

# Total English

Advanced

## Overcoming physical challenges

### 1 Quiz!

- 1) Go on to the internet and type in [http://www.paralympic.org/release/Main\\_Sections\\_Menu/](http://www.paralympic.org/release/Main_Sections_Menu/). What does the acronym IPC stand for?
- 2) Click on 'summer sports' in the left column of the home page, and then 'wheelchair dance sport'. Is it possible to have two wheelchair dancers dancing together?
- 3) Where did the first wheelchair dance sport competition take place?
- 4) Does wheelchair dancing form part of the Paralympic programme?
- 5) Now click on 'winter sports' in the left column and then 'alpine skiing'. How do athletes with different disabilities compete against each other?
- 6) How are skiers with visual impairments guided through the course?
- 7) Do athletes use the same equipment as athletes without physical disabilities?
- 8) Now click on 'awards and events' in the left column and then 'awards' and finally 'paralympic sports awards winners 2005'. How many records were set by the best male athlete in 2005?
- 9) When Clodoaldo Silva talks about his life history, what does he include?
- 10) How long did it take Mayumi Narita to win her first competition after starting to swim?
- 11) How does Mayumi Narita promote sports for people with disabilities?
- 12) What was one of the main contributing factors to the success of the Canadian Men's Wheelchair Basketball team at the Athens 2004 Paralympic games?

### 2 Now you!

**Work with a partner. Look at other areas of the website and find out five more interesting facts about the Paralympics. Write them in the space below.**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_



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### **TEACHER'S NOTES:**

**Aim:** to use the Internet to explore the theme of challenge, in this case, the Paralympic games. This webquest is designed to be used in conjunction with unit 1.

**Time:** 40 minutes

**Materials:** copy of the worksheet for each student.

- 1 Make sure that students are all on the correct website. Students can work alone or in pairs. Monitor as they work through the questions to check if any language needs explaining. Elicit answers from the class.

**Answers (correct at time of going to press):** 1 International Paralympic Committee. 2 Yes, it is. It's also possible to have one wheelchair dancer and one standing partner. 3 Sweden. 4 No. 5 Athletes compete in three categories based on their functional ability and then a results calculation system enables them to compete fairly against each other. 6 Sighted guides guide them through the course using voice signals. 7 No, the equipment is adapted to their needs. 8 Nine in total - four world records and five paralympic records were set. 9 He talks about overcoming limits/limitations. 10 Just one month of training. 11 She visits more than 50 schools and companies annually to talk about sport for people with disabilities. 12 Teamwork and trust were key - the players were encouraged to respect their team and make sure everyone had a chance to contribute during matches.

- 2 Students do a freer activity where they navigate around the website to find some more facts about the Paralympic games. Ask for class feedback. Finally, ask the students to think for a few moments about the challenges that must be faced by paralympic competitors and ask them to share their views with the rest of the class.



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