

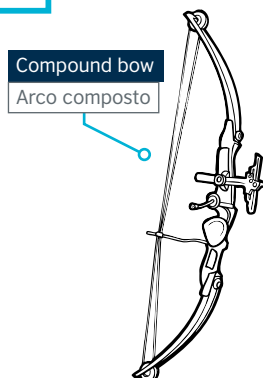
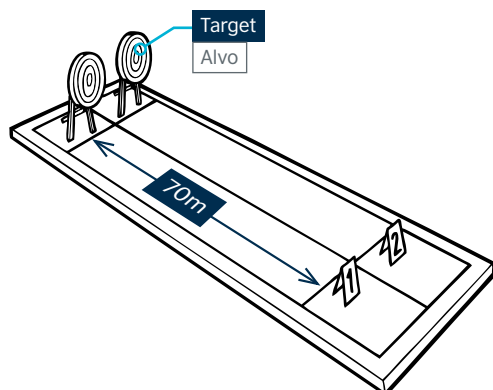
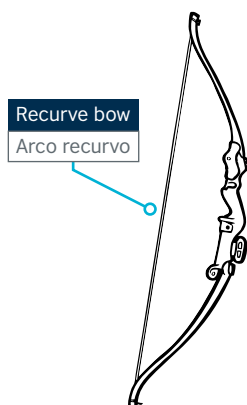
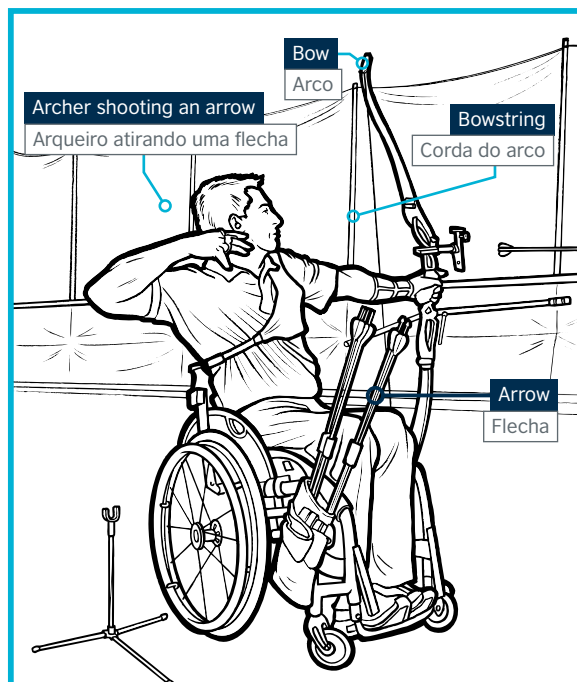
Visitor handbook

Paralympic sports/ Esportes paralímpicos

Archery/Tiro com arco

Paralympic Archery was originally developed as a means of rehabilitation and recreation for people with a physical impairment. However, it rapidly turned into a competitive sport and Rome, in 1960, hosted the first Paralympic event.

O tiro com arco em cadeira de rodas foi originalmente desenvolvido como um meio de reabilitação e recreação para pessoas com deficiência física. No entanto, tornou-se um esporte rapidamente e Roma, em 1960, sediou o primeiro evento paralímpico.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. arrow <i>flecha</i>	B. bow <i>arco</i>	C. compound bow <i>arco composto</i>	D. mechanical release aid <i>gatilho mecânico</i>
E. recurve bow <i>arco recurvo</i>	F. target <i>Alvo</i>		

1. A modern bow that uses a levering system, usually of cables and pulleys, to bend the limbs.
2. A bow that has tips that curve away from the archer when the bow is strung. It requires more strength to use this type of bow.
3. A long thin stick with a sharp point at one end which is shot from a bow.
4. The object which the archers try and hit when they shoot each arrow.
5. A device used by athletes who have no functional finger movement.
6. A long thin piece of wood, or another material, bent into a curve by a piece of string, used to shoot arrows.

WORDSEARCH – CAÇA-PALAVRA

R	N	P	R	L	Q	M	Q	Q	T	N	Z
E	C	P	R	N	L	M	L	E	B	L	N
C	B	O	F	C	B	J	S	H	L	H	G
U	B	T	M	B	B	B	M	K	D	W	X
R	R	Q	N	P	R	Y	H	R	O	R	K
V	R	Z	C	B	O	R	R	R	R	Q	Y
E	R	P	N	D	R	U	R	Z	C	F	J
B	O	W	R	T	W	A	N	L	R	V	F
O	J	N	M	R	W	Q	X	D	W	Z	Q
W	N	T	A	R	G	E	T	N	B	C	X
N	Z	Q	N	B	Z	C	R	W	N	O	J
L	R	G	K	L	N	W	M	G	G	V	W

Find these words
in the grid

Encontre estas palavras
no quadro

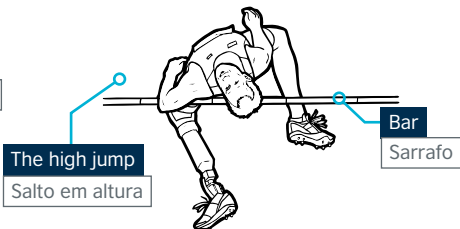
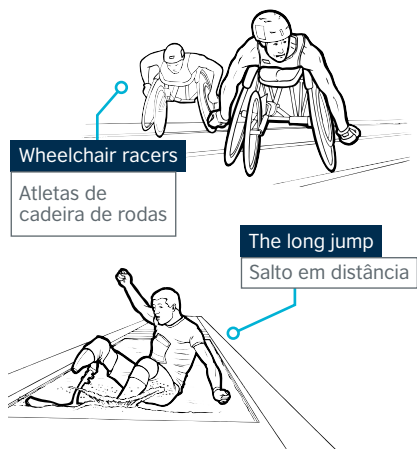
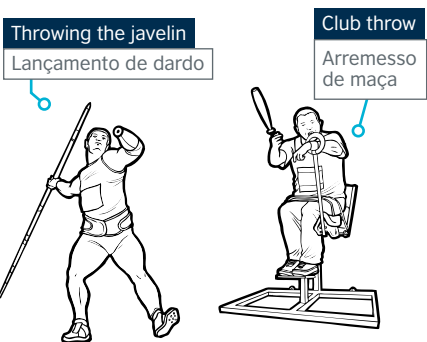
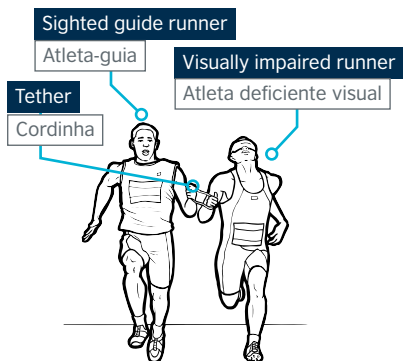
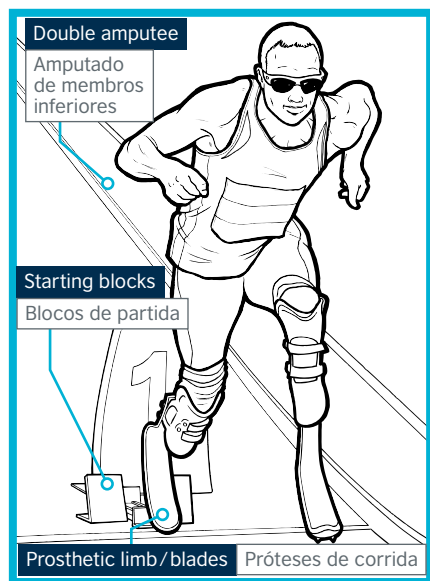
arrow
bow
compound bow
recurve bow
target

Find the answers on p90
Encontre as respostas na página 90

Athletics/Atletismo

Athletics is the largest sport on the Paralympic programme. There are track events; field events; and the Marathon, which is held on the roads. Some athletes compete in wheelchairs or throwing frames, others with prostheses, and others with the help of a sighted companion.

O atletismo é o maior esporte dos Jogos Paralímpicos. As modalidades são eventos de pista, de campo e a maratona, que é disputada pelas ruas. Alguns atletas competem em cadeiras de rodas ou estruturas de arremesso, outros com próteses e outros ainda com a ajuda de um atleta-guia.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. sighted guide runner <i>atleta-guia</i>	B. high jump <i>salto em altura</i>	C. starting blocks <i>blocos de partida</i>	D. track <i>pista</i>	E. shot put <i>arremesso de peso</i>
F. lane <i>faixa</i>	G. long jump <i>salto em distância</i>	H. javelin <i>dardo</i>	I. discus throw <i>arremesso de disco</i>	J. bar <i>sarrafo</i>

1. A special strip of sports track that is used to keep athletes separate during a race.
2. The event in which athletes try to jump over a bar supported by two poles.
3. A runner who guides a blind or visually impaired athlete.
4. The event in which a heavy metal ball is thrown from the shoulder as far as possible.
5. The event in which athletes try to jump as far forward as they can in one jump.
6. The instrument on which a runner places his feet at the start of a race.
7. The ring-shaped area which has been specially designed and built for athletics races.
8. A straight stick made of metal, which high jumpers try to jump over.
9. The event in which a long stick with a pointed end is thrown as far as possible.
10. The event in which a heavy plate-shaped object is thrown as far as possible.

