

OUR PARA SPORT

NAME: **CLASS:**



INTERNATIONAL PARALYMPIC COMMITTEE

OUR PARA SPORT

Here's your chance to create a fantastic new Para sport. Maybe you'll see it being played one day at the Paralympic Games. Your instructions need to be simple and easy to understand.

Tick (☐) the game or activity you are going to create. Think carefully about the Para athletes who might play your game. Just like you, they want to play games, with and alongside others, that are fun, challenging and fair so that everyone can be successful.

- ☐ A team game, like goalball, for athletes with a vision impairment. Eyeshades will need to be worn by all players.
- ☐ A team game, like sitting volleyball, for athletes with lower limb impairments who use wheelchairs or find it difficult to walk and run. Players will need to sit on the floor to play the game.
- ☐ A seated target game, like boccia, for athletes with impairments of all four limbs.
- ☐ An activity that requires sighted guides to guide players wearing eyeshades.

CASE STUDY

FROM SMALL BEGINNINGS: THE HISTORY OF WHEELCHAIR RUGBY

Wheelchair rugby was invented in Winnipeg, Canada in 1977 by a small group of Para athletes. They wanted to create a game for athletes with impairments of both arms and legs. They took ideas from basketball, rugby and ice hockey and came up with a new game they called **murderball**.



It is now known as wheelchair rugby. Using specifically designed manual wheelchairs, Para athletes compete in teams of four to try and score goals. Contact between wheelchairs is permitted and encouraged. The game has become very popular. Today it is played in more than forty countries and has been played at Paralympic Games since 2000. So, you see, every game is invented by someone.

What else can you find out about the game of wheelchair rugby? How is it played and what are the rules?

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NAME OF THE GAME OR ACTIVITY (what great name will you give your game or activity?)

EQUIPMENT (what equipment is needed to play your game or activity?)

HOW TO PLAY (how is the game or activity organised and played?)

Take a photo or draw a picture of your game or activity being played.

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RULES OF THE GAME OR ACTIVITY (what are the rules of the game or activity?)

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YOUR NAMES:

YOUR SCHOOL: