

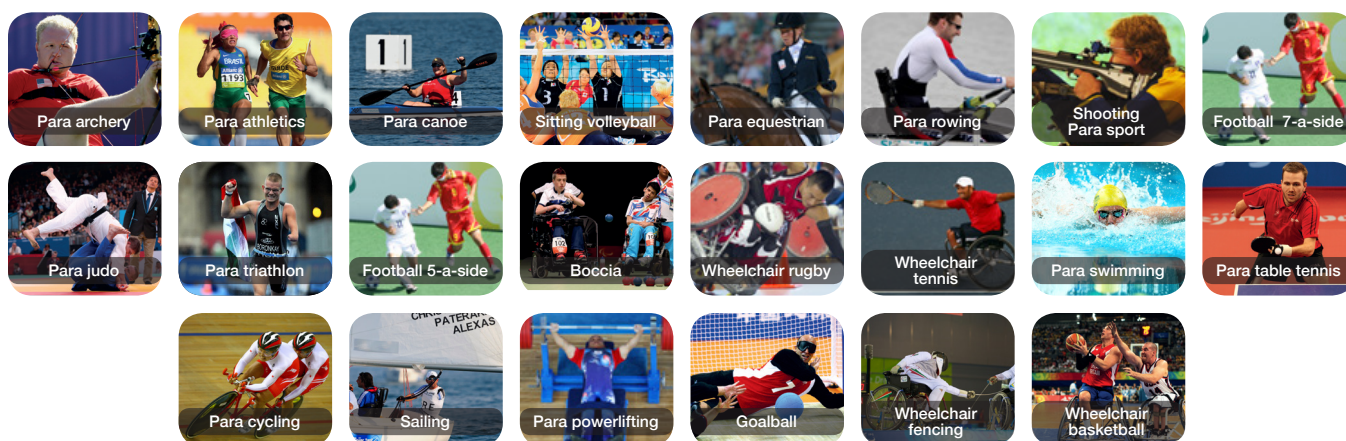


Theme 2: Para sport

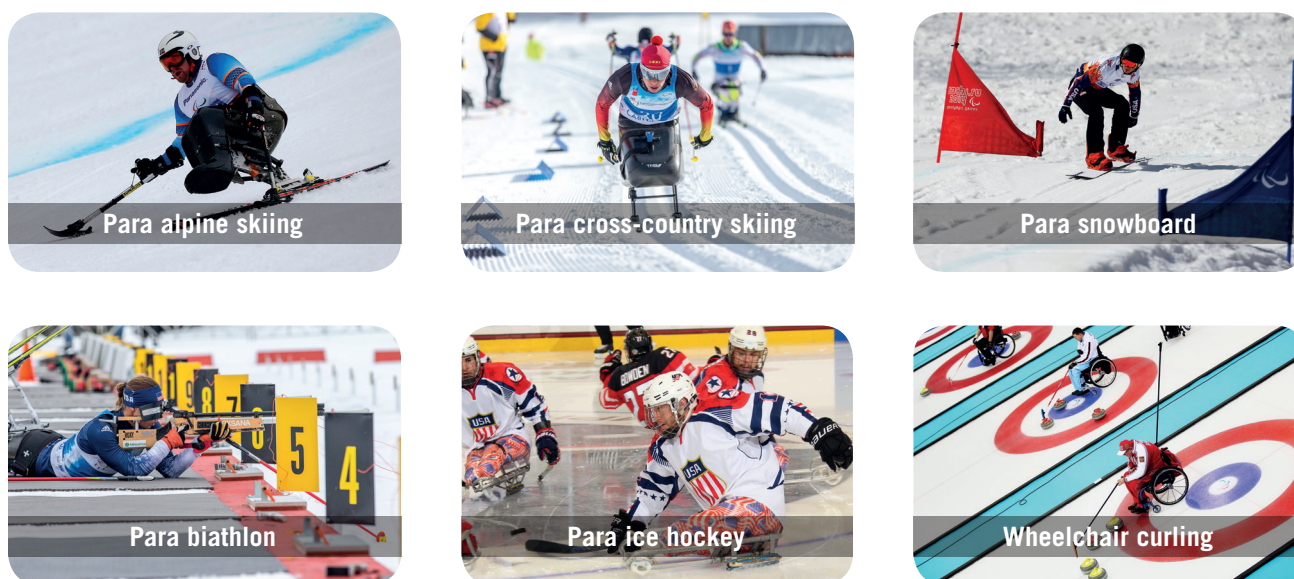
Unit 1: Para sports: what they are and how they are played

Paralympic Sports at the Paralympic Games

Paralympic Summer Games – Paralympic sports played in Rio 2016



Paralympic Winter Games – Paralympic sports to be played in PyeongChang 2018



For a full list of the Tokyo 2020 sports please refer to: <https://www.paralympic.org/news/ipc-announces-final-tokyo-2020-paralympic-sports-programme>



Athlete case study

“Hi, I’m Johanna Benson. I live in Namibia in the city of Walvis Bay.

My Para sport is Para athletics and I compete in the events of long jump and sprinting.

My greatest Paralympic achievement is winning the London 2012 Paralympic Games gold medal in T37 Women 200m, the silver medal in T37 Women 100m and being handed over my medal by ‘Frankie Fredericks’ (Namibian track and field hero, and winner of four silver Olympic medals in 100m and 200m).

I love my sport because I love life and sport is one of the basic joys of life. My life and the life of my family has changed through the achievement of my sport career.

I want to encourage the youth to take part in sport in schools and the schools to have well-designed PE programmes and trained instructors in the education system that can be inclusive for every child at school.”

