

INVICTUS GAMES



Why Invictus?

- The NZ Invictus Games team compete in the World Invictus Games that are for members of the Armed Forces that have been injured uin service
- Connection to Rolleston College: The College is home to many learners whose whanau are in the Armed Forces (Burnham Army camp)
- Local curriculum: The army is in our community, our learners are connected to Burnham so we must build a connection
- Key focuses: empathy, connection, impairment and mental health

EMPATHY, INVICTUS, AND ADAPTIVE SPORTS

TERM 3 YEAR 10 HPE

Empathy

“The ability to understand and share the feelings of another”

Discuss with those around you, how empathy might be experienced or displayed in the following situations. *Be prepared to share your answers with the class:*

- A close friend or family member moves overseas
- A teammate gets injured and is out for the season
- A class member didn't get selected to be in a group

Empathy

“The ability to understand and share the feelings of another”

Write down 5 different ways someone might demonstrate empathy:

- 1.
- 2.
- 3.
- 4.
- 5.

PART 2:

THE INVICTUS GAMES



The Invictus Games

In groups, complete some research to answer the following questions:

- What is the Invictus Games?
- Who can compete at the Invictus Games?
- When and where is the next Invictus Games?
- What are 5 different sports on offer at the Invictus Games?

The Invictus Games

- How could the Invictus Games have a positive impact on someone who has been injured or affected whilst serving?

Give an example for each of the four dimensions of Hauora

- Mental and Emotional
 - Social
 - Spiritual
 - Physical
- What do you think the most important aspect or lesson for athletes competing in the Invictus Games is?

A different spin: **Diversity happens . Inclusion is a choice .**

Left teaching just as Covid hit. Wondered about the impact.

Previous schools had high levels of participation / very few non-participants.
Early experiences at RC weren't the same.

As well as focusing on people with impairments, I focused on more common examples with my classes to build empathy and foster inclusion:

- I feel self-conscious about my body, especially in games that involve running
- In striking games I feel like everyone is watching me bat and judging me
- I'm not 'good' at PE
- I'm struggling with anxiety