

INCLUSIVE EDUCATION RESOURCES

MARCH 2026

CELEBRATE THE PARALYMPICS!

The excitement of international sports isn't over yet - the 2026 Paralympic Games begin on March 6th!

The Paralympic Games, held 'parallel' to the Olympics, is an elite sporting competition for athletes with a wide range of disabilities, including limb loss, impaired muscle strength, vision impairments and intellectual disabilities. Adapted sports grew in popularity after World War II and the first Paralympic Games were held in 1960. Second only in scale to the Olympics, the Paralympic Games held shift perceptions of disability and capability.

Just like the Olympics, there are Winter and Summer Paralympic Games. There are currently 29 Paralympic Sports sanctioned by the IPC: 23 summer sports and 6 winter sports.

Summer sports include:

- Para archery
- Para athletics (track & field)
- Para badminton
- Blind football
- Boccia
- Para canoe
- Para climbing
- Para cycling
- Para equestrian
- Para fencing
- Goalball
- Para judo
- Para Powerlifting
- Para rowing
- Para shooting sports
- Sitting volleyball
- Para Swimming
- Para table tennis
- Para Taekwondo
- Para triathlon
- Wheelchair Basketball
- Wheelchair rugby
- Wheelchair tennis

Winter sports include:

- Alpine skiing
- Biathlon
- Cross-country skiing
- Ice Sledge Hockey
- Wheelchair curling
- Para snowboard



MONTHLY RESOURCES

Adapted Games

Try out some adapted gym games for a full-body learning experience. Challenge students to use different senses or skills and reflect on their experience.

Notable People

Research and discover notable people with disabilities using this simple Rick Hansen Foundation lesson plan. Consider focusing on Canadian Paralympians who are actively representing our country in Milan-Cortina!

MARCH 21 IS WORLD DOWN SYNDROME DAY

Don't forget to rock your funky socks on March 21 to celebrate World Down Syndrome Day! Each year, CLKD hosts a decorating contest, featuring portraits of local individuals with Down Syndrome. Will your school win the Golden Sock Award this year?