

PARALYMPIC ATHLETES ◉ 01

1. Watch the video and list the topics which were mentioned in the video

Free time	<input type="checkbox"/>	Exercise routine	<input type="checkbox"/>
Training	<input type="checkbox"/>	Sleep	<input type="checkbox"/>
Food	<input type="checkbox"/>	Difficulties	<input type="checkbox"/>
Hobbies	<input type="checkbox"/>	Medals	<input type="checkbox"/>
Weather	<input type="checkbox"/>	Special equipment	<input type="checkbox"/>



2. 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



3. 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?

