

### 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><b>A.</b> A set of universal principles at the heart of the Olympic Games</p> <p><b>B.</b> A set of universal principles at the heart of the Olympic and Paralympic Games</p> <p><b>C.</b> A set of universal principles at the heart of the Paralympic Games</p> | <b>C.</b> 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><b>A.</b> Mental strength, agility and toughness</p> <p><b>B.</b> Mental toughness, physical ability and outstanding agility</p> <p><b>C.</b> Physical ability, strength and a desire to win</p>         | <b>B.</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><b>A.</b> Breaking down social barriers towards people with an impairment</p> <p><b>B.</b> Thrilling spectators with their outstanding achievements</p> <p><b>C.</b> Acting as role models</p> | <b>A.</b> 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><b>A.</b> Inspiration</p> <p><b>B.</b> Determination</p> <p><b>C.</b> Equality</p>   | <b>C.</b> 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. |