WORDSEARCH – CAÇA-PALAVRA

C	F	R	D	B	R	A	K	Q	A	K	S	Y
P	S	I	G	H	T	E	D	G	U	I	D	E
W	H	F	L	R	F	N	L	T	B	H	D	N
H	T	N	R	K	R	H	G	N	R	C	V	K
E	W	W	B	E	R	Y	Z	C	H	A	N	W
E	G	F	C	M	J	K	Q	R	P	L	C	P
L	D	A	R	P	U	T	E	A	T	N	R	K
C	R	T	F	H	L	N	M	F	M	L	R	G
H	H	S	L	I	N	Q	R	U	N	B	E	R
A	L	N	K	U	G	W	G	N	P	T	N	D
I	R	A	R	L	O	N	G	J	U	M	P	H
R	L	Z	N	J	A	V	E	L	I	N	P	N
J	G	L	L	E	P	Z	Q	N	L	P	N	L

Find these words in the grid

Encontre estas palavras no quadro

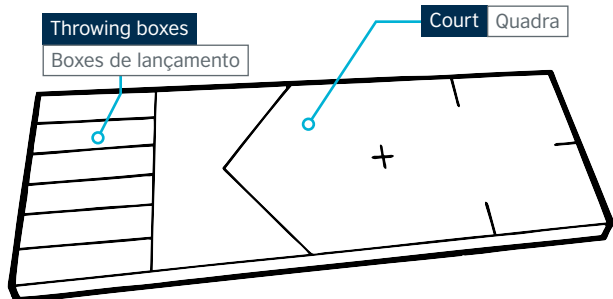
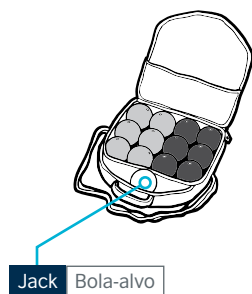
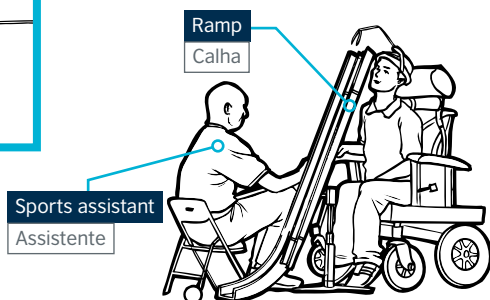
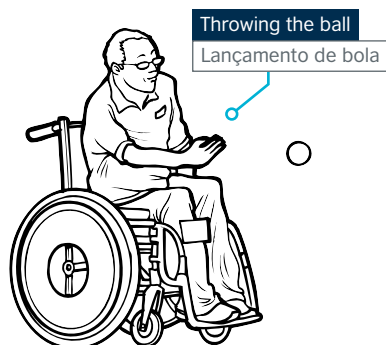
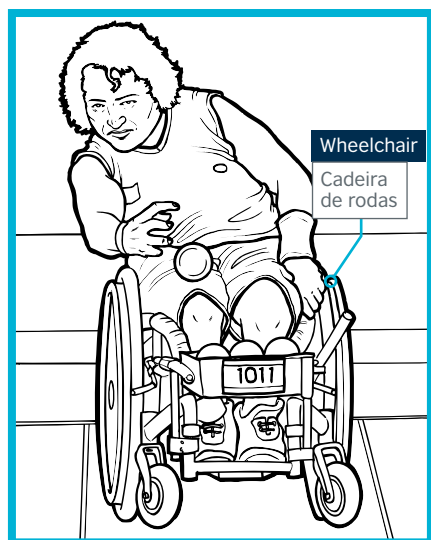
sighted guide
runner
track
wheelchair
racer
lane
long jump
javelin

Find the answers on p90
Encontre as respostas na página 90

Boccia/Bocha

‘Boccia’ comes from the Latin word ‘bottia’, meaning ‘ball’. It is also known as ‘bocce’. Boccia is played on a rectangular court where athletes aim to land balls close to a target ball. If a player is unable to throw or kick the ball, they can use a ‘ramp’ (assistive device).

A bocha vem da palavra latina “bottia”, que significa “bola”. Também é conhecida como “bocce”. A bocha é jogada em uma quadra retangular onde os atletas têm o objetivo de lançar as bolas para perto da bola-alvo. Se um jogador não puder lançar ou chutar a bola, ele pode usar uma calha (um aparelho auxiliar).



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A.sports assistant <i>assistente</i>	B.court <i>quadra</i>	C.end <i>end</i>
D.jack <i>bola-alvo</i>	E.ramp <i>calha</i>	F.wheelchair <i>cadeira de rodas</i>

1. A chair on wheels which people who are unable to walk use for moving around.
2. A device used by athletes who are unable to hold and release the ball, to propel the ball toward the jack.
3. A passage of play that features six balls per athlete, pair or team.
4. A person who acts only under instruction from the athlete, and performs tasks like stabilising the chair or setting up the ramp.
5. The area where the game is played.
6. The white target ball; competitors aim to finish the end with their balls closer to this ball than their opponents.

WORDSEARCH – CAÇA-PALAVRA

R	A	M	P	C	K	L	G	S	Z
X	N	E	R	H	K	R	T	C	T
M	V	N	V	C	H	R	W	H	X
M	V	D	A	K	O	Y	R	N	B
M	X	J	D	P	N	U	N	P	P
L	L	V	S	Z	M	R	R	C	M
R	W	T	M	P	Z	K	J	T	N
Q	A	S	Y	I	S	T	A	N	Q
W	H	E	E	L	C	H	A	I	R
T	W	L	L	Y	L	V	J	L	M

Find these words
in the grid

Encontre estas palavras
no quadro

court
end
jack
ramp
sports
wheelchair

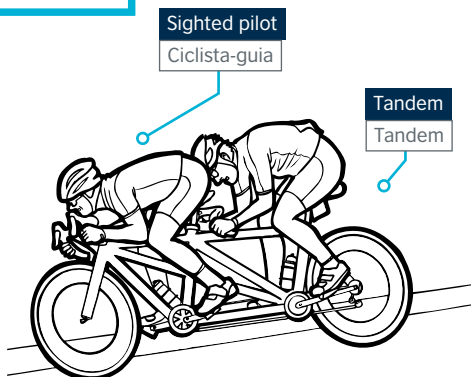
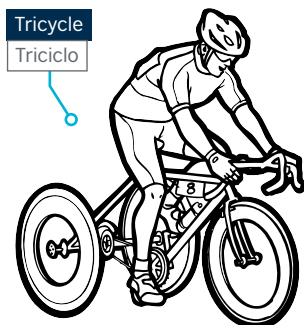
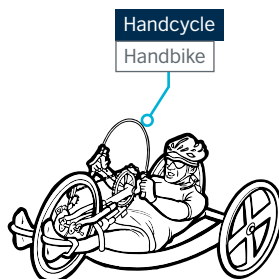
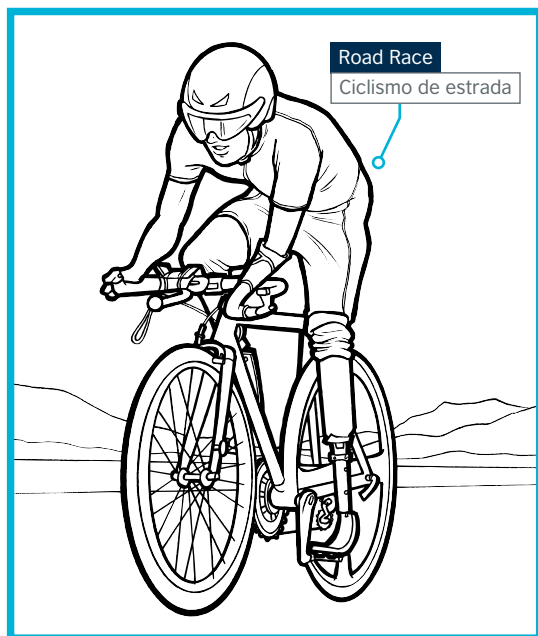
Find the answers on p90

Encontre as respostas na página 90

Cycling – Road/Ciclismo de estrada

There are four types of cycles used in Paralympic Cycling: a tandem, where the athlete sits on the back with a sighted pilot at the front; a handcycle, which has pedals operated by hand; a tricycle, for athletes unable to race on a two-wheeled bicycle; and a bicycle, for all other athletes.

Há quatro tipos de bicicletas usadas no ciclismo paralímpico: tandem, em que o atleta senta atrás de um ciclista-guia; handbike, que tem pedais guiados pelas mãos; triciclo, para atletas que não conseguem competir em uma bicicleta de duas rodas; e bicicleta convencional, para todos os outros atletas.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. handcycle <i>handbike</i>	B. road race <i>ciclismo de estrada</i>	C. tandem <i>tandem</i>
D. team relay <i>revezamento</i>	E. time trial <i>contrarrelógio</i>	F. tricycle <i>triciclo</i>

1. A three wheeled cycle used by athletes in Paralympic competition.
2. A cycle for two people, used by athletes with visual impairment; the athlete sits on the back with a sighted pilot at the front.
3. A cycle with pedals operated by hand. It has two wheels at the back and one at the front.
4. A race between two or more teams in which each person in the team rides part of the race.
5. A type of race in which all riders start together, and the first to cross the finish line wins gold.
6. A type of race in which the riders set off at intervals, and the winner is the rider with the fastest time over the course.

