



NO. DGSE-AD(Psy)/SPORTS/2023/1884
GOVERNMENT OF THE PUNJAB
DIRECTORATE GENERAL OF SPECIAL EDUCATION
31-Sher Shah Block New Garden Town, Lahore.

Dated Lahore, the 4th April, 2023.

To

*The District Education Officer (Special Education),
Bahawalpur / Dera Ghazi Khan / Faisalabad / Gujranwala /
Lahore / Multan / Rawalpindi / Sahiwal / Sargodha.*

Subject: NOTIFICATION

I am directed to refer to the subject cited above and enclose herewith a copy of letter No. SO(SE)1-50/2012/192, dated: 20.02.2023 and letter No. SOG (YA&S) Misc-3/2022, dated: 02.01.2023 on the subject cited above.

2. It is to intimate that Youth Affairs and Sports Department, Government of the Punjab, notified Academic and Sports Calendar for revival and holding of Punjab School Sports Event. However, the calendar has been rehashed in consultation with field experts by incorporating adaptive sports compatible to the type and level of disability of students with Special Educational Needs and Disabilities (SEND).

3. I am directed to request you to include the games/sports mentioned in attached List of Sports in academic calendar as co-curricular activities and implement the adapted Annual Sports Calendar (**copy enclosed**) as per prescribed schedule in special education institutions working under your jurisdiction.

Enclosed: As above.

(Signature)
(JAMAL ABDUN NAFAY)
DIRECTOR (ACADEMICS)
04/04/2023

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1. The Section Officer (SE), Special Education Department, Punjab.
2. P.S to Secretary, Special Education Department, Punjab.
3. P.A to Director General, Special Education, Punjab.

LIST OF SPORTS ACTIVITIES FOR STUDENTS WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES

SPORTS EVENTS FOR STUDENTS WITH HEARING IMPAIRMENT

Sr. No	Under- 15 Age Group	Above-15 Age Group
1.	Athletic Events: <ul style="list-style-type: none"> • 100m Race • 4x100m (Relay Race) • Soft Ball Throw (Distance Measure) • Standing broad Jump • Long Jump 	Athletic Events: <ul style="list-style-type: none"> • 100m Race • 200m race • 4x100m Relay Race • Shot Put • Long Jump • Discus Throw
2.	Tug of war	Power Lifting (squat, Bench press, Deadlift)
3.	Cricket (tape ball)	Tug of War
4.	Fun Games/Activities (Touch & Run, Dodge the ball etc.)	Cricket (Tape/ Hard ball)
5.	Indoor Games(Board Games)	Badminton
6.	Sack race 30m	Volley Ball
7.	Spoon race / Chaati race 30 m	Table Tennis
8.	Obstacle race 50m	Fun Games/Activities (Touch & Run, Dodge the ball etc.)
9.	Badminton	Indoor Games (Board Games)
10.	Gymnastics (basic skills)	Gymnastics (basic skills)

SPORTS EVENTS FOR STUDENTS WITH VISUAL IMPAIRMENT

Sr. No	Under- 15 Age Group	Above-15 Age Group
1.	Athletic Events: <ul style="list-style-type: none"> • 50m Race with Guide (Blind Folded) • Soft Ball Throw • Standing Broad Jump 	Athletic Events: <ul style="list-style-type: none"> • 100 m Race with Guide(Blind Folded) • Shot Put • Standing Broad Jump
2.	Indoor Games (Board games)	Cricket for blind
3.	Fun Games / Activities (ball throwing, Passing game, pull & push, etc.)	Tug of War/mas wrestling /arm wrestling
4.	Frog / rabbit Jump race 25m	Goal ball
5.	Sack Race 25m	Fun Games/Activities (ball throwing, Passing game etc.)
6.	Cricket for blind	Gymnastic (basic skills)
7.	Gymnastics (basic skills)	

SPORTS EVENTS FOR STUDENTS WITH PHYSICAL IMPAIRMENT

Sr. No	Under- 15 Age Group	Above-15 Age Group
1.	Athletics Event: <ul style="list-style-type: none"> One Arm Race (50m) 50 m race (according to disabilities) Wheel Chair Race (30-50m) Soft Ball Throw 	Athletics Event: <ul style="list-style-type: none"> One Arm Race (100m) 50 m race (according to disabilities) Wheel Chair Race (50 or 100m) Shot Put Standing Broad Jump
2.	Fun games/ activities (Ball throw in basket, Dart board etc.)	Table Tennis
3.	Indoor Games (Board Games)	Badminton
4.	Basketball with basic skills	Cricket (tape ball)
5.	Badminton (basic skills)	Fun games/ activities(Ball throw in basket, Dart board etc)
6.	Table Tennis (basic skills)	Indoor Games (Board Games)
7.		Basketball with basic skills

SPORTS EVENTS FOR SLOW LEARNERS

Sr. No	Under- 10 Age Group	Above-10 Age Group
1.	Athletic Events: <ul style="list-style-type: none"> 50m Race 4x50m relay race Long Jump Standing Broad Jump 	Athletic Events: <ul style="list-style-type: none"> Races (100m) 4x100 m Relay race Long Jump Standing Broad Jump
2.	Cricket (tape ball)	Badminton
3.	Futsal	Tug of War
4.	Fun Games/Activities (passing the ball, Ball throw in Basket, Skipping rope, Musical Chair, Rolling Ball, indoor games(board games e.g. Ludo, Carom board), Hit Target, team relay etc.)	Fun Games/Activities (Ball throw in Basket, Skipping rope, Musical Chair, Rolling Ball, Ludo, Carom Board, Dodge the ball, Touch & Run, Ball Spoon Race, team relay etc.) indoor games (board games)
5.	Ball Spoon Race 25m	Cricket (tape ball)
6.	Badminton	Soft ball throw
7.	Sack Race 30m	Football
8.	Soft Ball Throw	Gymnastics (basic skills)
9.	Gymnastics (basic skills)	

SPORTS EVENTS FOR MENTALLY CHALLENGED STUDENTS

Mentally Challenged Students can compete only in low and high ability category instead of age category.

