

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:



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



INSTRUCTIONS:

Individually, in pairs or small groups students use their knowledge of well-known sporting personalities, including Para athletes and Paralympians, and their own experience of playing sport to complete Part 1 of the Worksheet, '**What makes a Paralympian?**'.

Share answers and agree a list of factors that contribute to great performances under the headings 'physical preparation', 'mental preparation' and 'support'.


Refer to information in Parts 1 and 2 of the PowerPoint presentation, '**I'mPOSSIBLE - What makes a Paralympian?**' to fill in any gaps in students' knowledge of the physical and mental preparation needed to achieve great performances and the 'behind the scenes' staff that support them. Begin the PowerPoint presentation at slide 6.



ACTIVITY 2

INSTRUCTIONS:

WATCH THE FILM:

 **'I'mPOSSIBLE - 'Proud to be me'**
which is available via the IPC's
I'mPOSSIBLE YouTube playlist:
<http://bit.ly/ImPOSSIBLEvideos>

In pairs or small groups students discuss what they see and hear, relating this to their sporting and daily lives. Are they proud of who they are and what they have achieved?

Molly and Rio feature in the Proud to be me film. Students use their knowledge of what it takes to be a Paralympian to offer Molly and Rio advice about becoming a Paralympic hopeful. They complete Part 2 of the Worksheet, **'What makes a Paralympian?'**.

EQUIPMENT

Film, **'I'mPOSSIBLE - 'Proud to be me'**, Projector, presentation screen; PowerPoint presentation, **'I'mPOSSIBLE - What makes a Paralympian?'**; Worksheet, **'What makes a Paralympian?'**, Evaluation Quiz, **'What makes a Paralympian?'** materials for students to record information.



EXTENSION ACTIVITY

What assistive devices do Paralympians use and how do technicians support them?

You might want to begin by finding out about the work of Ottobock. The company is responsible for providing technical and repair services for the Paralympians' equipment at the Paralympic Games.

FOR MORE INFORMATION:



Find out about what Ottobock do to keep the Para athletes moving:
www.ottobock.com

OPTIONAL INDEPENDENT RESEARCH

Research the jobs available within your country's National Paralympic Committee. Reflect on the key qualities and values needed to fulfil a role of interest to you.

DISCUSSION QUESTIONS

- Do your school and local community provide opportunities for people with a disability to get involved in sport?
- What further opportunities do you think are needed and how can you help to make them possible?

EVALUATION QUIZ

Independently, in pairs or small groups complete the Evaluation Quiz, **'What makes a Paralympian?'** drawing on knowledge from the PowerPoint presentation.



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