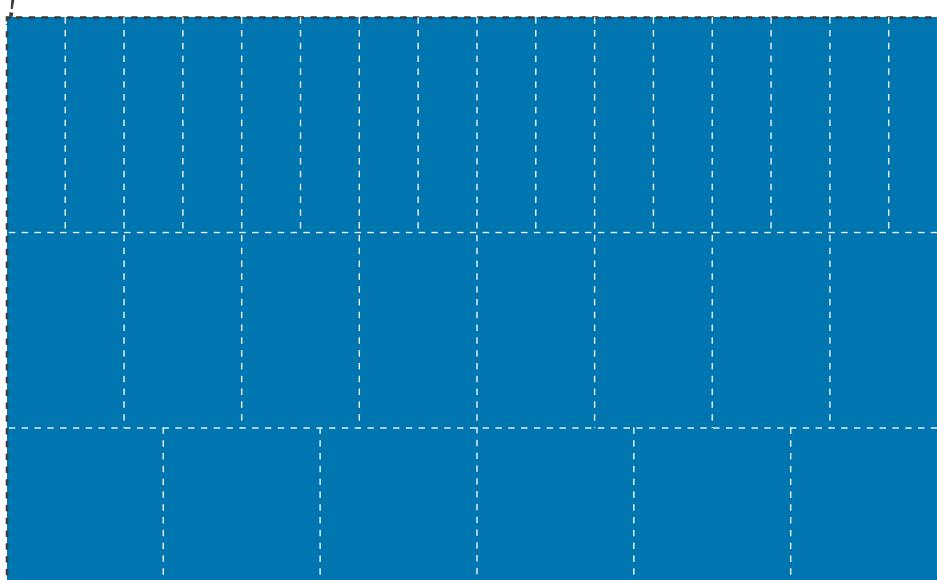


1. Dulani ndipo gwiritsani ntchito zina kapena zonse za mabokosi popanga zithuzi zowonetsa kukondwelera kubwera pamodzi kwa anthu aulimali pamasewero aulimali.
2. Matani zithunzizo pophatikiza ndi unthenga wake.



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Unity in Diversity



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R

T

Paralympic Games



Uthenga wazithunzi zoyimira masewero aulumali

Para sports

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AGITUS
Foundation
Developing Sport,
Changing Lives

Theme 2: Para sports

Tisangalare ndi masewero a Paralympic a mu 2020

Worksheet 2: Paralympic torch design

DESIGNERS NAMES:

CLASS:



Torch design



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Share Your Light

Kupanga torch

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LEARNER WORKSHEET

Chiganizo chopanga torch

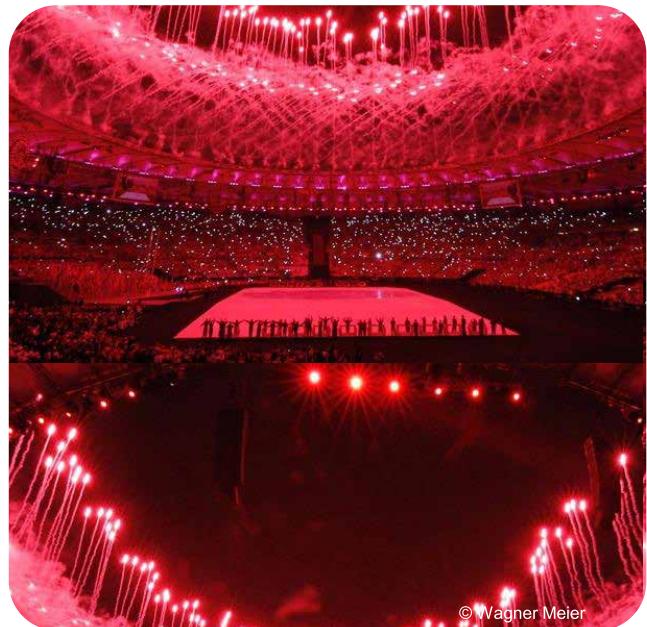
Kodi ndi nkhani yanji yomwe torch yanu ikuyimirira?

Tisangalare ndi masewero a Paralympic a mu 2020

Evaluation quiz

**Tisangalare ndi masewero a
Paralympic a mu 2020**

**Kodi kutsegulira mwambo
wamasewero a Tokyo 2020
ndi liti.**



Tisangalare ndi masewero a Paralympic a mu 2020

Tchulani Mascot awiri a Masewera a Paralympic am'mbuyomu



© IPC

Tisangalare ndi masewero a Paralympic a mu 2020

Who is Someity?



