

PARA ATHLETES AND THE SPORTS THEY PLAY

BENYING LIU

My name is Benying Liu. I live in China. When I was eight years old I was involved in an accident. Because of the accident, I am now limited in the use of my arms and legs.

I am a swimmer. I compete in freestyle and backstroke races. I train very hard to be the best I can be.

When I was 20 years old I represented China at the 2016 Paralympic Games in Rio de Janeiro.

I was the fastest swimmer in the 200 metre freestyle race. I swam the race in a world record time. I won a gold medal.

FOR MORE INFORMATION:



You can watch the race here:
<https://www.youtube.com/watch?v=brQenFJkBoI>



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JAPANESE WHEELCHAIR RUGBY TEAM

We represent Japan playing the Para sport of wheelchair rugby. We are all limited in the use of our arms and legs. We use wheelchairs to play the game. The game is action packed. Sometimes it is scary, particularly when wheelchairs crash into us. We can't fall out of our chairs because we are strapped in. But we can still tumble to the ground while we are in them.

We play on an indoor court. A team consists of four players. To win a game we have to score more goals than the other team.

In Rio 2016 we won the bronze medal. This means we were the third best team in the competition.

FOR MORE INFORMATION:



You can watch us playing here: <https://www.youtube.com/watch?v=NzIBNkH1eNg>



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