

PARA SPORTS AT THE PARALYMPIC GAMES

SUMMER PARALYMPIC SPORTS - TO BE PLAYED AT TOKYO 2020



Para archery



Para athletics



Para badminton



Boccia



Para canoe



Para cycling



Para equestrian



Football 5-a-side



Goalball



Para judo



Para powerlifting



Para rowing



Shooting Para sport



Sitting volleyball



Para swimming



Para table tennis



Para Taekwondo



Para triathlon



Wheelchair basketball



Wheelchair fencing



Wheelchair rugby



Wheelchair tennis

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PARA SPORTS AT THE PARALYMPIC GAMES

WINTER PARALYMPIC SPORTS - TO BE PLAYED AT BEIJING 2022



Para alpine skiing



Para cross-country skiing



Para snowboard



Para biathlon



Para ice hockey



Wheelchair curling

FOR MORE INFORMATION:



For full lists of the Tokyo 2020 and Beijing 2022 sports please refer to:

<https://www.paralympic.org/news/ipc-announces-final-tokyo-2020-paralympic-sports-programme> and <https://www.paralympic.org/news/beijing-2022-paralympic-medal-programme-announced>

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ATHLETE CASE STUDY

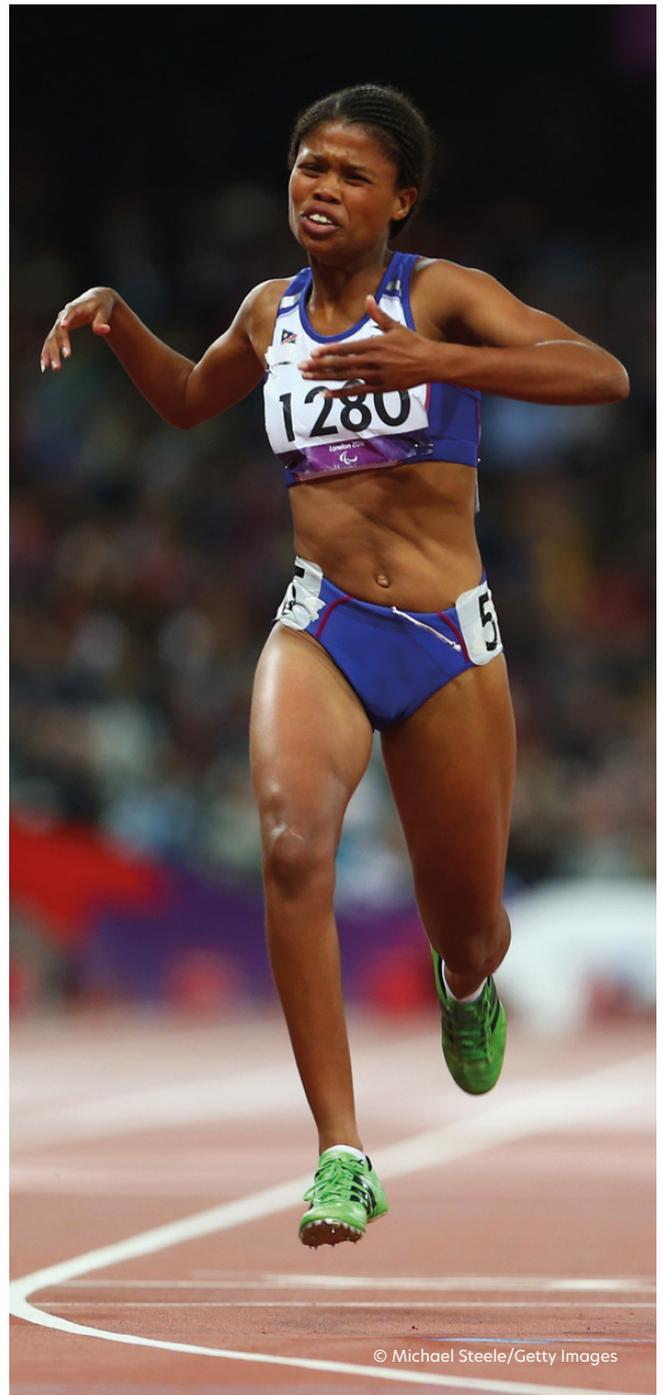
“HI, I’M JOHANNA BENSON. I LIVE IN NAMIBIA IN THE CITY OF WALVIS BAY.

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.”



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