WORDSEARCH – CAÇA-PALAVRA

T	T	I	M	E	T	R	I	A	L
T	R	I	C	Y	C	L	E	E	Z
K	T	E	A	M	R	E	L	A	Y
R	O	A	D	R	A	C	E	T	C
R	N	R	G	T	Y	R	B	L	F
L	J	V	K	C	A	R	T	W	H
Z	W	N	D	L	C	N	R	B	N
G	L	N	M	R	L	T	D	B	Q
R	A	P	K	B	K	X	K	E	F
H	N	L	J	K	K	V	W	C	M

Find these words in the grid

Encontre estas palavras no quadro

handcycle
road race
tandem
team relay
time trial
tricycle

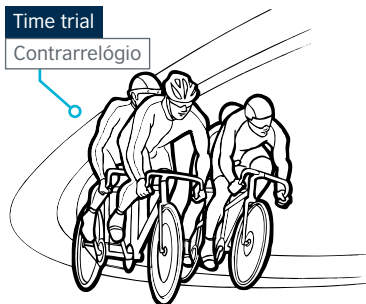
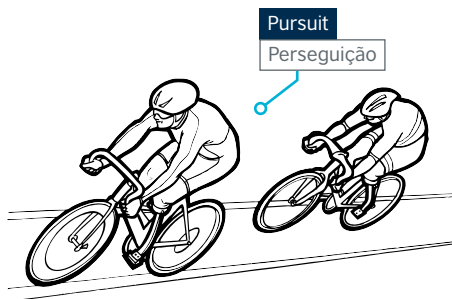
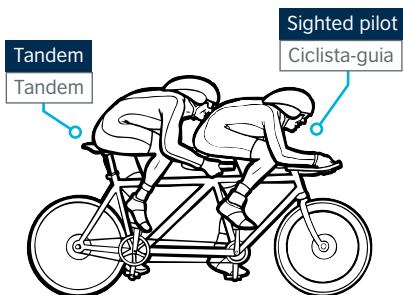
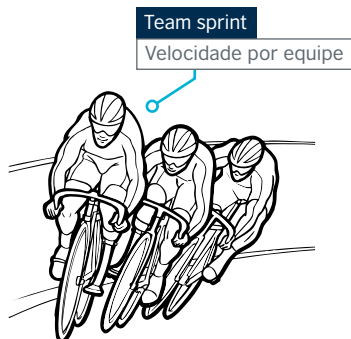
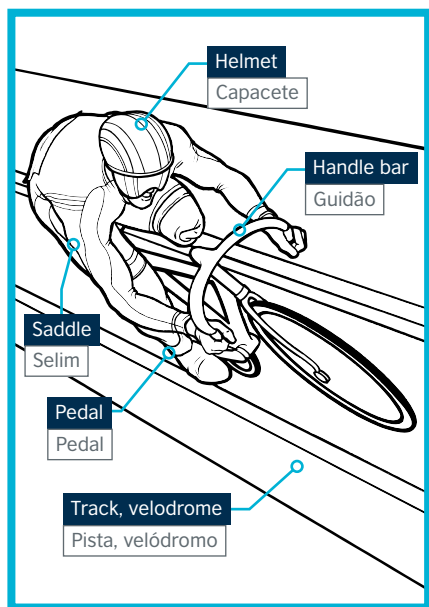
Find the answers on p90
Encontre as respostas na página 90

Cycling–Track/Ciclismo de pista

Paralympic Cycling was originally developed as a sport for visually impaired athletes, who first competed using tandem bicycles.

Technological advancements have since opened up the sport to a wider range of athletes. It is now the third largest sport on the Paralympic programme.

O ciclismo paralímpico foi originalmente desenvolvido como um esporte para atletas com deficiência visual, que competiam em bicicletas tandem. Avanços tecnológicos têm levado o esporte a um maior número de atletas. Ele é agora o terceiro maior esporte no programa paralímpico.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. individual sprint <i>velocidade individual</i>	B. mixed event <i>evento misto</i>	C. pursuit <i>perseguição</i>	D. sighted pilot <i>ciclista-guia</i>
E. tandem <i>tandem</i>	F. team sprint <i>velocidade por equipe</i>		G. time trial <i>contrarrelógio</i>

1. A cycle for two people, used by athletes with visual impairment; the athlete sits on the back of the tandem with a sighted pilot at the front.
2. A race in which male and female athletes compete together, such as the team sprint.
3. An event in which the riders ride alone, and the winner is the rider with the fastest time over the set distance.
4. A sighted rider guides an athlete with visual impairment in tandem races.
5. Teams of three riders race against each other around the track.
6. Two riders race against each other around the track.
7. Two riders start on opposite sides of the track and try to catch one another or finish in the fastest time.

WORDSEARCH – CAÇA-PALAVRA

M	D	K	L	K	Z	C	L	B	K	L	Y
X	M	T	M	P	M	Y	K	T	A	H	D
D	F	T	I	R	U	R	C	U	Z	B	T
N	P	A	T	M	R	R	D	H	V	X	P
J	T	N	J	V	E	I	S	M	L	K	D
K	V	D	F	F	V	T	M	U	N	Q	M
Q	T	E	K	I	J	N	R	N	I	W	M
X	T	M	D	H	N	R	J	I	N	T	N
G	C	N	B	K	T	R	V	T	A	R	R
M	I	X	E	D	E	V	E	N	T	L	M
S	I	G	H	T	E	D	P	I	L	O	T
Z	T	E	A	M	S	P	R	I	N	T	G

Find these words
in the grid

Encontre estas palavras
no quadro

individual
mixed event
pursuit
sighted pilot
tandem
team sprint
time trial

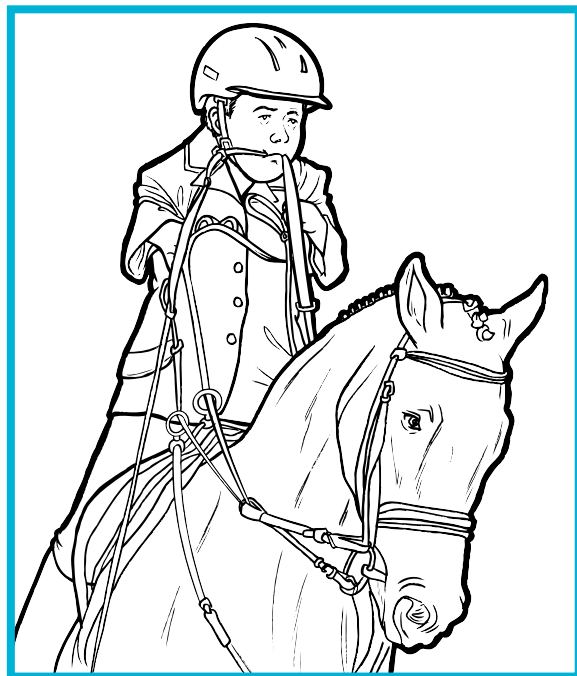
Find the answers on p90

Encontre as respostas na página 90

Equestrian/Hipismo

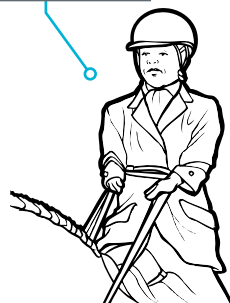
Para-Equestrian Dressage developed in the 1970s. The first events were held in Great Britain and Scandinavia. Since then the sport has spread around the world. Athletes from more than 40 countries now compete on a regular basis.

O adestramento paralímpico teve início nos anos 70. Os primeiros eventos aconteceram na Grã-Bretanha e na Escandinávia. Desde essa data, o esporte se espalhou pelo mundo. Hoje, atletas de mais de quarenta países competem regularmente.



Connecting rein bars

Rédeas conectoras



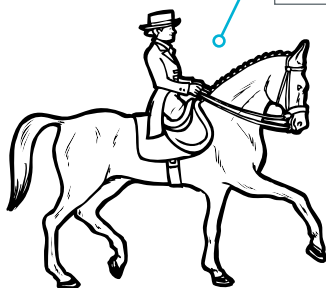
Dressage crop

Chibata



Dressage

Adestramento



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. caller <i>chamadores</i>	B. championship test <i>campeonato</i>	C. connecting rein bars <i>rédeas conectoras</i>
D. dressage <i>adestramento</i>	E. dressage crop <i>chibata</i>	F. freestyle test <i>estilo livre</i>

1. A long stick that allows a rider to touch the horse's side while keeping both hands on the reins.
2. A person with normal sight who talks to riders with visible impairment to help them navigate round the arena.
3. A discipline where the rider guides the horse to make the natural movements that it does without thinking in the wild.
4. A device that helps some Paralympic athletes to control their horses by linking them to the reins.
5. One of the two types of dressage test on the Paralympic programme, in which each rider must make their horse perform predetermined movements.
6. One of the two types of dressage test on the Paralympic programme, in which each rider can choose their own movements and music.

WORDSEARCH – CAÇA-PALAVRA

C	H	A	M	P	I	O	N	S	H	I	P
V	F	C	Z	D	K	G	L	V	S	Q	R
C	B	J	Y	N	T	H	T	R	B	F	K
O	T	T	B	C	L	E	A	C	D	R	R
N	N	V	D	H	R	B	S	V	L	E	M
N	N	P	W	M	N	O	M	T	L	E	P
E	K	J	X	I	Q	B	P	L	Y	S	D
C	T	B	E	D	X	L	A	T	P	T	T
T	W	R	D	N	J	C	M	L	G	Y	T
I	W	K	R	L	Y	Y	Q	K	M	L	H
N	N	R	D	R	E	S	S	A	G	E	N
G	Y	N	B	L	T	K	D	N	T	L	T

Find these words in the grid

Encontre estas palavras no quadro

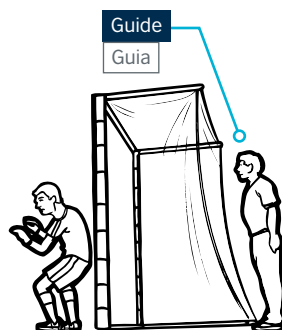
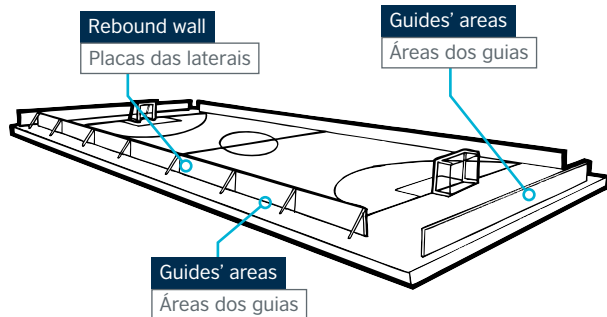
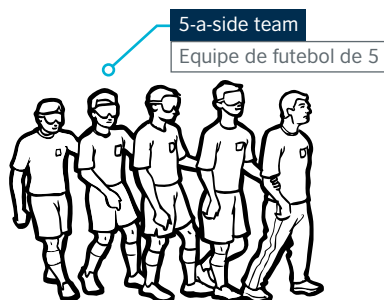
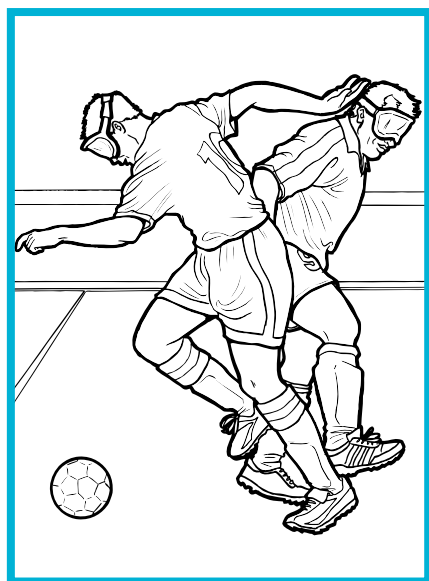
caller
championship
test
connecting
rein bars
dressage
crop
freestyle

Find the answers on p90
Encontre as respostas na página 90

Football 5-a-side/Futebol de 5

5-a-side Football is played by visually impaired athletes using a ball with a noise-making device inside. There are two teams, each with four outfield players and a goalkeeper. The outfield players are visually impaired. The goalkeeper, however, may be fully sighted.

