

Theme 1: Paralympic values

Unit 2: The Paralympic Values



Independent, pair or team evaluation quiz

No	Question	Answer
1	<p>What is the purpose of the Paralympic values?</p> <p>A. A set of universal principles at the heart of the Olympic Games</p> <p>B. A set of universal principles at the heart of the Olympic and Paralympic Games</p> <p>C. A set of universal principles at the heart of the Paralympic Games</p>	C. A set of universal principles at the heart of the Paralympic Games
2	Name the Paralympic values.	Courage, Determination, Inspiration, Equality.
3	What is the meaning of the Paralympic value, 'courage'?	Para athletes, through their performances, showcase to the world what can be achieved when testing your body to its absolute limits.
4	<p>What three characteristics are included in the IPC's definition of the Paralympic value determination?</p> <p>A. Mental strength, agility and toughness</p> <p>B. Mental toughness, physical ability and outstanding agility</p> <p>C. Physical ability, strength and a desire to win</p>	B. Mental toughness, physical ability and outstanding agility
5	<p>Which Paralympic value is this?</p> <p>As role models, Para athletes maximise their abilities, thus empowering and exciting others to participate in sport.</p>	Inspiration

No	Question	Answer
6	<p>Para athletes are helping to bring about a more inclusive society for people with an impairment. How?</p> <p>A. Breaking down social barriers towards people with an impairment</p> <p>B. Thrilling spectators with their outstanding achievements</p> <p>C. Acting as role models</p>	A. Breaking down social barriers towards people with an impairment
7	<p>The Para athletes are helping to bring about a more inclusive society for people with an impairment. What Paralympic value is this demonstrating?</p> <p>A. Inspiration</p> <p>B. Determination</p> <p>C. Equality</p>	C. Equality
8	<p>List two other values demonstrated by Para athletes when they work with assistants or others like team members.</p>	Accept any suitable answers: loyalty, friendship, respect, trust, selflessness.