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?



LIVEWORKSHEETS