

Together We Build

Schools Resource Pack



About the Project

Together We Build is a project to share the story of the Paralympics. Buckinghamshire is the Birthplace of the Paralympic Games and we owe thanks to Professor Sir Ludwig Guttman and the people of the County who enabled this extraordinary international event to develop, through their tireless support, volunteering and fundraising. It is an exceptional legacy and history, of which the County and its residents can be very proud.

Across Buckinghamshire we are celebrating the 10th anniversary of London 2012. We have recruited 10 disabled Community Curators who have chosen objects from the National Paralympic Heritage Trust, Buckinghamshire Archives, Discover Bucks Museum and Waddesdon Manor's collections. These items are being displayed across the County in cultural venues. None of these objects have been on display before.

From 9th September to 4th November, you can visit 10 cultural venues, in person or virtually, to view the objects our Community Curators have chosen – sharing this important story for Bucks.

Together We Build is led by Buckinghamshire Culture working in partnership with National Paralympic Heritage Trust, Buckinghamshire Archives, Discover Bucks Museum and Waddesdon.



NPHT
NATIONAL PARALYMPIC
HERITAGE TRUST



B Discover Bucks
Museum



WADDESDON

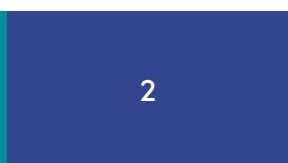
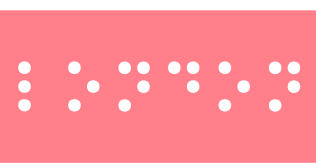
The project is funded by National Lottery Heritage Fund and Buckinghamshire Council.

About this Resource

This resource is designed to support teaching linked to the Paralympics and can be used in conjunction with the Together We Build Schools Day on 20th September at Waddesdon Manor.

Curriculum links:

- Citizenship- Equality, Inclusion and Diversity- respect for differences and awareness of disability.
- Art and Design- Producing creative work and exploring ideas.
- PSHE- Inclusion and building resilience.



What are the Paralympics

The Paralympics are an international sporting competition for elite disabled athletes. The disabilities are wide ranging and include learning needs.

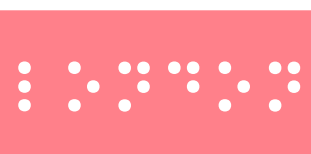
The first Paralympics was held in Rome, Italy in 1960. There were 400 athletes from 23 different countries. For many years they took place in different countries and cities to the Olympics but since 1988 they have been held immediately after the Olympics in the same venues every 4 years.

Although the first Paralympics was in 1960, there have been sporting competitions for those with for example visual impairment for over 100 years. The games began mainly as a way to help soldiers who had been injured in the Second World War. Sir Ludwig Guttman was a German-Jewish neurologist who managed to escape his home country and come to work in England, where he realised that sport was an important method of therapy, helping injured soldiers to build up physical and mental strength alongside their self-respect. In 1948, the first Stoke Mandeville Games, a precursor to the Paralympics, was held, involving 16 injured service personal, 14 men and 2 women. They opened on the same day as the Olympics in London, and were used as a fundraising event to convert a bus to enable wheelchair users to be easily transported for competitions, at a time when wheelchairs were heavy and didn't fold.

Those games developed into an international event by 1952. All participating athletes had to be wheelchair users until 1976, when the first ever Winter Paralympic Games were held in Sweden just for amputee and visually impaired athletes. From here the range of disabilities widened to both the Summer and Winter Games.

To find out more about the Paralympics, the National Paralympic Heritage Trust based at Stoke Mandeville Stadium have a wide variety of resources and a museum you can visit.

Visit their website at www.paralympicheritage.org.uk



The Paralympics Values

Athletes that participate in Paralympic Games are the best of the best, representing their countries on the world stage. The Games have their own set of values that are demonstrated by their athlete.

There are four Paralympic values, defined by the International Paralympic Committee. These values are:

- Determination
- Inspiration
- Courage
- Equality

Things to do:

- Talk about the definitions of the values. What do they mean?
- Share a time that you or someone you know showed determination.
- In which ways can someone be inspirational? Can you give an example?
- Make a pledge to try something new that you might have been scared of. Maybe it's a new activity, or a new food, or talking in front of your class. How did you feel before? How did you feel afterwards?
- Talk about the difference between equality and equity. How can you promote equality in your class or school?

Match the Olympic and Paralympic Values from the box to the situations below. Cross off each one as you go.