Sr. No	Low Ability	High Ability
1.	Athletics event : <ul style="list-style-type: none"> • 50m Race • Frog Jump (30m) • Soft Ball Throw • Standing broad jump 	Athletics event: <ul style="list-style-type: none"> • 100m Race • 200m Race • Long Jump • 4x100m relay race • Standing broad jump
2.	Bocce Ball	Adapted Sports Events, (Badminton, Bocce, Table Tennis, Futsal, cycling, basket ball)
3.	Fun Game/ Activities (Balloon Bursting, Eating Competition, Hitting the target with ball/Hand, Rolling ball etc.) Fun Race (Fun Races Including hurdles, , Crawling, Eating, Wearing Socks, and Balloon blowing and Bursting etc.)	Power Lifting (bench press, Deadlift, squats)
4.	Young Athlete Program (Skill Development)	Tug of war
5.		Fun Game/ Activities Fun Race (Fun Races Including hurdles, Crawling, Eating, Wearing Socks, passing the ball and Balloon Bursting etc.)

Note: Games & Sports (Indoor/Outdoor) may be added or removed according to the special needs of students.

ANNUAL SPORTS CALENDAR
SPECIAL EDUCATION DEPARTMENT, PUNJAB

Category	Ages	April	May	Aug/September	October	November	December	January/February
HIC	U 15	Races (100m, 4x100m Relay) Fun Games & Activities	Indoor Games, Gymnastic (Basic Skills)	Indoor Games, Standing broad Jump, Tug of War	Fun Games & Activities, Soft Ball throw, Long Jump, Cricket (TB)	School Level to Provincial Level (Punjab) Sports Championship	Internal Examinations & Winter Vacations	Cricket(Tape Ball), Badminton, Fun Games & Activities
	15+	Cricket (Tape Ball), Fun Games & Activities, 100m Race	Indoor Games, Gymnastics, Table Tennis,	Power Lifting, Discus Throw, Tug of War	200m Race, 4x100 Relay Races, Shot Put, Long Jump			Badminton, Volleyball, Cricket (Tape Ball)
VIC	U 15	Cricket for VIC (Skills), 50m Race, Fun Games & Activities	Indoor Games, Gymnastic (basic Skills)	Cricket for VIC (Skills), Standing Broad Jump,	Cricket for VIC (Skills), Softball Throw, Fun Games & Activities			Cricket for VIC (Skills), 50 m Race
	15+	Cricket for VIC (Game), Shot put, 100 m Race,	Indoor Games, Gymnastic (basic Skills), Standing Broad Jump,	Cricket for VIC (Game), Goal Ball, Mas-Wrestling, Arm Wrestling	Cricket for VIC (Game), Tug of War, Fun Games & Activities			Cricket for VIC (Game), Fun Games & Activities
PIC	U 15	Races (According to the Impairments)	Indoor Games, Soft Ball, Fun Games & Activities	Wheel Chair Race, Table Tennis (Basic Skills)	Races (According to the Impairments), Fun Games & Activities			Races (According to the Impairments)
	15+	Races (According to the Impairments), Fun Games & Activities	Indoor Games, Soft Ball Throw, Fun Games & Activities	Shot Put, Standing Broad Jump, Wheel Chair Race, Table Tennis (Basic Skills)	Races (According to the Impairments), Basket Ball (Basic Skills)			Races (According to the Impairments), Badminton (Basic Skills)
MCC	Low Ability	50 m Race, Softball Throw, Fun Games & Activities	Fun Games & Activities, Young Athlete Program	Fun Games & Activities, Standing Broad Jump	Fun Games & Activities, 50 m Race, Bocce Ball			Fun Games & Activities, Young Athlete Program
	High Ability	100 m Race, 200m Race, 4x100 Relay Races,	Power Lifting, Tug of War, Fun Games & Activities	Standing Broad Jump, Long Jump, Table Tennis	100 m Race, 200m Race, Futsal, Fun Games & Activities, Bocce Ball			Basketball, Cycling, Badminton, Fun Games & Activities
Slow Learner	U 10	50m Race, 4x50m Relay Race, Fun Games & Activities, Cricket	Standing Broad Jump, Gymnastic (Basic Skills), Fun Games & Activities	Treasure Hunt, Long Jump, Soft Ball Throw	Cricket (Tape Ball), Badminton (Basic Skills), Fun Games & Activities			Cricket, Futsal, Fun Games & Activities, Cricket
	10+	100m Race, 4x100m Relay Race, Cricket (Tape Ball)	Indoor Games, Gymnastic (Basic Skills), Standing Broad Jump	Tug of War, Cricket (Tape Ball), Soft ball Throw, Long Jump	Football, Badminton, Fun Games & Activities,			Cricket (Tape Ball), Fun Games & Activities,

Note: 1. Students of Secondary, Higher Secondary & Degree Colleges of Special Education will not participate in the months of their exams (Board, University, Mid/Final Term/Internal)

2. March and June/July exempts because of Annual Examinations and Summer Vacations, Respectively.