

Introduction

□ In Japan, spread and promotion of the Olympic and Paralympic education have been planned for the 2020 Tokyo Olympic and Paralympic Games .

At the Olympic and Paralympic Games so far, various efforts have been made to coincide with the event. In the future, it is necessary to consider what kind of practice will be performed in the physical education class at the “Post Tokyo Olympics and Paralympics”. In this study, we practiced goalball in physical education classes and investigated the effects of this on students.

—What is the “goal ball” ?

Developed as a rehabilitation activity for injured soldiers returning from World War II, goalball has since spread around the world and is now played in more than 100 countries.

Teams have up to six players, but only three are on court at a time. [https://tokyo2020.org/ja/paralympics/sports/goalball/ 2020.11.14](https://tokyo2020.org/ja/paralympics/sports/goalball/)

We practiced this by setting simple tools and rules.

We investigated how the practice of goalball affects the understanding of people with disabilities,

(1)increasing interest in the Paralympics, (2)thinking about the value of sports .

Method

- Survey target: 1 grade junior high school(M40/W40)
...two classes in each class (20 boys and 20 girls)
- Survey period: 11/23/2019



We used the tool that we could easily make it

The students worked hard on the goal ball. People who cheered on their friends also enjoyed following the rules. What did the students feel when they played sports blindly?

In the analysis, students' free descriptions were analyzed by the KJ method (Kawakita, 1970)

Result

This research clarifies the influence that experience with goalball, a Paralympics event, had on first-year junior high school students, based on student accounts.

Table 1: Categorization of Main Impressions of Students Who Experienced Goalball

Major Category	Subcategory	Further Subcategory	
Sports	Awareness gained from goalball	The importance of mutually trusting relationships	Personal realization of the fears present in goalball
		Comprehension of the meaning of goalball	Personal realization of the value of goalball
		Personal realization of the fun of goalball	Goalball excitement
		Personal realization of the difficulty of goalball	
Inclusive society & life	Interest in goalball	Personal realization of the appeal and attraction of goalball	Desire for goalball re-experiences
		Increased interest in parasports	Possibilities present in parasports
		High sense of accomplishment level compared to other events	Merits and strong points of parasports
		Awareness of significance of parasports	Value construction in parasports
Understanding of disabled persons	Awareness of visual information	Sports-related value construction	Personal realization of diverse ways of having fun
		Fear of losing one's sense of vision	Differences due to the presence/lack of visual information
		Understanding of the importance of visual information	Difficulty making discernments using only one's hearing
		Gratitude for one's day-to-day life	Communication-related awareness
	Awareness of day-to-day life	Necessity for consideration and thought in order to implement an inclusive society	Wish for the implementation of an inclusive society
		Understanding of the difficulties faced by disabled people	Inference of the emotions of disabled people
		Awareness of the courage that para-athletes inspire	Awareness of future-related activities
		Respect for para-athletes	Inference concerning the characteristics of the bodies of disabled people
		Understanding of visually disabled people	

The following are examples of concrete accounts & Conclusion

- Disabled people can also participate in sports.
- I want to know more about the Paralympics.
I want to cheer the para-athletes on.
- I feel like I've grown a bit more familiar with the feelings experienced by disabled people.
- I was able to experience for myself feelings of anxiety and fear. I want to do whatever I can (to help people).

Moving forward, Olympics and Paralympics-related education can surely be described as an essential component for creating an inclusive society.