O futebol de 5 é jogado por atletas que são deficientes visuais usando uma bola com um aparelho sonoro dentro dela. Há duas equipes, cada uma com quatro jogadores e um goleiro. Os jogadores são todos deficientes visuais, mas o goleiro pode ter visão normal.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. countdown <i>countdown</i>	B. eyeshades <i>vendas</i>	C. guide <i>guia</i>
D. guides' areas <i>áreas dos guias</i>	E. noise-making device <i>aparelho sonoro</i>	F. rebound wall <i>placas das laterais</i>

1. A fully-sighted person who assists the players by giving instructions from the side of the pitch.
2. A small object inside the ball that makes a ringing sound when the ball moves.
3. A two minute period of time at the end of each half when the clock is stopped for free kicks, kick-ins, goal clearances and corner kicks.
4. A covering for the eyes which makes it impossible to see, and means that players with different degrees of visual impairment can compete together.
5. A wall along the sides of the pitch, which prevents the ball from going out of play.
6. Parts of the pitch where guides are allowed to stand.

WORDSEARCH – CAÇA-PALAVRA

E	Y	E	S	H	A	D	E	S	R	B
K	Y	F	K	H	D	B	R	N	R	Q
M	M	C	W	F	N	R	W	H	M	R
N	C	L	P	L	X	O	N	L	G	E
N	V	D	H	N	D	R	L	K	L	B
M	J	V	G	T	P	L	M	B	C	O
X	D	T	N	U	A	L	R	V	K	U
V	D	U	W	W	I	Y	T	P	K	N
J	O	P	B	M	M	D	B	G	N	D
C	P	X	T	L	F	X	E	P	M	J
G	U	I	D	E	S	A	R	E	A	S

Find these words in the grid

Encontre estas palavras no quadro

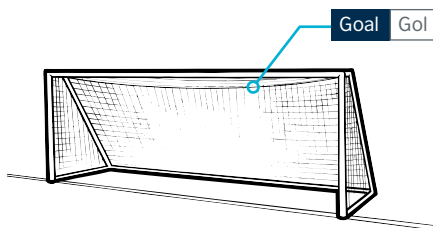
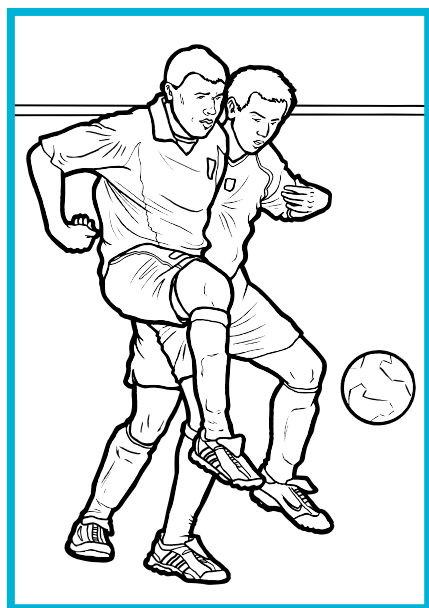
countdown
eyeshades
guide
guides' areas
rebound
wall

Find the answers on p90
Encontre as respostas na página 90

Football 7-a-side/Futebol de 7

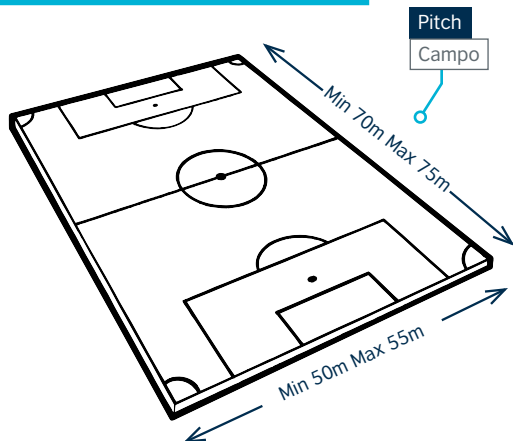
7-a-side Football is played by athletes with cerebral palsy. The sport follows FIFA rules, with some modifications: each team consists of seven players; the playing field and the goals are smaller; throw-ins may be made with one hand only; and each half lasts 30 minutes.

O futebol de 7 é jogado por atletas com paralisia cerebral. O esporte segue as regras da FIFA, com algumas modificações: cada equipe tem sete jogadores; o campo e os gols são menores; os arremessos laterais podem ser feitos com apenas uma mão; cada tempo dura 30 minutos.



Throw-in (throw underhand)

Arremesso lateral
(arremesso baixo)



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. score <i>ponto</i>	B. offside rule <i>impedimento</i>	C. tackle <i>carrinho</i>
D. playing field <i>campo</i>	E. goalkeeper <i>goleiro</i>	F. throw-in <i>arremesso lateral</i>

1. Get a goal.
2. An attempt to take the ball from a player in the other team.
3. In Football 7-a-side this rule does not exist.
4. The player who stands in the team's goal to try to stop the other team from scoring.
5. The act of throwing the ball from the sideline after the ball has gone out of play.
6. The place where the game is played. In 7-a-side Football it is smaller than in 11-a-side Football.

WORDSEARCH – CAÇA-PALAVRA

L	C	M	K	Y	J	H	J	K	L	B	P
Z	X	L	R	M	K	Q	W	A	D	U	L
T	H	R	O	W	I	N	R	K	M	N	A
H	J	Y	D	W	H	B	G	J	V	D	Y
O	B	V	O	N	E	J	G	R	M	E	I
N	F	R	F	R	P	A	L	S	Y	R	N
G	H	F	E	X	C	W	R	N	V	H	G
T	W	C	S	K	Y	M	U	M	X	A	F
L	M	Y	W	I	Z	D	L	L	C	N	I
F	T	G	N	Y	D	T	E	D	R	D	E
P	Y	L	F	Z	V	E	V	Q	B	P	L
L	W	N	O	N	E	H	A	N	D	E	D

Find these words
in the grid

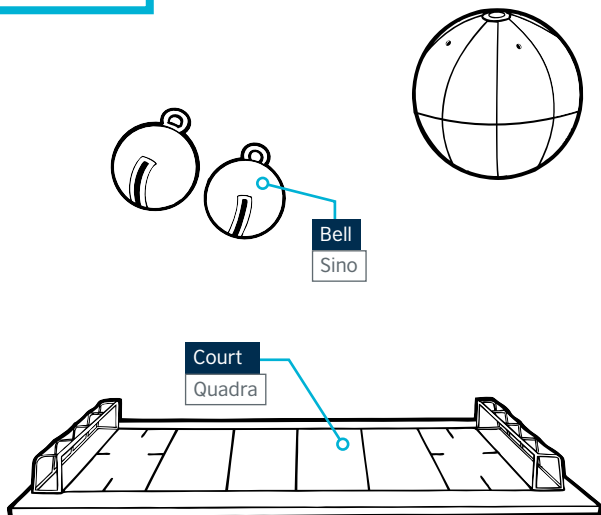
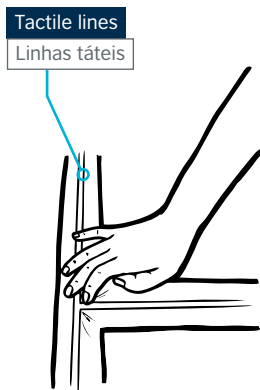
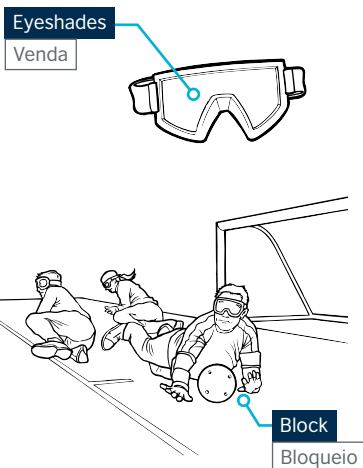
Encontre estas palavras
no quadro

cerebral
palsy
offside
rule
one-handed
throw
playing field
underhand
throw-in

Find the answers on p90
Encontre as respostas na página 90

Goalball/Goalball

Goalball is played by visually impaired athletes using a ball with bells inside. It is played on an indoor court. The aim is to score by rolling the ball into the opposition's goal, while the opposition attempts to block the ball with their bodies. *O goalball é jogado por atletas com deficiência visual usando uma bola com sinos no interior. É jogado em uma quadra coberta. O objetivo é marcar ponto, rolando a bola para dentro do gol do adversário enquanto este tenta bloquear a bola com seu corpo.*



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. bell sino	B. block bloqueio	C. eyeshades venda
D. roll rolar	E. tactile lines linhas táteis	

1. A small object that makes a ringing sound when moved.
2. A covering for the eyes which makes it impossible to see, and means that athletes with different degrees of visual disability can compete together.
3. Make the ball move along the ground.
4. Prevent something from passing you.
5. The lines on the court are made of a material that players can feel so they know where they are.

