PARALYMPIC ATHLETES 01

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

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





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?



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LIVEWORKSHEETS