**Tiyeni tikondwere ndi
masewero a anthu aulumali
a Tokyo 2020.**

**Fotokozani zinthu ziwiri
zokhuza Someity?**

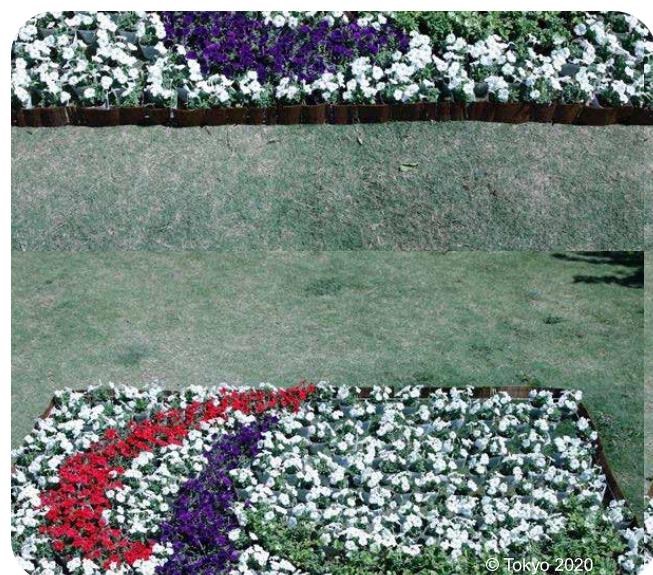
**Kodi ngodya zitatu za
rekitango zithunzi za
masewero a anthu aulumali
imaimira chiyani?**



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**Tiyeni tikondwere ndi
masewero a anthu aulumali
a Tokyo 2020.**

**Kodi ndi zinthu zitatu ziti
zomwe emblem (zizindikiro)
za Paralympic zimaphatikizapo?**



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**Tiyeni tikondwere ndi
masewero a anthu aulumali
a Tokyo 2020.**

**Kodi ndi uthenga wanji omwe
masewero a anthu aulumali a
Tokyo 2020 akuperek?**



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**Tiyeni tikondwere ndi
masewero a anthu aulumali
a Tokyo 2020.**

**Kodi makona atatu osiyana pa
emblem (chizindikiro) ya
Tokyo 2020 Parlympic
akuyimira chiyani?**



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Tiyeni tikondwere ndi masewero a Tokyo 2020 a anthu aulumali.

Magulu onyamula miyuni adzanyamula lawi la Tokyo 2020 Paralympic. Ndi onyamula nyali angati mu timu iliyonse?

Chapadera ndi chiyani za onyamula miuni awa?



© PARK DAE JOON

Tiyeni tikondwere ndi masewero a Tokyo 2020 a anthu aulumali.

Kodi chapadera ndi chiyani pa Tokyo 2020 Torch?



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**Let's enjoy the Tokyo
2020 Paralympic Games**

**Tiyeni tikondwelere
masewero a anthu aulumali
a Tokyo 2020.**



© Lieven Coudens

**Tiyeni tikondwere mpikisano
wamasewero a anthu
aulumali wa Tokyo 2020.**

**Pakati pa 24 August ndi 5 September 2021
umodzi mwazinetsero zopambana
padziko lonse zidzachitika.**

Tiyeni tikondwelere ndi masewero a Tokyo 2020 a anthu aulumali.

Masewerowa amachitika mzaka zinayi zirizonse mu 2021 (Anayimitsidwa chifukwa cha mliri wa Covid -19) maso adziko lonse adzakhala ali ku Tokyo, Japan idzakhala ikulandira alendo komanso osewera aulumali a dziko lonse lapansi.



tisangalare ndi Masewera a Tokyo 2020 Paralympic

Wochitika zaka zinayi zirizonse, mu 2021 (kuyimitsa chifukwa cha kufalikira kwa COVID - 19), maso onse adziko lapansi

azakhala akuyang'ana ku Tokyo, Japan pomwe alandira othamanga a Paralympic ndi alendo ochokera padziko lonse lapansi.



Tiyeni tikondwelere ndi masewero a Tokyo 2020 a anthu aulumali.

Tiyeni tikondwelere ndi masewero a anthu aulumali.

Malo osewelera masewerowa ali pafupi kutha kumangidwa.

Tiyeni tikondwelere ndi masewero a anthu aulumali a Tokyo 2020.

Osewera masewero a anthu aulumali ali pafupi kumaliza zokonzekera zavo.

Tiyeni tikondwele ndi masewero a anthu aulumali.



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Tiyeni tikondwelere ndi masewero a Tokyo 2020 a anthu aulumali.

Osewera aulumali akukonzekera kudzati sangalatsa, kutikopa ndi kulimbikira kwawo, poyesetsa kutisangalatsa ndiku thandizira kusintha maganizidwe a anthu aulumali. Pafupifupi osewelera 4,400 akukonzekera kudzapisana masewero 22.



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Tiyeni tikondwelele ndi masewero anthu aulumali a Tokyo 2020 .

Mwakonzeka kudzakhala ndi chidwi pakuchita bwino modabwitsa kwa osewera aulumali ?

Tiyeni tikondwelere ndi masewelo anthu aulumali a Tokyo 2020.

Masewelo aliwonse aulumali ndi apamwamba kuwonera, ndimwayi kwa eni mzinda kukondwera ndi kuwonetsa zikhulupiriro ndi zikhaldidwe zamdera mwawo.