WORDSEARCH – CAÇA-PALAVRA

T	N	Z	T	C	Y	P	N	S	C
K	Z	R	P	N	T	K	E	N	T
Y	B	L	O	C	K	D	G	Z	A
W	K	N	T	N	A	L	X	M	C
L	M	X	R	H	L	K	V	H	T
X	R	L	S	E	R	K	Z	F	I
X	J	E	B	F	P	O	N	M	L
V	Y	K	T	R	L	L	L	R	E
E	J	T	C	G	B	N	Z	L	G
Q	Z	R	L	I	N	E	S	P	Y

Find these words
in the grid

Encontre estas palavras
no quadro

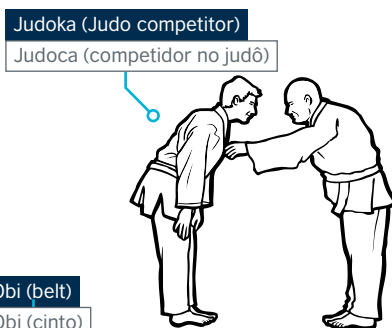
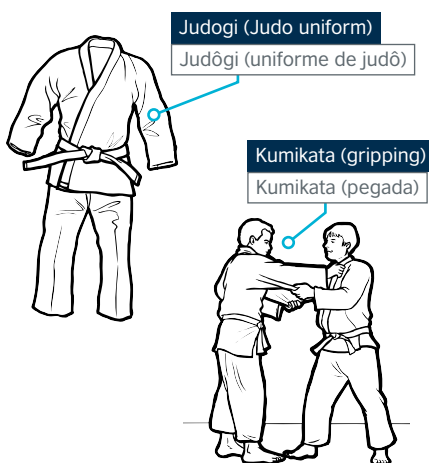
bell
block
eyeshades
roll
tactile
lines

Find the answers on p90
Encontre as respostas na página 90

Judo/Judô

Judo was developed from Jujitsu and is the only martial art on the Paralympic Games programme. The main difference from other top-level judo competitions is that judoka (athletes), who all have visual impairments, are allowed to have contact with their opponent before each contest begins.

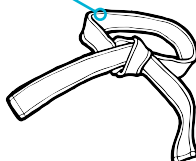
O judô teve origem no jiu-jitsu e é a única arte marcial nos Jogos Paralímpicos. A diferença principal das outras competições de judô é que os judocas (atletas), que têm deficiência visual, têm permissão para ter contato com seu adversário antes do início da luta.



Nage-waza (throwing)
Nage-waza (arremesso)



Obi (belt)
Obi (cinto)



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. body weight <i>peso</i>	B. ippon <i>golpe perfeito</i>	C. judogi <i>judôgi</i>
D. judoka <i>judoca</i>	E. contest <i>combate</i>	F. kumikata <i>pegada</i>
G. matte <i>parar</i>	H. nage-waza <i>nage-waza</i>	I. tatami <i>tatame</i>

1. A competitor.
2. A judo uniform, consisting of trousers, a jacket and a belt tied at the waist.
3. Two judo competitors compete against each other.
4. One point scored in a single manoeuvre to win a contest.
5. The amount that someone weighs. Judokas are divided into different groups, depending on how much they weigh.
6. The mat where judo contests take place.
7. The position in which Paralympic judokas begin contests, and restart if contact is broken. The judokas hold each other in a loose grip on their judogis (see separate definition).
8. The referee's command to stop a contest temporarily.
9. Throwing techniques.

WORDSEARCH – CAÇA-PALAVRA

K	K	N	B	M	A	T	T	E	V
B	U	A	O	Q	B	T	H	P	R
T	M	G	D	J	U	D	O	G	I
U	I	E	Y	T	A	T	A	M	I
M	K	W	W	J	G	D	F	G	N
E	A	A	E	V	U	N	X	O	T
W	T	Z	I	R	L	D	P	D	J
O	A	A	G	J	D	P	O	K	T
Z	C	G	H	C	I	Y	R	K	J
U	R	J	T	Q	K	B	T	P	A

Find these words in the grid

Encontre estas palavras no quadro

body weight
ippon
judogi
judoka
kumikata
matte
nage-waza
tatami

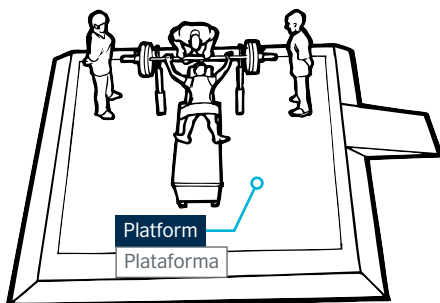
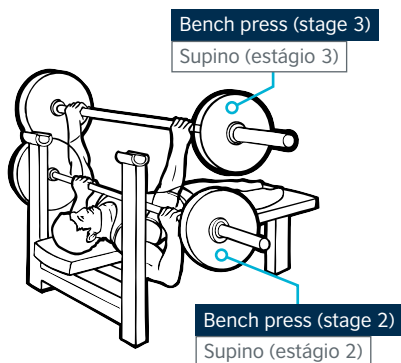
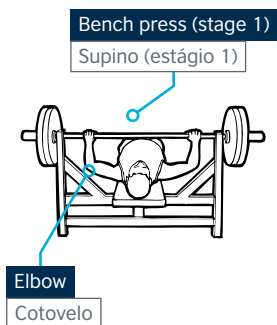
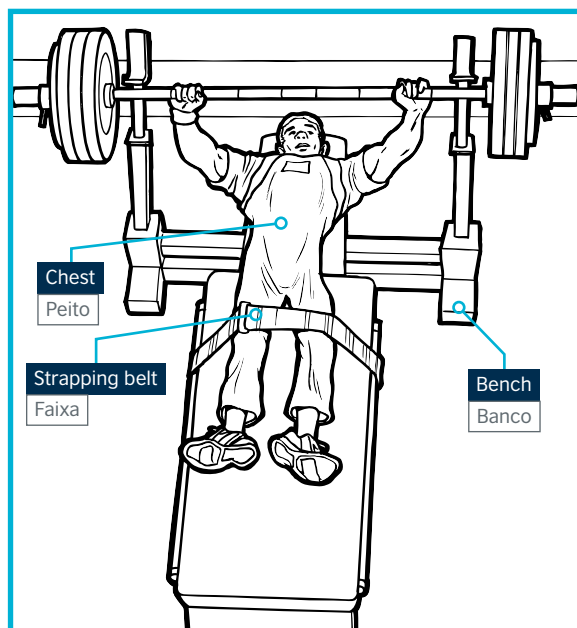
Find the answers on p90
Encontre as respostas na página 90

Powerlifting/Halterofilismo

Powerlifting is a bench-press competition and is one of the world's fastest growing sports. Athletes are grouped by bodyweight for competition, which means athletes with different impairments compete for the same medals.

There are 10 different weight categories for men and women.

O halterofilismo é uma competição de supino e um dos esportes que mais cresce no mundo. Os atletas são agrupados por peso para a competição, o que significa que atletas com diferentes deficiências competem pelas mesmas medalhas. Há 10 categorias diferentes de peso para homens e mulheres.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. arm's-length <i>extensão do braço</i>	B. bench <i>banco</i>	C. bench press <i>supino</i>
D. chest <i>peito</i>	E. elbow <i>cotovelo</i>	F. strapping belt <i>faixa</i>

1. A strip made of leather or material that is used to attach an athlete to the bench.
2. A type of exercise in which an athlete lies on their back, lowers a weight to the level of their chest, then pushes it back up until the arms are straight.
3. A type of low table where an athlete lies on their back to lift weights.
4. The distance from the hand to the shoulder.
5. The part in the middle of the arm where it bends.
6. The upper front part of the body, between the stomach and the neck.

WORDSEARCH – CAÇA-PALAVRA

B	T	N	B	E	L	T	P	J	H
K	E	H	M	T	Y	B	M	T	G
L	R	N	N	Q	W	M	G	N	L
N	D	B	C	O	K	N	I	G	D
D	Q	X	B	H	E	P	Y	Y	R
G	M	L	L	L	P	N	C	C	Q
Z	E	T	S	A	T	R	T	H	F
T	X	M	R	C	N	G	E	E	M
M	R	T	K	L	W	C	Q	S	C
A	S	H	B	E	N	C	H	T	S

Find these words in the grid

Encontre estas palavras no quadro

arm's-length
bench
bench press
chest
elbow
strapping
belt

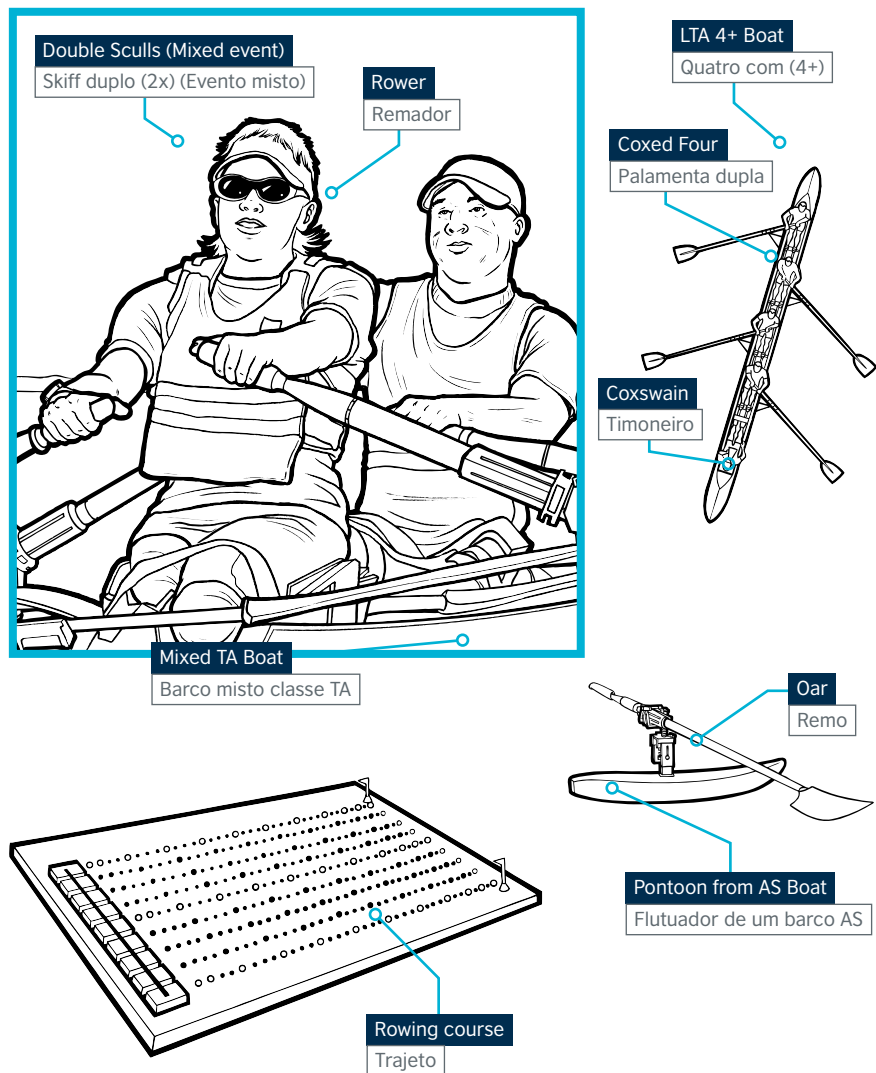
Find the answers on p90
Encontre as respostas na página 90

