

SPORTS, DISABILITIES, AND AGING

PRESENTATION: PARASPORTS

Watch, listen, and take notes about this type of sports.

After you watch, answer these questions:

1. What is an example of an impairment from the speech?
2. What are 3 examples of paralympic sports?
3. What is an example of adapted equipment or another adaptation to the sport for the paralympics? (You can hear Mick talk about them. Also, you can see some pictures of the equipment in the presentation.)
4. What sport does Jessica Long compete in?
5. What is one part of her advice to other swimmers?



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<https://openoregon.pressbooks.pub/greentea/?p=173>

[You can also watch the presentation in a new window.](#)

PRESENTATION 2 - HISTORY OF PARASPORTS

Watch, listen, and take notes from this short presentation.



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<https://openoregon.pressbooks.pub/greentea/?p=175>

[You can also watch the presentation in a new window.](#)

I AM - AN OLYMPIC ATHLETE

Watch Michael Hubbs talk about his life, training, and challenges. Answer the questions below in your notebook. (Remember, you can listen at 75% speed in Settings on YouTube.)

<https://www.youtube.com/watch?reload=9&v=4CHgymBHQcg>

Exercises

1. What is this athlete's name and what does he do?
2. What drives, or motivates, him?
3. What challenges has he overcome?
4. Now, think about yourself and what motivates you. What challenges have you overcome to achieve your goals?

5. Prepare a list of 5 things that describe you, your activities, interests or passions.
6. Now, write an “I AM” list about yourself with at least 5 lines to describe your accomplishments, passions or challenges. Be prepared to share your list in class.

Here's a model to follow:

Examples

I AM

(by Nanci Leiton)

I AM a mother who raises children to solve problems.

I AM a person who helps others whenever possible.

I AM a person who strives to make a kinder world for everyone.

I AM a teacher who creates a place for people to learn and achieve their goals.

I AM a gardener who loves to grow green things and eat healthy food.

I AM a citizen with the best interests of ALL people in my community.

WATCH AND DISCUSS: THE NEVER-ENDING MARATHON OF MR. DHARAM SINGH

Directions:

Watch [this short movie](#) about Mr. Singh. It is 20 minutes long, so plan your time. You will also hear a variety of world Englishes. Some audio is subtitled.

As you watch the movie, take active listening notes on a separate piece of paper with the title and date at the top of the page.

1. What details did you learn about Mr. Singh? (names, places, numbers, etc.)
2. What do the doctors say about Mr. Singh?
3. Why does Mr. Singh run? What is his motivation?
4. What is Mr. Singh's secret to long life?
5. What does Professor Girandola study? What is his title?
6. Why doesn't the fitbit/cell phone work for Mr. Singh?
7. What is the problem with using Mr. Singh's Indian

- passport to prove his age?
8. How is Mr. Singh a role model?

Key Vocabulary:

- | | | |
|----------------------|------------------------|---------------|
| 1. able-bodied | 1. to follow a passion | 1. a |
| 2. mediocre | 2. to overcome | champion |
| 3. to achieve a goal | adversity | 2. motivation |
| | 3. to pursue a dream | 3. stamina |
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can view them online here:

<https://openoregon.pressbooks.pub/greentea/?p=101#oembed-1>

READ IT OUT: PARALYMPIC GAMES

Read it out: Paralympic Games

Focus on your pronunciation. Practice saying the reading out loud slowly, loudly, and clearly.

Before you read:

- Underline or write a list of the past tense -ed words
 - Practice these words
 - Which -ed sound do they have?
- Underline or write a list of the -s plural and simple present words.
 - Practice these words
 - Which -ed sound do they have?
- [Also, you can listen to a similar article on Wikipedia read aloud.](#)

After you practice, record your slow, clear pronunciation and share your recording.



Image by Flickr user Stuart Grout

Start:

Hi, my name is _____.

The Paralympic Games

The Paralympic Games are a major international sports event. People with physical disabilities compete in these games. They have included people with amputations, blindness, disabilities that affect movement, and more.

The Paralympics started as a small gathering of British World War 2 veterans in 1948. They planned new games every

four years. They have continued to grow since then. The winter games opened in 1976. The Paralympics became one of the largest international sport events by the early 21st century.

Paralympians have many different kinds of disabilities, so there are several categories that they compete in. The disabilities are in six general categories. Athletes are placed into groups which vary from sport to sport.

These athletes work for equal treatment with able-bodied Olympic games participants, who receive much more money. Some Paralympians have also overcome even more challenges, and participated in the Olympic Games.

Thank you!

Finish

Adapted from Wikipedia

Paralympic Games. (2020, March 30). *Wikipedia, The Free Encyclopedia*. Retrieved 18:39, July 30, 2020 from https://simple.wikipedia.org/w/index.php?title=Paralympic_Games&oldid=6883229.

You can use this button to record your voice. Listen before you share it, to make sure everything recorded clearly.





An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://openoregon.pressbooks.pub/greentea/?p=258#h5p-3>

GROUP ACTIVITY: A NEW OLYMPIC SPORT

Great news! You have been hired (for free!) by the International Olympic Committee to help choose a new sport to add to the Olympic Games.

Instructions:

- You will work together and focus on four key questions about the activity.
- You will start by reviewing 3 example sports.
- After that, you can brainstorm and choose any sport that you want to suggest.
- Finally, you will talk about your #1 choice and share it with the rest of the class.

The 4 key questions

1. **Is the activity challenging?**
2. **Is the activity entertaining to watch?**
3. **Is the activity open to everyone?**
4. **Can people with disabilities participate?**

For each question, you can discuss more questions:

1. **Is the activity challenging?**
 - Does it require a physical skill?
 - Does it require mental skill?
 - How long does it take to become excellent?
2. **Is the activity entertaining to watch?**
 - Is it a popular sport around the world?
 - Is it fun to watch in person and on TV?
 - Is it fast, exciting, or intense?
3. **Is the activity open to everyone?**
 - Can people around the world play it?
 - Does it require expensive equipment?
 - Can children play it?
 - Can older people play it?

4. **Can people with disabilities participate?**

- Can they participate with able-bodied people?
- What changes could you make to the sport to include people with disabilities?

Three examples

Discuss these sports with the 4 key questions. They are sports that have been suggested in the past:

1. [Taekwondo.](#)
2. [Bowling.](#)
3. Firefighting.
 - [This really was a demonstration sport at the 1900 World Olympics.](#)
 - The teams were required to extinguish a fire and perform a rescue.
 - The instructions:
 - The fire started on the 3rd floor of a house six floors; 4th floors and stairs the upper parts are impassable. People are saving the 5th and 6th floors. Operate rescue and extinction.”

Brainstorm

- What sport or activity would you like to see in the Olympics?
- Take a few minutes to suggest ideas. Try to get one idea from each person.
- Discuss the strengths and weaknesses.
- Can you agree on one sport?
 - o You can take a vote
 - o You can try to compromise
 - o You can invent a new sport that combines your favorite parts

Share

Be ready to share with the rest of the class.

- Who will explain about the sport?
- Do you have an answer about each of the 4 key questions?
- Do you have pictures or examples of the sport that you

can show everyone?