Archery



Athletics



Badminton



Boccia



Canoe



Cycling Road



Cycling Track



Equestrian



Football 5-a-side



Goalball



Judo



Powerlifting



Rowing



Shooting



Sitting Volleyball

Swimming



Table Tennis



Taekwondo



Triathlon



Wheelchair Basketball



Wheelchair Fencing



Wheelchair Rugby



Wheelchair Tennis

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Pafupifupi othamanga 4,400 akukonzekera kuzapikitsana mmasewera 22

Tiyeni tikondwelere masewelo aulimali a Tokyo 2020

Masewero onse kuphatikiza zikondwelero chikhaldwe

Masikoti yamasewero aulimali
Masewelo aliwonse aulimali ali ndi
Mascot yake.
Ndi zinthu zosangalatsa zomwe
zimapangitsa ulendo wamaseswero
kukhala okondweretsa / osangalatsa.



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Tiyeni tisangalare ndi Masewera a Tokyo 2020 Paralympic

Masewera aliwonse a Paralympic ndi chiwonetsoro chapadera: Mwayi kwa mzinda umakhala nawo kuti ukondwere ndikuwonetsa chikhaldwe cholowa chawo.



© Wagner Meier



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Tiyeni tikondwelere masewero aulumali a Tokyo 2020

Masikoti yamasewero
aulumali
Masikoti nthawi zonse
amayimilira chinachake
chokhuza chikhaldwe
chamdera kapena
dziko lomwe masewelo
akuchitikira.
Nthawi zambiri amayimira
zachikhulupiliro zamasewero
aulumali.
tiyeni tiwone mwazina zaizo.



Paralympic Games mascots

Masewera aliwonse a Paralympic ali ndi Mascot ake. Ndi anthu osangalatsa omwe amakhudzika ndi zochitika komanso chisangalalo masewera.



Paralympic Games mascots

Chilimbikitso. Kuthekera kupanga chiganizo. Ubwino

Someity ndi masikoti yamasewelo aulumali
a Tokyo 2020 .

Dzina la Someity linachokera ku
Someiyoshino, amene anali odziwika
kwambiri wachiJapanizi; pink cherry
blossom: Muchingerezi liwuli ndi
lapamwamba.

Kulimba mtima

Kudzoza

kutsimikizika mtima

Chilungamo

Someity is the mascot of the Tokyo 2020 Paralympic Games

Mascot ili ndi ukadaulo wapadera wa
cherry blossom wamphamvu yonena za
nzeru zamunthu
pomugwira.

Someity nthawi zonse ndi wachete
koma amatha kugwiritsa ntchito nzeru
zake ndi thupi pofotokoza

kuti anthu osewera
masewero aulumali nzeru zaumunthu
zapamwamba.



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Paralympic Games Mascots

Bandabi

Masewelo aulumali a Pyeong chang 2018



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Tom

Masewero aulumali a Rio 2016



Zinthuzi zoyimilira masewero aulumali.

Masewelo aliwonse a anthu aulumali ali ndi zithunzi zavo zapamwamba zopangidwa ndi dziko lomwe likuchitikira masewerowo.

Izi zimaoneka dziko lonse ndi kugwiritsidwa ntchito mu malonda onse, mbendera yamawu, mbendera ndi zolengeza zokhudzana ndi masewero.

Izi ndi zithunzi zoyimilira zochitika zapamwamba kapena zowoneka bwino, uthenga wapaderadera kuchokera kudziko lomwe kukuchitikira masewerowa.



if

Paralympic.org

The Evolution of
Paralympic Emblems

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Zithunzi zoyimilira masewero aulumali.

Zithunzi zopangidwa mokongoletsedwazi, muchikhalidwe chachiJapanizi mitundu ina imayimira maonekedwe ndi makopedwe.

Inapangidwa pogwirtsia ntchito ngodya zitatu za rekitango zoyimilira maiko osiyanasiyana m'chikhaldwe ndi kaganizidwe kakuti tsiku lina adzabwera pamodzi pamasewero a Tokyo 2020

Uthenga wake ndi "mgwirizano wosiyanasiyana".



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Zinthuzi zoyimilira masewero aulumali

Zinthuzi za
pyeongchang 2018



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Zinthuzi za Rio 2016



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Masewero aulumali a muni/torch

Masewero aliwonse aulumali ali ndi muuni wake/kapena torch yakeyake yofotokoza nkhani yake.



Miuni yamasewero aulumali

Muuni wamasewero aulumali a Tokyo 2020 akufuna kutiuza nkhani yakubwera pamodzi kwa osewera, oyang'anira ndi alendo ochokera maiko ozungulira kuthandiza masewero.

Uthenga wake ndi 'GAWA KUWALA KWAKO' Bweretsani pamodzi miuni isanu yosiyana ndikupanga kuwala kopambana.



Paralympic Torches

Miuni yamasewero
aulumali a Rio 2016



© Alex Ferro

Muuni a yamasewero
aulumali Pyeong Chang 2018



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Kodi muli okonzeka kudzasangalala ndi Tokyo 2020?

Masewero aulumali adzayamba pa
24 August 2021.

- Pezani zonse zomwe mungathe zokhudza osewera masewera aulumali amene akuyimilira dziko lanu pamasewero a Tokyo 2020.
- Onetsani chithandizo chanu ndi kutsatira maulendo awo opatsa chidwi pamene akukonzekera ndi kupikisana nawo masewero.

