



**THEME 1 – UNIT 1**  
The Paralympic Games.  
What are they?

# THE PARALYMPIC GAMES

## THEN AND NOW



© Mike Ehrmann/Getty Images

**LESSON PRESENTATION**  
**AGE GROUP: 6-8 YEARS**

Hello everybody.  
My name is Vanessa.  
I'm a Paralympian.

I'm going to tell you some fantastic  
facts about the **Paralympic  
Games**.





ON YOUR MARKS... GET SET...

HERE WE GO...

The roots of the Paralympic Games took hold long before you were born.

Athletes in **wheelchairs** first competed against each other in a sport called **archery**.

They had such a great time and enjoyed it so much that more regular competitions were held.

As more sports and athletes were added, the **Paralympic Games** were **officially born** in **1960**.





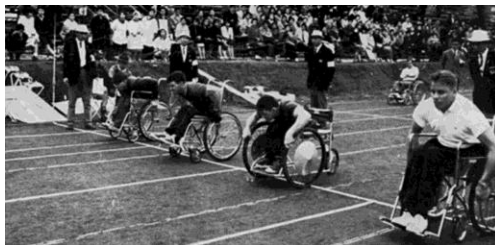
Over the years athletes with different disabilities competed in more and more sports, such as...



**WHEELCHAIR BASKETBALL**



**WHEELCHAIR FENCING**



**WHEELCHAIR RACING**



**JAVELIN**

Now, Para athletes compete in lots of different sports that take place every four years in different countries around the world

## Summer Sports of the Paralympic Games:



PARA ARCHERY



PARA ATHLETICS



PARA CANOE



PARA VOLLEYBALL



PARA EQUESTRIAN



PARA ROWING



PARA SHOOTING



PARA TAEKWONDO



PARA JUDO



PARA POWERLIFTING



WHEELCHAIR  
FENCING



PARA TRIATHLON



FOOTBALL 5-A-SIDE



BOCCIA



WHEELCHAIR  
RUGBY



WHEELCHAIR  
TENNIS



PARA SWIMMING



PARA TABLE  
TENNIS



PARA CYCLING



PARA BADMINTON



GOALBALL



WHEELCHAIR  
BASKETBALL

### Winter Sports of the Paralympic Games:



**PARA ALPINE SKIING**



**PARA CROSS-COUNTRY SKIING**



**PARA SNOWBOARD**



**PARA BIATHLON**



**PARA ICE HOCKEY**



**WHEELCHAIR CURLING**

Here's **Chuck** competing for the USA in **wheelchair rugby**.

I think he and his teammates have to have lots of **courage** to play this game, don't you?



© Bob Martin for OIS/IOC



This is **Omara**. She is a runner with a vision impairment, from Cuba. She competes in the **100m sprint**.

A sighted guide helps Omara stay in her lane and run straight. She can run **100 metres** in **11.40 seconds**.

Wow, that's fast. What an **inspiration** she is!  
I wonder how far you can run in 11.40 seconds?



Here's **Hiraku**. He's a skier. He takes part in the sport of **Para alpine skiing**.

He skis as fast as he can down big, steep mountains. He needs lots of **determination** to do this.

**What do you think it means to be 'determined'?**



© Tom Pennington/Getty Images

Here are the Canadian and USA  
**Para ice hockey** teams.

**What do you think it takes to play  
this game?**



© Bob Martin for OIS/IOC

Today the Paralympic Games are **huge**.  
They are **exciting**, **fun** and great to watch.





**“I went to the 2016 Paralympic games. They took place in Rio de Janeiro in Brazil.**

I represented Germany.  
I competed in the long jump.  
I won a gold medal.”





The Paralympic Games begin with a spectacular **opening ceremony**.



The **Paralympic flag** is raised and all the Para athletes parade in front of huge crowds.

**What can you see on the flag?**



The three coloured symbols look a bit like crescents or half-moons. They are called ‘**Agitos**’ which means ‘**I move**’.



The Agitos is coloured red, green and blue.  
**Can you think why these colours have been used?**

Every Paralympic Games has its very own **mascot**. These are fun characters that get caught up in the **adventure** and **excitement** of the Games.

In 2022 the Paralympic Winter Games takes place in Beijing. Here is the mascot for these Games.

**What can you find out about this mascot and the mascots of previous Games?**



© Beijing 2022

**Shuey Rhon Rhon**



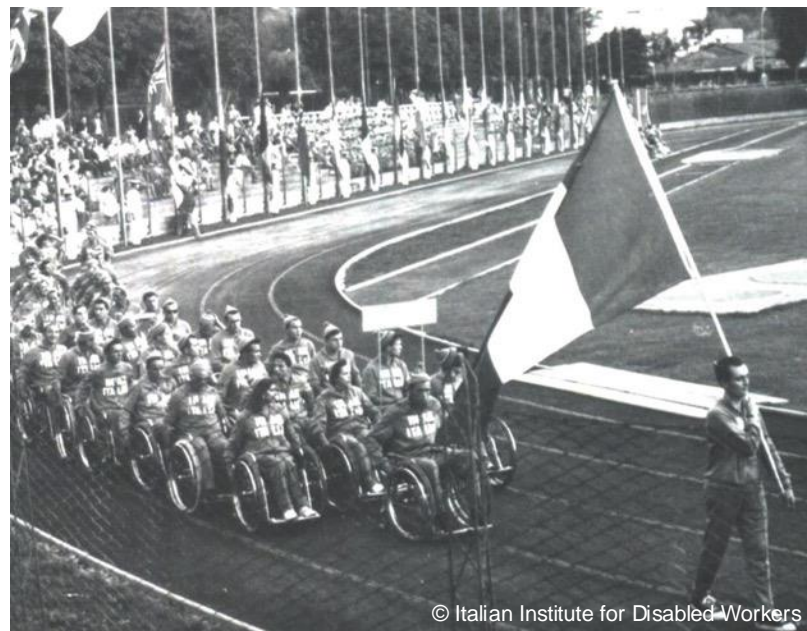
A lot has **changed** since that very first archery competition that took place so long ago.

The Paralympic Games have become one of the **largest** sporting events in the world.



Do your parents or grandparents, or other family members or friends remember the first Paralympic Games? They took place in Rome, in 1960.

**Go on... when you get home, ask them.**



© Italian Institute for Disabled Workers

And don't forget... look out for the Para athletes competing in the upcoming Paralympic Games!

**They'll all be trying to be the best they can be.**