Friendship/ respect/ excellence/ determination/ courage/ inspiration/ equality

1. You always try your best. This shows the value of...
2. You don't give up when things get hard. This shows the value of...
3. You treat all people the same way. This shows the value of...
4. You get to know other people and accept them for who they are. This shows the value of...
5. You appreciate another person's success and use it to make you try harder. This shows the value of...
6. You listen to other people's point of view and accept their differences. This shows the value of...
7. You give things a try even if they feel hard or scary. This shows the value of....

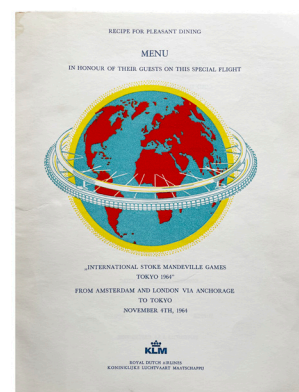
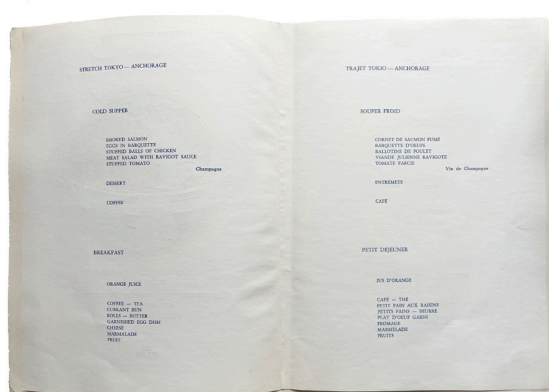


Together We Build Objects

Together We Build will feature a multi-site exhibition of Paralympic objects that have been chosen and interpreted by disabled individuals, alongside a programme of accessible activities.

Below is a list of selected items with supporting information from the collections of the National Paralympic Heritage Trust.

1. Object name: The flight menu for the Tokyo 1964 International Stoke Mandeville Games, participation medal as well. Flight out and flight back.



Object story: After Rome successfully held the International Stoke Mandeville Games after the Olympics in 1960, Tokyo in Japan would do so in 1964 between 8–12 November. The athletes flew to Tokyo and because the airspace of the then Soviet Union was closed off to flights from elsewhere, the athletes would fly over the North Pole and would stop at Anchorage, Alaska before reaching Tokyo. These menus are from those flights. What does the menu include?

- Smoked Salmon
- Champagne
- Tournedos A La Chartres
- Princess Beans
- Parisienne Potatoes
- Duckling en compote
- Viennese Scallop
- Stuffed balls of chicken
- Steamed rice.
- Dessert
- Tea and Coffee
- Sandwiches
- Sweets

Things to do:

- Explore the items on the menu. What are they?
- This was a menu for Parathletes heading to the Games. Do you think it is a healthy menu? If not, why not?
- What might an elite athlete need nutritionally? Plan a menu for a Parathlete. What does a balanced meal look like? What food groups do you need to consider? What other considerations might there be, for instance, what impact might food have on any medication?
- Athletes and their nutritionists focus on what they eat, how much they eat, and when. Investigate what supplements elite athletes may take. What are their effects? What might be a downside of taking supplements?

2. Object name: Artwork by Yorkshire textile artist Vicki Orton 2019 commissioned as part of a regional exhibition held at the Cliffe Castle Museum, Keithley.



Object story: Vicki Orton's artwork shows a basketball player with a blade for a leg, a prosthetic leg and prosthetic arm. Superhuman was a word used by Channel Four when it was advertising coverage for the London 2012 Paralympic Games and it has used the word for successive games since in Rio 2016 and Tokyo 2020. It's about finding strength in challenging present circumstances and that individuals can achieve superhuman feats with support and guidance.

Things to do:

- What does 'superhuman' mean? What does it mean to you?
- Find out the names of some of our great British Paralympians, such as Dame Tanni Grey-Thompson, Lee Pearson, Charlotte Henshaw. What sports do they compete in?
- In what ways have they adapted their equipment to compete?
- What skills and characteristics do you think are required to compete?
- Go around your school or classroom. Is there anything that you would need to change if a member of your school had an impairment?

3. Object name: Gold, silver and bronze medals from the 1984 Stoke Mandeville International Games. Just the bronze featured here.



Object story: Stoke Mandeville had only 6 months, rather than 6 years to prepare to host an International Paralympics Games after the original venue in Champaign, Illinois had withdrawn from hosting it. After New York City hosted a games where non-wheelchair disabled athletes competed, Stoke Mandeville hosted the games across Aylesbury but with Stoke Mandeville Stadium as the base in July 1984. HRH The Prince of Wales spoke at the opening ceremony. The Games may have died at this point if they hadn't been rescued by the UK and all those local people who stepped forward to help.

