

GUESS THE PARA SPORT

FIND OUT ABOUT THE DIFFERENT PARA SPORTS



- We play on a **court**.
- We all use **wheelchairs**.
- Two teams of five players move around the court **passing, dribbling** and **shooting** into baskets.



WHEELCHAIR BASKETBALL

- We all have **vision impairments**.
- We wear **eye shields**.
- We use a **ball with bells**.
- Teams of three players try to **score goals** by **rolling** the ball into the opponents' goal.



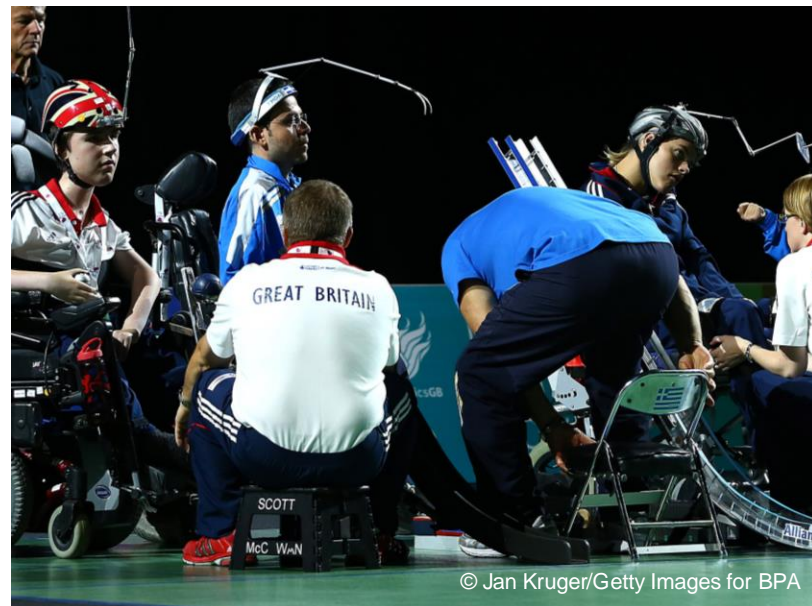
GOALBALL

- We play on a **court**.
- We need **six** players to make a team.
- We **sit** on the floor.
- We try to **hit** a ball over a **low net** so that it lands in the opponent's court.



SITTING VOLLEYBALL

- The game requires **pin-point accuracy**.
- It is played by **individuals**, **pairs** and **teams**.
- We **throw** or **roll** coloured balls, trying to get them as close as possible to a white target ball, known as the '**jack**'.



BOCCIA

- There are lots of **different events** for us to compete in.
- Some of us **sprint** or **run** different distances.
- Others **jump** for height or distance.
- And some **throw** different objects as far as they can.



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PARA ATHLETICS

- Spectators might get very **cold** when they watch us.
- We need lots of **snow**.
- We **race** down slopes as fast as we can either seated or standing.



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PARA ALPINE SKIING

- We compete **individually**.
- We **sit** or **stand** a long way from a **target**.
- We can use our **hands** or our **feet** to hold our equipment.
- We need to be very **accurate**.



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PARA ARCHERY

- We compete **individually**.
- We need **strong arms** and **upper body strength**.
- We **lie** on a special **bench**.
- **Weights** are attached to a bar that we lower to our chests.



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PARA POWERLIFTING

- We play **indoors** but it's very **cold**.
- We have **two sticks** and play with a **puck**.
- We wear **helmets** to protect our heads and faces.
- We play in **teams** of six, trying to score more **goals** than our opponents.



PARA ICE HOCKEY

- We are athletes with **vision impairments**.
- We **throw** and **hold** our opponent.
- We aim to score the '**ultimate ippon**'.



PARA JUDO

- We use a small **ball** and a small **paddle**.
- We try to score points by **hitting** the ball over a **net**.
- The playing area is the size of a **table**.



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PARA TABLE TENNIS

- We need a **flat, frozen surface** to play this Para sport.
- We use **wheelchairs**.
- Teams include **male** and **female** competitors.
- We use **stones** with **handles**.
- We try to get the stones to come to a stop on the '**house**'.



WHEELCHAIR CURLING