

## Activity Card 16

**Value:** Sport as a human right

**Activity:** Gaining knowledge about Paralympic Sports and athletes



### GENERAL GOAL

To become aware of different summer sports, persons with a disability can participate or compete in.

### SPECIFIC GOALS

- Students expand their knowledge about Paralympic Sport, adapted material, different disabilities and the Paralympic Games.
- Students become aware of individual differences.
- Students understand that persons with a disability have the possibility to take part in sport.

### ENVIRONMENT

Large classroom that can be darkened.

### SUGGESTED EQUIPMENT

- Projector and big screen (details have to be visible), beamer, DVD player and speakers.
- Video (provided on the PSD DVD).

### PEOPLE INVOLVED IN THE ACTIVITY

Session leader and assistants.

### STARTING THE ACTIVITY

The students are divided into groups of equal numbers. The groups are seated so that every student has a good view of the screen. The session leader explains that questions will be asked after each video fragment.

### RUNNING THE ACTIVITY

The quiz exists of five clips (Swimming, Judo, Wheelchair Tennis, Cycling and Football 7-a-Side), each accompanied by five multiple choice questions. The session leader shows the clip, asks the questions and the students decide in groups which answer is correct. One point is given for each correct answer.

### GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Adapt the sample questions to the level of the students, choose only the easiest questions.
- Show the clips two or three times and give hints or clues on what to look for.



## GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Use the Paralympic Quiz (Activity 15: Paralympic Games) in addition to the Video Quiz.

### REFLECTION

After each round, the session leader shows the clip again and gives extra information about the questions and answers.

## Quiz Questions

### swimming

#### 1. How does the classification system in Swimming work?

- a. Classification is based on functional ability not the disability type.
- b. Classification in Swimming is similar to Athletics classification, based on the disability.
- c. Classification is based on top speed of each individual athlete.

#### 2. Are prosthetic devices allowed in an IPC Swimming competition?

- a. Yes, there was a woman in the video wearing arm prosthesis.
- b. Yes, there was a man in the video with a leg prosthesis.
- c. No, no prosthetic or assistive devices are permitted during the race.

#### 3. How is the start performed?

- a. From a standing position on the starting block.
- b. From the starting block, no matter if it is a standing or sitting position, depending on the athletes abilities.
- c. From the starting block OR already in the water, depending on the athletes abilities.

#### 4. Is help allowed?

- a. No, help is not allowed.
- b. Yes, athletes can use floating devices while Swimming.
- c. Yes, there was an athlete who received some physical support from his coach during the start in the video.

#### 5. Which Swimming styles did you recognize?

- a. All 4: breaststroke, butterfly, backstroke and freestyle.
- b. Only breaststroke, backstroke and freestyle, butterfly is not done in Paralympic Swimming.
- c. Only breaststroke and freestyle are performed in Paralympic Swimming.

### judo

#### 1. What kind of disability do athletes in the Paralympic Judo competition have?

- a. Various types of physical disabilities.
- b. The sport is only open to athletes with blindness/visual impairment.
- c. The sport is only open to athletes with amputations.

#### 2. How does the referee interact with the athletes?

- a. He touches them so that they feel when they have to start and stop.
- b. He comes close to the athletes and wears a microphone for the athletes to hear what he says.
- c. He yells at them.



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### 3. How large is the competition area?

- a. It is smaller than in able-bodied Judo competition.
- b. It is larger than in able-bodied Judo competition.
- c. It has the same size than in able-bodied Judo competition.

### 4. What colours were the uniforms that the athletes in the video were wearing?

- a. Blue and green.
- b. Blue and white.
- c. White and green.

### 5. Are the athletes allowed to fight outside the red boarder?

- a. Yes.
- b. No.
- c. Only when the movement is initiated inside the red boarder.

## wheelchair tennis

### 1. What is the only difference between Wheelchair Tennis and able-bodied Tennis?

- a. The players are allowed to let the ball bounce two times.
- b. The net is lower.
- c. The court is smaller.

### 2. Why is there a fifth wheel at the back of a tennis wheelchair?

- a. To be able to move faster.
- b. To turn quicker and easier.
- c. To prevent tipping over backwards when reaching for a ball.

### 3. What is another difference between the tennis wheelchair and a regular wheelchair?

- a. The wheels are inclined to be able to perform fast turns.
- b. A Tennis wheelchair has bigger wheels to be able to sprint faster.
- c. A Tennis wheelchair has smaller wheels to be able to keep balance.

### 4. How do Wheelchair Tennis players serve the ball?

- a. Facing the court in front.
- b. Sideways opposite to the court.
- c. It depends on the players ability.

### 5. Where do the players keep their racket and balls during play?

- a. They carry the balls between the spokes and the racket on their lap.
- b. They do not carry balls and push the wheelchair while holding the racket in one hand.
- c. They carry the ball in the spokes and push the wheelchair, holding the racket in one hand.

## cycling

### 1. Which of the four vehicles did you recognize in the video?

- a. We have seen bicycle and tricycle, no handcycle nor tandem.
- b. We have seen bicycle and tandem, no handcycle nor tricycle.
- c. We have seen tandem and handcycle, no tricycle nor bicycle.



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**2. Which events did you see in the video?**

- a. Only track events.
- b. Only road events.
- c. Track events and road events.

**3. Which person on the tandem is blind?**

- a. The front rider.
- b. The back rider.
- c. Both are blind.

**4. How can a person with a leg amputation take part in Paralympic Cycling?**

- a. Riding the bike with one leg.
- b. Using a leg prosthesis, which can be attached to the pedal.
- c. Both methods are possible.

**5. Did you notice any special adaptation to any bicycle**

- a. No, only regular bicycles are used.
- b. Yes, a system that exists of two different cycle sizes.
- c. Yes, a system where hands are used to propel instead of legs.

## football 7-a-side

**1. How many players compete in each team?**

- a. 5
- b. 7
- c. 11

**2. Which athletes compete in Football 7-a-Side?**

- a. Athletes with Cerebral Palsy.
- b. Athletes with blindness/visual impairment.
- c. Athletes with various disability types.

**3. How large is the playing field?**

- a. The field is smaller than in able-bodied Football.
- b. The field has the same size than in able-bodied Football.
- c. The field is larger than in able-bodied Football.

**4. Is there a goalkeeper?**

- a. Yes.
- b. No.
- c. Yes, but he is not allowed to use his hands.

**5. How large is the goal?**

- a. The goal is smaller than in able-bodied Football.
- b. The goal has the same size than in able-bodied Football.
- c. The goal is larger than in able-bodied Football.



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### answers:

Swimming: 1)a, 2)c, 3)c, 4)c, 5)a.  
Judo: 1)b, 2)b, 3)c, 4)b, 5)c.  
Wheelchair tennis: 1)a, 2)c, 3) a, 4)b, 5)c.  
Cycling: 1)b, 2)a, 3)b, 4)c, 5)b.  
Football: 1)b, 2)a, 3)a, 4)a, 5)a.

### LINKS

Website: [www.paralympic.org/release/Paralympic Games](http://www.paralympic.org/release/Paralympic_Games)  
PSD Manual: Section Two, Chapters 7 and 8