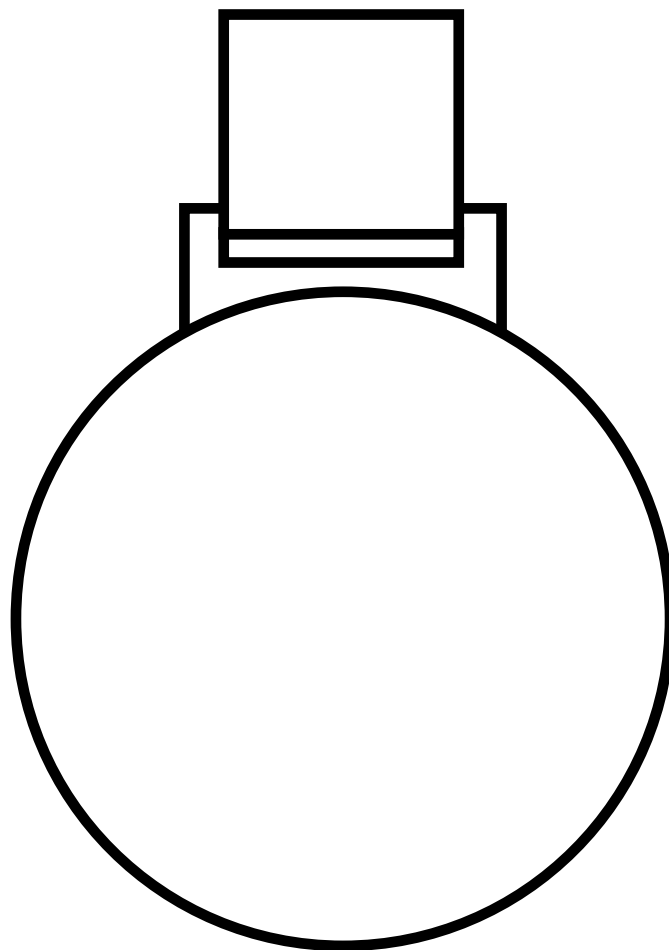
4. Object name: 1984 Stoke Mandeville Games or VII World Wheelchair Games poster



Object story: Posters had to be commissioned with months to go for the 1984 Stoke Mandeville Games. Usually there are years to prepare posters and promotional material. In addition, because non-wheelchair disabled athletes had chosen to compete in New York City, Stoke Mandeville was also called the seventh or VII World Wheelchair Games. As well as depicting the wheelchair, the illustrations also show the athlete propelling the wheelchairs to race them. They are also coloured green, blue and red, the most common colours used in national flags and the colours used in the Paralympic agitos today. This is a copy, not an original. This was also the first year of the Wheelchair Marathon across Buckinghamshire.

Things to do:

- Design a medal for the Paris Paralympic Games in 2024. What do you need to include? What are you celebrating? Remember the Paralympic values. Should they be included?



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- Design a poster celebrating the Paris Paralympic Games in 2024. How should it differ from the poster for the 1984 Games?

List of Cultural Venues Taking Part

Buckinghamshire Culture

[https:// buckinghamshireculture.org](https://buckinghamshireculture.org)

See more about this project and the venues and events that are happening between September and November here: www.buckinghamshireculture.org/Together-We-Build

Key contact: Lallie Davis

Buckinghamshire Archives

www.buckinghamshire.gov.uk/culture-and-tourism/archives/

Key Contact: Daniel Williams

National Paralympic Heritage Trust

www.paralympicheritage.org.uk

Key contact: Vicky Hope-Walker

Discover Bucks Museum

www.discoverbucksmuseum.org

Key contact: Serena Avery

Waddesdon

www.waddesdon.org.uk

Key contact: Sarah Dewberry

Host Venues

The Elgiva Theatre, Chesham <https://elgiva.com/>

Discover Bucks Museum, Aylesbury <https://www.discoverbucksmuseum.org/>

Bekonscot Model Village, Beaconsfield <https://www.bekonscot.co.uk/>

Amersham Museum <https://amershammuseum.org/>

Milton's Cottage, Chalfont St Giles <https://www.miltonscottage.org/>

Waterside Theatre, Aylesbury <https://www.atgtickets.com/venues/aylesbury-waterside-theatre/>

Chiltern Open Air Museum, Chalfont St Giles <https://www.coam.org.uk/>

Marlow Library, Marlow <https://www.buckinghamshire.gov.uk/libraries/information-about-local-library/marlow-library/>

Queens Park Arts Centre, Aylesbury <https://queensparkarts.com/>

Waddesdon <https://waddesdon.org.uk/>

National Paralympic Heritage Centre <https://www.paralympicheritage.org.uk>

Buckinghamshire Archives <https://www.buckinghamshire.gov.uk/culture-and-tourism/archives/>

