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This I Believe

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This I believe by Cedrick Goodwill

I believe that everyone on this earth is created equal. I believe that no matter the task, that everyone should get the chance to accomplish great things no matter the hurdles they face. People with disabilities should not be looked upon as lesser human beings. We are all the same, and I believe students with disabilities should be included in general PE classes in their schools

From age 6 until just about last year I grew up next to a boy who was mentally disabled. He was very loud, very intrusive and I admit at a young age, very scary to me. I didn't know how to go about being neighbors with a kid who was mentally disabled. He would try and hang with me often and I would tell my mother to tell him at the door that I was busy and couldn't come out.

One day while playing basketball at the courts, Pat, My mentally challenged neighbor came with his father and asked to play ball with me. I was hesitant at first, but I didn't want to be rude. I couldn't believe my eyes. Patrick was just a normal kid like me. He had personality while playing basketball, commitment to all his movements just like me. He'd go from happy to very frustrated like any other player on the court, and he wasn't bad either. From then on Pat and I became friends. He even taught me a thing or two about baseball, which is his favorite sport.

From that moment, I had a different outlook on children with disabilities. I almost felt bad for kids who were still afraid of them in secondary school. They're humans like everyone else, and have their emotions, and will surprise a lot of people on what they are truly capable of doing. They deserve the same opportunities children without disabilities have. I know those children wouldn't like if someone told them they're not allowed to do something, so I'm positive children with disabilities would feel the same. They deserve to be equal, and they deserve the chance to be great.

Studying Physical Education at Brockport, and specially my Adapted PE class, I now believe I know what I can do to solve this issue, and have an inclusive physical education class. I will use the proper adapting techniques to ensure my future class will benefit everyone equally. Everyone will get a chance to show me what they got, and a lot of people will be surprised what people with disabilities are capable of, and I vow to show them.

I believe that we are all created equal, and this is why I believe students with disabilities should be included in general PE classes in their schools.

...This I believe