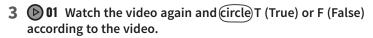
## PARALYMPIC ATHLETES © 01

1	Work with a partner. Look at the list of topics and tick [✔] the
	ones which you think will be discussed in a video about
	Paralympic athletes.

Free time	Exercise routine	
Training	Sleep	
Food	Difficulties	
Hobbies	Medals	
Weather	Special equipment	

	Weather		Special equipr	nent				
2	<b>01</b> Watch the video and list the topics in Exercise 1 which were mentioned in the video.							



- 1 A Paralympic athlete is an athlete like a runner or swimmer with special skills. T / F
- 2 All Paralympic athletes are strong. T / F
- 3 Paralympic athletes never get up early. T / F
- 4 Paralympic athletes always eat breakfast before they train. T / F
- 5 Paralympic athletes sleep around six hours a day. T / F
- 6 Paralympic athletes focus on three activities in a day: train, eat and sleep. T / F
- 7 Paralympic athletes can be all ages, some have families, some go to school and others work. T / F
- 8 Paralympic athletes work hard and are always training for the next event. T / F

## 4 Ask and answer with a partner.

- 1 Do you watch the Paralympic Games? Why? / Why not?
- 2 Is there a Paralympic athlete that you admire?
- 3 Do you belong to any sports team? Why? / Why not?
- 4 How often do you do exercise? If you are on a school team, how often do you train?







