

PARALYMPIC ATHLETES

Watch the video. Look at the list of topics and tick [✓] the ones that 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"/>

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?