Rowing/Remo

Rowing has a long history but it only came of age as a competitive sport in the last 200 years. Paralympic Rowing is commonly known as 'adaptive' Rowing. This means that the equipment is adapted so the athlete can participate in the sport.

O remo tem uma longa história, mas só se tornou um esporte de competição há duzentos anos.

O remo paralímpico é popularmente conhecido como remo adaptado. Isso significa que o equipamento é adaptado para que o atleta possa participar do esporte.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. coxswain <i>timoneiro</i>	B. mixed event <i>evento misto</i>	C. pontoons <i>flutuador</i>
D. repechage <i>repechagem</i>	E. sculls <i>remo duplo</i>	

1. A race in which competitors who have already lost a heat have another chance to qualify.
2. A race in which male and female athletes compete together.
3. Buoyancy devices on each side of a single scull that help to stabilise it.
4. Races in which the athletes row with two oars, one in each hand.
5. The person who sits at the back of the boat and is responsible for steering it and directing the crew.

WORDSEARCH – CAÇA-PALAVRA

R	E	P	E	C	H	A	G	E	T
S	D	P	Z	J	P	W	N	D	F
C	R	C	O	G	L	I	T	T	R
U	B	G	R	N	A	X	T	L	T
L	X	Y	M	W	T	F	T	B	Q
L	M	N	S	C	D	O	Y	H	J
S	Q	X	R	B	D	C	O	N	D
P	O	P	N	W	M	N	R	N	Q
C	K	N	K	M	V	Y	C	T	S
M	I	X	E	D	E	V	E	N	T

Find these words
in the grid

Encontre estas palavras
no quadro

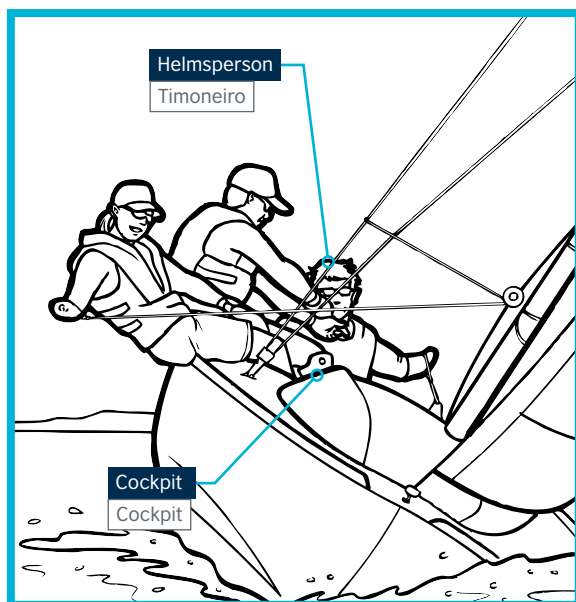
coxswain
mixed event
pontoons
repechage
sculls

Find the answers on p90
Encontre as respostas na página 90

Sailing/Vela

Sailing for athletes with an impairment began to develop as a competitive sport in the 1980s. The design of the keelboats used in Paralympic competition provides greater stability, and the boats have open cockpits to allow more room for the sailors.

A vela para atletas com deficiência começou a ser desenvolvida como um esporte de competição em 1980. O desenho dos barcos usados na competição paralímpica oferece mais estabilidade, e os barcos tem um cockpit aberto que dá mais espaço aos atletas.

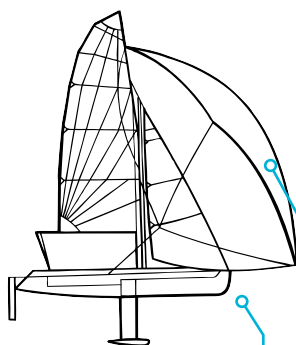


Single-person Keelboat (2.4mR)

Barco para um tripulante (2.4mR)

Mainsail
Vela

Keel
Quilha



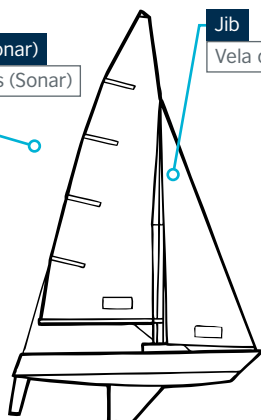
Two-person Keelboat (SKUD 18)

Barco para dois tripulantes (SKUD 18)

Three-person Keelboat (Sonar)

Barco para três tripulantes (Sonar)

Spinnaker
Spinnaker (Balão)



Jib
Vela de estai

ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. 2.4mR 2.4mR	B. cockpit cockpit	C. helmsperson timoneiro
D. jib vela de estai	E. keel quilha	F. mainsail vela
G. SKUD 18 SKUD 18	H. sonar sonar	I. spinnaker spinnaker

1. A small triangular sail on a boat, in front of the main sail.
2. The largest sail, nearest the front, used on some boats.
3. The long piece of wood or steel along the bottom of a boat that forms part of its structure and helps to keep the boat stabilised in the water.
4. The person who steers a boat.
5. The place where the sailors sit, which is open in Paralympic boats to allow more room for the sailors.
6. The sail nearest the back of the boat.
7. The type of boat used in Single-person Keelboat Paralympic Sailing events. It has a mainsail and a jib.
8. The type of boat used in Three-person Keelboat Paralympic Sailing events. It has a mainsail and a jib.
9. The type of boat used in Two-person Keelboat Paralympic Sailing events. It has a mainsail, jib and spinnaker.

WORDSEARCH – CAÇA-PALAVRA

M	Z	D	N	J	P	K	P	T	G	L
Y	H	S	R	T	Z	Q	I	M	I	D
R	B	V	P	Q	T	P	J	A	K	L
V	C	M	T	I	K	L	S	I	R	D
W	H	Y	Q	C	N	N	K	F	B	R
R	Y	G	O	B	I	N	L	R	T	B
R	D	C	R	A	K	L	A	L	R	R
N	T	H	M	K	E	T	Q	K	Y	L
S	O	N	A	R	E	D	X	B	E	L
N	J	Q	Q	B	L	G	M	Y	C	R
H	E	L	M	S	P	E	R	S	O	N

Find these words in the grid

Encontre estas palavras no quadro

cockpit
helmsperson
jib
keel
mainsail
sonar
spinnaker

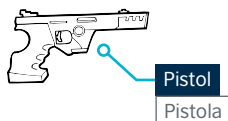
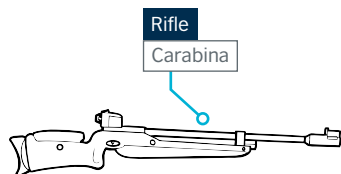
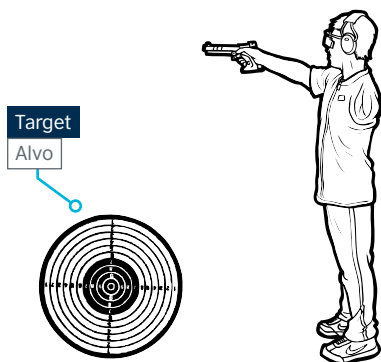
Find the answers on p91

Encontre as respostas na página 91

Shooting/Tiro esportivo

The Shooting programme includes both rifle and pistol events for men and women. Athletes compete in two classes: those who can support the weight of their firearm themselves; those who use a shooting stand to support their arm.

A competição de tiro esportivo inclui prova de carabina e pistola para homens e mulheres. Atletas competem em duas classes: os que conseguem aguentar o peso de suas armas e aqueles que usam um suporte para apoiar a mão.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. bull's-eye <i>centro do alvo</i>	B. kneeling <i>de joelhos</i>	C. pistol <i>pistola</i>	D. prone <i>decúbito</i>
E. rifle <i>carabina</i>	F. shooting stand <i>suporte para tiro</i>	G. shooting table <i>mesa para tiro</i>	H. target <i>alvo</i>

1. A device to help athletes who cannot support the weight of the pistol or rifle when they are standing.
2. A device to help athletes who cannot support the weight of the pistol or rifle when they are sitting, kneeling or prone.
3. A long firearm fired from the shoulder using both hands.
4. A short firearm shot with one hand.
5. In a position with one or both knees on the ground, and the upper part of your body vertical.
6. Lying on your front.
7. The middle of the target, worth 10 points.
8. When athletes fire a rifle or pistol, they aim at this.

