

PARALYMPIC ATHLETES

Watch the video. Look at the list of topics and tick [✓] the ones that were mentioned in the video.

Free time	☐	Exercise routine	☐
Training	☐	Sleep	☐
Food	☐	Difficulties	☐
Hobbies	☐	Medals	☐
Weather	☐	Special equipment	☐

Watch the video again and circle T (True) or F (False) according to the video.

- ☒ ☐ 1. A Paralympic athlete is an athlete like a runner or swimmer with special skills.
- ☒ ☐ 2. All Paralympic athletes are strong.
- ☒ ☐ 3. Paralympic athletes never get up early.
- ☒ ☐ 4. Paralympic athletes always eat breakfast before they train.
- ☒ ☐ 5. Paralympic athletes sleep around six hours a day.
- ☒ ☐ 6. Paralympic athletes focus on three activities in a day: train, eat and sleep.
- ☒ ☐ 7. Paralympic athletes can be all ages, some have families, some go to school and others work.
- ☒ ☐ 8. Paralympic athletes work hard and are always training for the next event.

Answer the questions.

1. Do you watch the Paralympic Games? Why? / Why not?
2. Is there a Paralympic athlete that you admire?
3. Do you belong to any sports team? Why? / Why not?
4. How often do you do exercise? If you are on a school team, how often do you train?

