

THE PARALYMPIC VALUES

NAME: **CLASS:**



THE PARALYMPIC VALUES

USE YOUR KNOWLEDGE OF THE FOUR VALUES TO COMPLETE THIS ACTIVITY SHEET.

Courage is having a go at something that others might not be prepared to try or think is not possible.

1. Para athletes showcase to the world what can be achieved.



Give some examples of when you have shown courage: For example, I displayed courage when I tried a new sport!

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Determination is continuing to do something and not giving up, even when it is difficult.

2. Combining mental toughness, physical ability and outstanding agility.



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What does determination mean to you? In pairs or small groups perform a two-minute role play to show how you can display determination in school. For example, your role play could show how you are determined to get good grades at school.

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Inspiration is being encouraged by the achievements and actions of others.

3. Giving people with disabilities opportunities to reach their potential. Exciting others to be active and participate in sport.



Who inspires you? Draw a picture of or write about someone who inspires you in the box below.
This could be a friend, family member or your teacher.

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Equality is involving everyone, including people with disabilities, giving them the same opportunity and the necessary support to achieve the results they want to pursue.

4. Challenging stereotypes, transforming attitudes and breaking down social barriers and discrimination.



Make a pledge to ensure that you are showing equality at school.

I pledge to show equality at school by:

ATHLETE CASE STUDY



“HI, I’M SHOKO OTA. I USED TO BE A PARA NORDIC SKIER AND AM NOW COMPETING IN PARA TAEKWONDO.

I’ve had some disappointments in my sporting career, including missing out on a medal in Para biathlon, but didn’t give up and won a silver medal in cross-country skiing. I have now given myself a new challenge and have started training in taekwondo which is a part of the Paralympic Sport Programme for the Tokyo 2020 Games.

My greatest experience as a Paralympian was being a flag bearer of the Japanese Delegation for the 2014 Paralympic Games. I was honoured to carry the Japanese flag in the Opening Ceremony and felt the support of my family and friends watching at home.

Training is not always fun but I get through the hard times thanks to coaches and fellow athletes who train with me. Through sports, I have met lots of people, learned various things, and become the person I am now. I hope to keep enjoying training with friends and to keep developing through sport.”