WORDSEARCH – CAÇA-PALAVRA

M	L	P	R	K	E	P	E	T	T
K	X	N	I	L	F	Y	P	E	R
M	N	S	F	S	E	L	G	P	R
J	L	I	T	S	T	R	K	R	T
D	R	Z	L	A	A	O	H	O	Z
T	T	L	J	T	N	D	L	N	N
A	U	F	F	Z	M	D	R	E	V
B	K	N	E	E	L	I	N	G	Y
L	S	H	O	O	T	I	N	G	L
E	T	K	F	J	K	L	C	G	H

Find these words
in the grid

Encontre estas palavras
no quadro

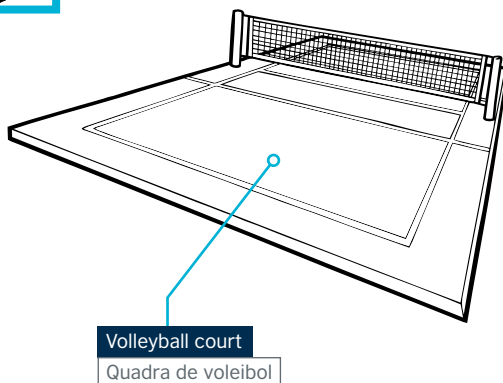
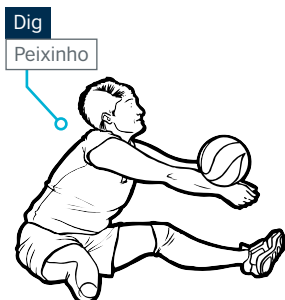
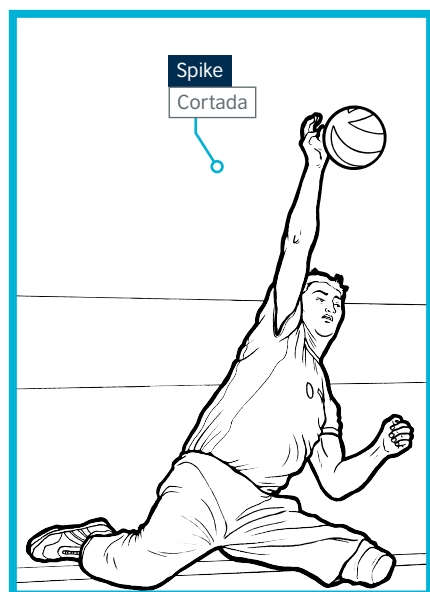
bull's-eye
kneeling
pistol
prone
rifle
shooting
stand
table
target

Find the answers on p91
Encontre as respostas na página 91

Sitting Volleyball/Voleibol sentado

Sitting Volleyball emerged in the 1950s, a combination of Volleyball and a German game called Sitzball. It is played by two teams of six on an indoor court which is divided by a net. It is one of the most fast-paced and exciting Paralympic sports.

O voleibol sentado surgiu nos anos 50 como uma combinação do voleibol e de um jogo alemão chamado Sitzball. É jogado por duas equipes de seis em uma quadra coberta e dividida por uma rede. É um dos jogos mais ágeis e emocionantes dos esportes paralímpicos.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. block <i>bloqueio</i>	B. dig <i>peixinho</i>	C. rotate <i>rodízio</i>	D. serve <i>saque</i>
E. set <i>toque</i>	F. setter <i>ponta</i>	G. spike <i>cortada</i>	

- The player who positions the ball for the attacker, usually on the second of the team's three permitted shots.
- To make a defensive passing shot from close to the ground.
- To move to the next position on the floor in a clockwise direction.
- To position the ball so a team-mate can attack.
- To prevent the attacking ball from coming over the net by forming a 'wall' of hands at the net.
- To put the ball in play at the start of each rally.
- To smash the ball over arm into the opponent's court.

WORDSEARCH – CAÇA-PALAVRA

S	E	T	T	E	R	G	Z	M	Q
G	K	D	R	T	X	D	I	G	G
H	J	L	R	O	K	Y	T	P	P
K	B	T	W	N	T	C	G	H	R
X	E	C	W	J	H	A	F	T	T
S	N	K	L	R	S	T	T	K	V
E	W	X	R	C	F	P	C	E	B
R	X	K	M	K	P	O	I	N	R
V	L	V	P	D	L	F	Q	K	C
E	T	N	L	B	J	D	Z	F	E

Find these words
in the grid

Encontre estas palavras
no quadro

block
dig
rotate
serve
set
setter
spike

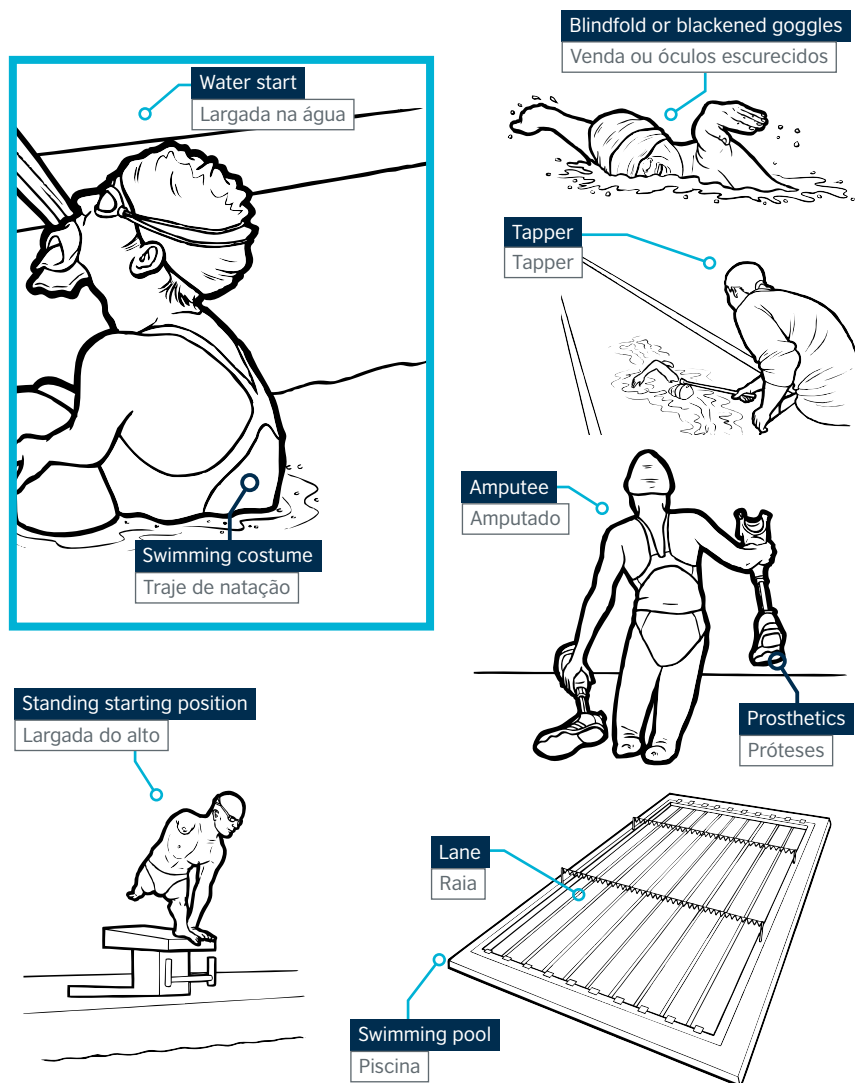
Find the answers on p91
Encontre as respostas na página 91

Swimming/Natação

Swimming has the second largest number of athletes and events at the Games and is one of the most popular Paralympic sports.

Four strokes are used in Paralympic competition: Freestyle, Backstroke, Breaststroke and Butterfly.

A natação tem o segundo maior número de atletas e provas nos jogos e é um dos mais populares nos esportes paralímpicos. Há quatro estilos na competição: livre, costas, peito e borboleta.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. taper <i>tapper</i>	B. standing start <i>largada do alto</i>	C. pool <i>piscina</i>
D. blindfold/blackened goggles <i>venda/óculos escurecidos</i>	E. cap <i>touca</i>	F. lane <i>raia</i>

- All visually impaired swimmers wear these so they can compete evenly.
- A person who stands at the end of the pool and taps the swimmer so they know it's time to turn.
- Swimmers must swim only in this part of the pool.
- Some Paralympic swimmers start the race in this position on the starting block. They dive into the water.
- Athletes wear this on their head.
- Where the swimming races take place.

WORDSEARCH – CAÇA-PALAVRA

H	F	P	Z	T	D	R	A	K	G
N	A	Q	L	X	E	P	M	Z	O
C	P	W	L	P	W	M	P	Y	G
C	D	O	P	A	D	D	U	C	G
R	L	A	O	V	N	R	T	K	L
L	T	R	N	L	R	E	E	K	E
N	T	L	P	R	N	M	E	P	S
L	N	S	T	A	N	D	I	N	G
B	L	I	N	D	F	O	L	D	J
W	A	T	E	R	S	T	A	R	T

Find these words
in the grid

Encontre estas palavras
no quadro

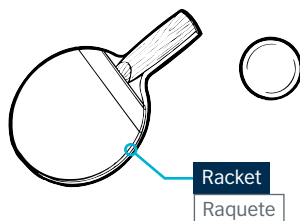
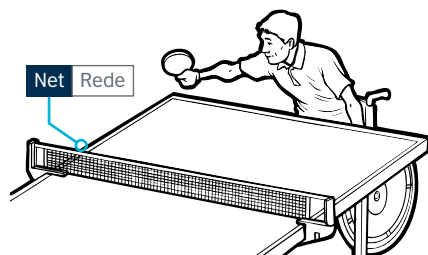
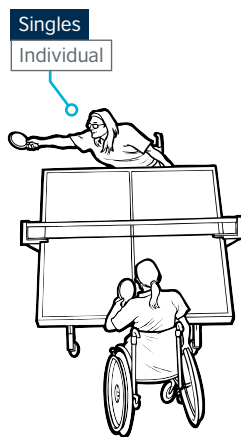
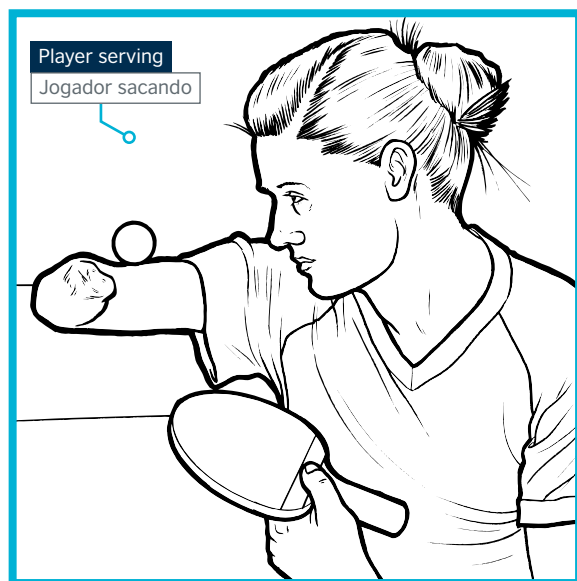
tapper
standing
pool
blindfold
goggles
cap
lane
water start
amputee

Find the answers on p91
Encontre as respostas na página 91

Table Tennis/Tênis de mesa

Table Tennis first developed in the late nineteenth century as an after-dinner game played by upper-class English families. It is now one of the largest sports on the Paralympic programme and has been part of the programme since the first Games in 1960.

