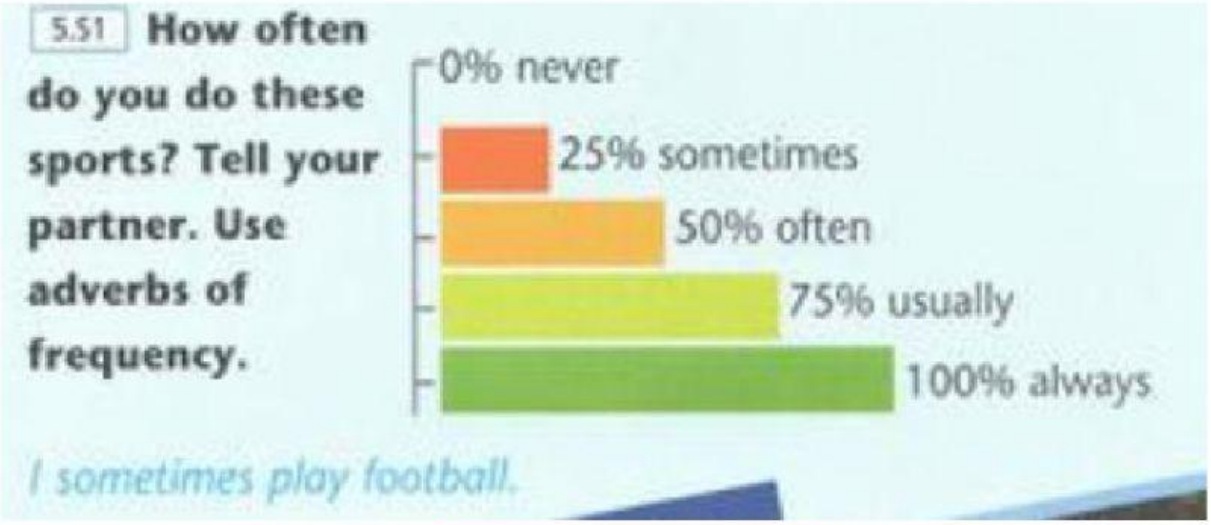
NAME

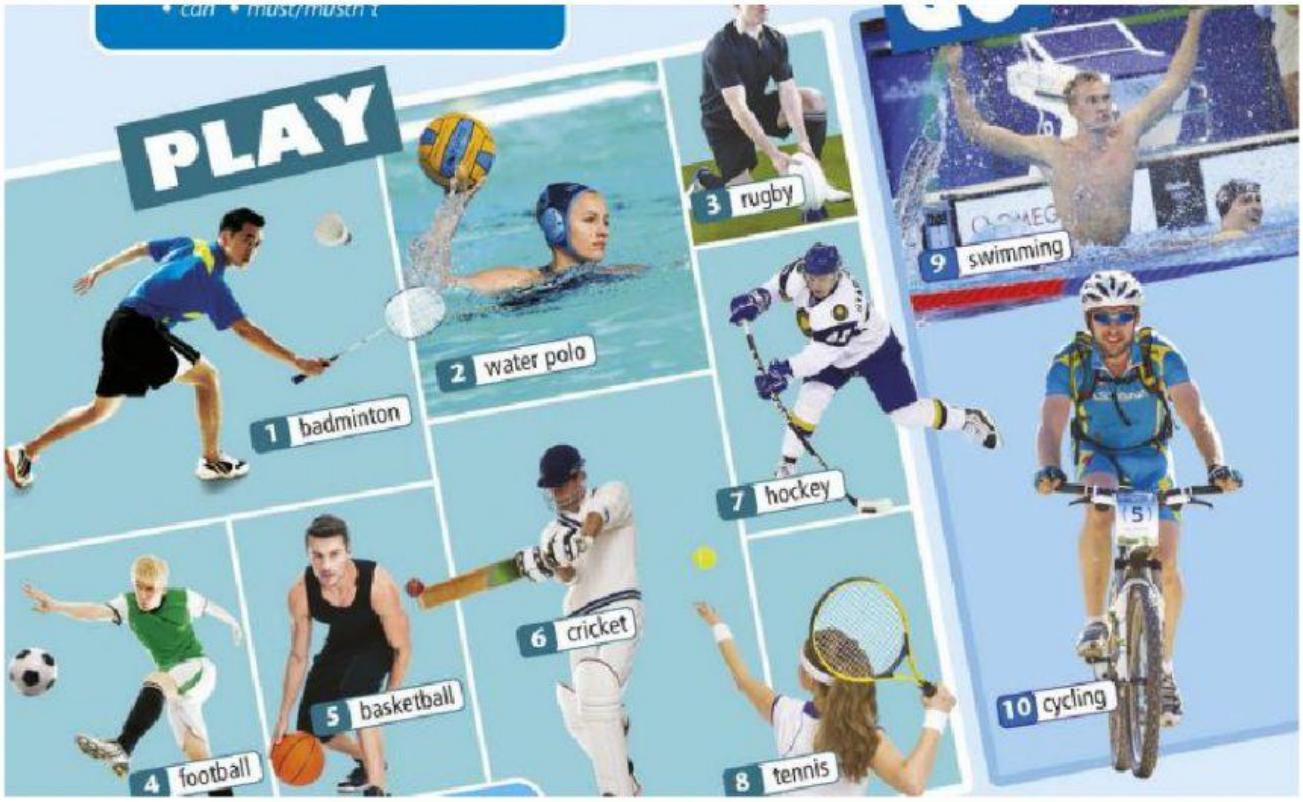
SPORT FOR ALL

1. WRITE THE TRUE SENTENCES ABOUT YOURSELF



2. NAME THE SPORTS

LIVEWORKSHEETS



3. READ THE TEXT AND MATCH THE QUESTIONS WITH THE ANSWERS

A PARALYMPIC CHAMPION

Tatyana McFadden was born with a disability – but that didn't stop her from becoming a world champion athlete. Here are some FAQs (Frequently Asked Questions) about Tatyana.

FAQs

1 Why does she race in a wheelchair?
2 Was life difficult for her when she was young?
3 When did she start wheelchair racing?
4 Did she do other sports?
5 Where was her first big international competition?
6 How successful is she now?
7 How does she prepare for her races?

Answers

a She began when she was eight years old and she loved it immediately.

b She's a Paralympic champion at every distance, from 100 m races to marathons. She's got over 30 medals in international competitions.

c She usually gets up before 7 am, eats some yoghurt and drinks lots of water. Then she trains for 2 hours and has a big breakfast. In the afternoon she trains again for 2.5 hours. She normally goes to bed at 10.30 pm.

d Yes, she did. She also tried wheelchair basketball, swimming, ice hockey, gymnastics and scuba diving.

e Unfortunately, she was born with an illness called spina bifida. This means that she can't move her legs at all.

f She competed in the 2004 Paralympic Games in Athens when she was only 15. She won two medals.

g Yes, it was. She didn't have a wheelchair when she was a very young child, so she learned to walk on her hands. Luckily, this helped her later when she started using a chair, because her hands and arms were very strong.

LIVEWORKSHEETS

4. READ THE TEXT AGAIN. ARE THE SENTENCES true (T) or false (F)?

1 Tatyana has got strong arms and legs.
2 She started using a wheelchair when she was very young.
3 Wheelchair racing wasn't her only sport.
4 She was a teenager in 2004.
5 She doesn't compete in long races.
6 She trains for two hours a day.

LIVEWORKSHEETS