

PARA SPORTS. WHAT THEY ARE AND HOW THEY ARE PLAYED

LEARN. ENGAGE. INCLUDE.

Learning Objective: To become aware of different Para sports and adaptations.



INTERNATIONAL PARALYMPIC COMMITTEE

ACTIVITY 1A

Getting to know the Para sports.

MATERIALS:



Factsheet: '**Para athletes and the sports they play**'.



INSTRUCTIONS:

- Begin by reading (or ask class members to read) the stories of the two Para athletes found on the factsheet: '**Para athletes and the sports they play**'. Ask learners if they have seen these sports being played and what they think about what they have heard. Are they surprised by the athlete's stories?
- Ask learners (in groups or as a class) to identify all the sports, including winter sports, they think are played by people with a disability, and record all answers on the board. Ask learners how they know the sport is played by people with a disability and what they know about it. Have they seen the sport on TV? Does a family member or friend participate or compete in the sport?



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ACTIVITY 1B

Guess the Para sport.

MATERIALS:



Projector, presentation screen,
PowerPoint presentation.



INSTRUCTIONS:

- Present the PowerPoint presentation, **'Guess the Para sport'**.
- Each slide shows a description and picture of a Para sport. Read the descriptions with the learners, and then learners should guess which Para sport they think it is. They can do this individually, in pairs or small groups. If necessary, give the learners the factsheet: **'Para sports at the Paralympic Games'**. Record the answer on a board.
- Now show the Para sport picture. Were the learners correct? Check answers before moving on, and if necessary explain something about the Para sport using the additional information found on each slide.
- Teachers should decide which Para sports they wish to include. There is no necessity to use all the slides. Unwanted slides can be removed before the start of the lesson. Additional slides can also be included.



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ACTIVITY 1C

Getting to know the Para sports.

INSTRUCTIONS:

- Return to your learners' original suggestions about sports played by people with a disability. Did they include any of the Para sports shown in the PowerPoint presentation? If so, highlight them or add them to the display.
- Conclude the session by helping learners to understand that there are lots of sports played by people with a disability, only some of which are contested at the Paralympic Winter and Summer Games. Those highlighted are examples of some of the Para sports contested at the Paralympic Games.



ACTIVITY 1D

Guess the Para sport.

MATERIALS:



Theme 2 Unit 1: 'Guess the Para sport' PowerPoint presentation, Memory cards and scissors.



INSTRUCTIONS:

- Play the Para sport memory game. There are 10 pictures provided for this activity. Each card shows a Para sport being played and the name of the Para sport. Cut the pictures and names out.
- Give one set of pictures and names to each group of five to six learners.
- Ask the learners to place the cards (pictures and names) face up on the table/floor. Learners try to match the correct name to the corresponding Para sport.



DISCUSSION QUESTIONS

- Do you have any friends with a disability? Do you include them in sports and games that you play? Why or why not?



ACTIVITY 2A

Getting to know the Para sports.

MATERIALS:



Paper, pencils, blackboard, and factsheet: **'Para sports at the Paralympic Games'**.



INSTRUCTIONS:

- The teacher should ask learners, in groups or as a class, to identify all the sports they think are played by people with a disability. Of these sports, ask learners to identify those they think are played at the Paralympic Games. Record all answers on the board. Use underlining or any other means to identify the Para sports learners think are played at the Paralympic Games.
- Once the class has finished, use the factsheet to present the summer Paralympic sports being contested at Tokyo 2020 and the winter Paralympic sports being contested at Beijing 2022.
- Talk to the learners about the sports that are familiar to them and discuss how these sports, that they play or watch, are adapted to enable people with a disability to play. Choose no more than four sports from those identified on the factsheet to describe and discuss in detail.



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ACTIVITY 2B

Guess the Para sport.

MATERIALS:



PowerPoint presentation '**Guess the Para sport**'.



INSTRUCTIONS:

- Each slide of the PowerPoint presentation has a description and picture of a Para sport. Learners should read the description and guess which Para sport they think it is. They can do this individually, in pairs or small groups. If necessary, give learners the factsheet: '**Para sports at the Paralympic Games**'. Record the answer on a board.

- Now show the Para sport picture. Were the learners correct? Check answers before moving to the next slide.
- Teachers should decide which Para sports they wish to include. There is no necessity to use all the slides. Unwanted slides can be removed before the start of the lesson. Additional slides can also be included.

DISCUSSION QUESTIONS

- Are you surprised by any Para sports?
- Do you have any friends with a disability? Do you include them in sports and games that you play? Why or why not?



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EXTENSION ACTIVITY

MATERIALS:



Theme 2 Unit 1: 'Guess the Para sport' PowerPoint presentation, Memory cards and scissors.

- Play the Para sport memory game. There are 10 pictures provided for this activity. Each card shows a Para sport being played and the name of the Para sport. Cut the pictures and names out.
- Give one set of pictures and names to each group of five to six learners.
- Ask the learners to place the pictures and sports names face down on the table/floor. Learners take it in turns to choose two cards turning them face up. If they are the correct matching name for a Para sport, the cards are left face up. If they do not match, the cards are turned face down again. Learners take it in turns to attempt to match two cards together. The game concludes when the learners have matched all of the picture cards with the corresponding names of the Para sport.
- In small groups, mime a Para sport to the rest of the class. Can you guess the Para sport?

HOMEWORK TASK

- Which Para sport really excites you? What can you find out about the sport and the Para athletes that play it?
- How many of the Para sports can you remember and tell your family about?

FOR MORE INFORMATION:



Further resources including video clips, pictures and explanations can be found on the IPC website:

<https://www.paralympic.org/>