

# WHAT MAKES A PARALYMPIAN?

**LEARN. ENGAGE. INCLUDE.**

Learning Objective: To learn about the experiences of a Para athlete.



**INTERNATIONAL PARALYMPIC COMMITTEE**

# ACTIVITY 1

## INTRODUCTION

At the heart of the Paralympic Movement are the Para athletes and Paralympians. Students consider what it takes to be a Paralympian and achieve great performances.

### MATERIALS:



PowerPoint presentation,  
**'I'mPOSSIBLE - What makes  
a Paralympian?'**



### INSTRUCTIONS:

In pairs or small groups students discuss what they think it takes to be a Paralympian. They should draw on their knowledge of well-known sporting personalities, including Para athletes and Paralympians, and their own experience of playing sport. They then record 6-8 suggestions and share them with others.

Use Part 1 of the PowerPoint presentation, **'I'mPOSSIBLE - What makes a Paralympian?'** to add to their list of the physical and mental preparation needed to achieve great performances.

Use Part 2 of the PowerPoint presentation, **'I'mPOSSIBLE - What makes a Paralympian?'** to further students' understanding of:

- the 'behind the scenes' staff who support the Para athletes and help them achieve their goals and ambitions
- the support of family and friends.



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# ACTIVITY 2


## INSTRUCTIONS:

All Paralympians, whether they compete in individual disciplines or team sports, belong to teams. In small groups, discuss what it means to be good team players, drawing on examples from students' sporting and daily lives.

Give each group a specific sport: Para swimming, Para alpine skiing, sitting volleyball, wheelchair rugby. Ask them to write a list of those that work behind the scenes to support the Para athletes in these disciplines. Which roles are similar to each sport and which are sport-specific?

You could consider combining **Theme 1 Unit 5** with this unit and inviting a Paralympian or Para athlete to your school to talk about what it takes to be a Paralympian and the crucial role played by support staff.

## FOR MORE INFORMATION:

 Further information can be found on the IPC website:  
[www.paralympic.org](http://www.paralympic.org)  
and individual governing body websites for each sport

## EQUIPMENT

Projector, presentation screen; PowerPoint presentation, '**I'mPOSSIBLE - What makes a Paralympian?**', materials for students to take notes.



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# EXTENSION ACTIVITY

Describe who you are in one or two sentences and suggest what you might include in a film about yourself. Students could go on to make the film.

## WATCH THE FILM:



WOWOW film, 'WHO AM I?':  
[youtu.be/xyne\\_rJDKtE](https://youtu.be/xyne_rJDKtE)

## OPTIONAL INDEPENDENT RESEARCH

Research your country's Paralympic hopefuls competing in upcoming summer and winter Paralympic Games. What are their training regimes and who is helping them to achieve their goals and ambitions?

## DISCUSSION QUESTIONS

**'The will to win is important, but the will to prepare is vital.'** Joe Paterno.

Discuss this in the context of the achievements of Paralympians.

## EVALUATION QUIZ

Complete the evaluation quiz independently, in pairs or small groups.



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