PARALYMPIC ATHLETES 01

1 **Work with a partner. Look at the list of topics and tick [✔] the ones which you think will be discussed in a video about Paralympic athletes.**

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

2 **01 Watch the video and list the topics in Exercise 1 which were mentioned in the video.**

.....

.....

.....

.....

.....

.....

3 **01 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. T / F
2. All Paralympic athletes are strong. T / F
3. Paralympic athletes never get up early. T / F
4. Paralympic athletes always eat breakfast before they train. T / F
5. Paralympic athletes sleep around six hours a day. T / F
6. Paralympic athletes focus on three activities in a day: train, eat and sleep. T / F
7. Paralympic athletes can be all ages, some have families, some go to school and others work. T / F
8. Paralympic athletes work hard and are always training for the next event. T / F

4 **Ask and answer with a partner.**

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?









PHOTOCOPIABLE © Cambridge University Press and UCLES 2023

LIVEWORKSHEETS