O tênis de mesa foi desenvolvido no final do século XIX como um jogo após o jantar realizado pelas famílias inglesas da classe alta. É atualmente um dos maiores esportes dos Jogos Paralímpicos e é parte da competição desde os jogos de 1960.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. blade <i>lâmina</i>	B. doubles <i>duplas</i>	C. net <i>rede</i>	D. racket <i>raquete</i>
E. rally <i>sequência</i>	F. serve <i>sacar</i>	G. singles <i>individual</i>	

1. A continuous exchange of shots between players.
2. Games played between two individuals.
3. Games played between two pairs.
4. The flat, rigid part of the racket used for striking the ball.
5. The rectangular piece of material made from string which separates the two sides of the table. In Table Tennis it is 15.25 centimetres high.
6. To hit the ball to the other player to start the point.
7. What the players hold in one hand to hit the ball.

WORDSEARCH – CAÇA-PALAVRA

X	Q	T	T	F	M	M	T	R	K
T	W	R	D	O	U	B	L	E	S
C	S	E	R	V	E	C	D	B	T
Q	J	S	T	V	Z	F	Y	Y	D
L	M	R	I	E	F	L	R	V	F
N	Q	G	D	N	L	P	A	L	P
B	E	A	J	A	G	J	C	C	N
N	L	T	R	C	D	L	K	H	Y
B	N	N	N	L	K	C	E	P	N
J	M	R	P	M	K	K	T	S	G

Find these words
in the grid

Encontre estas palavras
no quadro

blade
doubles
net
racket
rally
serve
singles

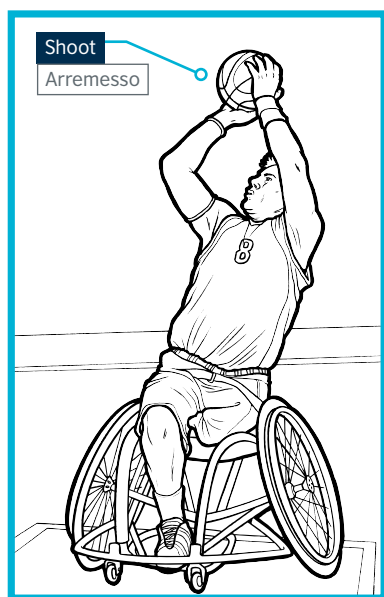
Find the answers on p91
Encontre as respostas na página 91

Wheelchair Basketball

Basquetebol em cadeira de rodas

Wheelchair Basketball was developed by American World War II veterans as part of their rehabilitation programme. The rules of Wheelchair Basketball are broadly similar to Basketball. The court is the same size, the basket is at the same height, and the scoring is identical.

O basquetebol em cadeira de rodas foi desenvolvido pelos veteranos americanos da Segunda Guerra como parte de seu programa de reabilitação. As regras do basquetebol de cadeira de rodas são bem parecidas com a do basquete. A quadra tem o mesmo tamanho, a cesta está na mesma altura e a marcação de pontos é idêntica.



Rebound
Rebote



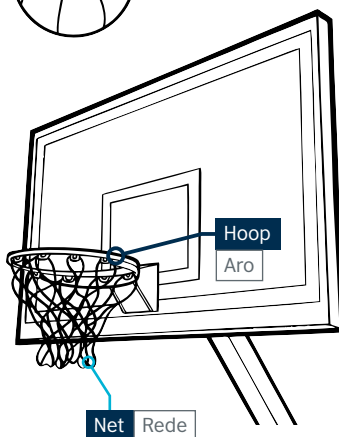
Ball
Bola



Defence
Defesa



Hoop
Aro



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. defence <i>defesa</i>	B. dribble <i>drible</i>	C. foul <i>falta</i>	D. free throw <i>lance livre</i>
E. physical advantage foul <i>falta técnica</i>	F. rebound <i>rebote</i>	G. shoot <i>arremesso</i>	H. travelling <i>andar com a bola</i>

1. A foul that occurs when a player stands up out of his/her wheelchair, places a foot on the ground or raises himself/herself off the seat.
2. A foul that occurs when a player takes more than two pushes of the wheelchair without bouncing or throwing the ball.
3. A shot, potentially worth one point, awarded to a player who has been fouled.
4. A violation of the rules.
5. Control the basketball by bouncing it against the floor with your hand.
6. Grab the ball in the air after a player has missed a shot.
7. Try to throw the ball into the basket.
8. Trying to stop a player on the opposite team from shooting or passing.

WORDSEARCH – CAÇA-PALAVRA

L	K	F	M	M	F	Q	P	Z	L	F
T	R	A	V	E	L	L	I	N	G	R
L	N	M	T	F	K	T	H	N	R	E
N	K	D	D	R	I	B	B	L	E	E
T	F	W	X	X	L	E	Y	D	H	T
S	H	O	O	T	C	N	N	L	L	H
C	D	B	U	N	W	U	B	N	M	R
B	P	Z	E	L	O	Y	M	L	D	O
H	G	F	K	B	T	J	K	N	N	W
R	E	N	E	L	M	H	K	M	X	R
D	P	R	L	Q	T	P	T	Q	N	F

Find these words
in the grid

Encontre estas palavras
no quadro

defence
dribble
foul
free throw
rebound
shoot
travelling

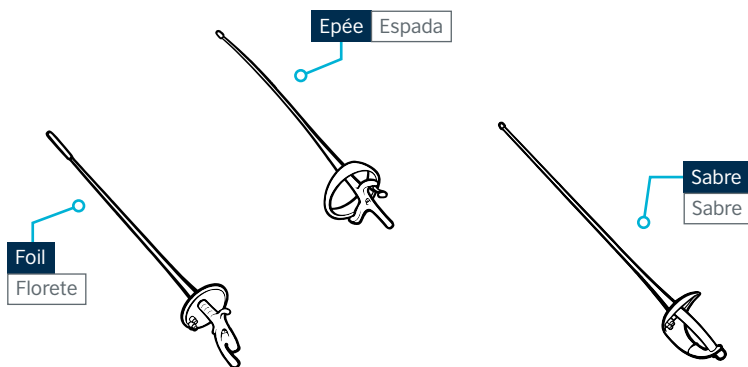
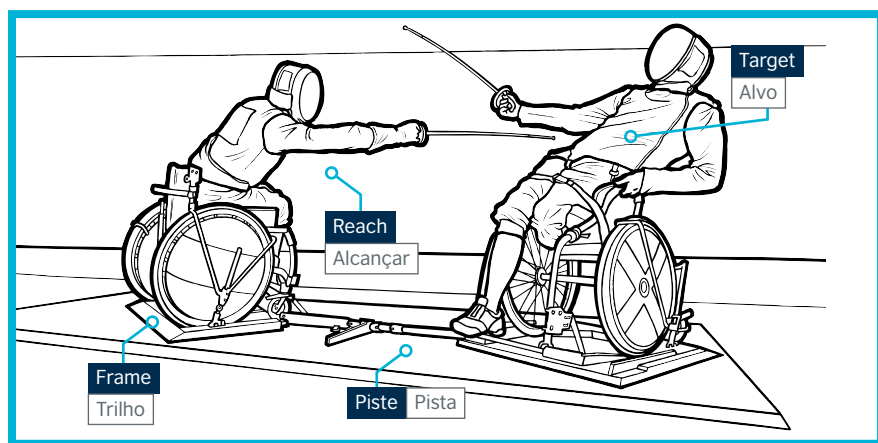
Find the answers on p91
Encontre as respostas na página 91

Wheelchair Fencing

Esgrima em cadeira de rodas

The Paralympic sport of Wheelchair Fencing features three different weapons. Athletes compete in wheelchairs that are fastened to the floor. This gives the fencers real freedom of movement in their upper bodies, while keeping them fixed in their chairs.

O esporte paralímpico da esgrima em cadeira de rodas apresenta três armas diferentes. Os atletas competem em cadeiras que são fixadas ao chão, o que dá aos esgrimistas liberdade real de movimento da parte superior do corpo enquanto se mantêm presos em suas cadeiras.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. edge <i>fio</i>	B. épée <i>espada</i>	C. foil <i>florete</i>
D. frame <i>trilho</i>	E. piste <i>pista</i>	F. reach <i>alcançar</i>
G. sabre <i>sabre</i>	H. target <i>alvo</i>	I. tip <i>ponta</i>

1. A heavier weapon. You score a hit when the tip of your weapon touches your opponent anywhere on their body.
2. A light weapon. You score a hit when the tip of your weapon touches your opponent between the waist and the shoulders.
3. A light weapon. You score a hit when the tip or edge of your weapon touches your opponent anywhere above the waist except their hands or the back of their head.
4. A metal object on the piste which the wheelchairs are attached to keep them from moving.
5. The area of your opponent's body where your weapon can touch.
6. The area where fencing takes place.
7. The length of your arm when you stretch it out.
8. The pointed end of your weapon.
9. The side of your weapon which cuts.

WORDSEARCH – CAÇA-PALAVRA

T	M	Q	T	K	R	E	A	C	H
A	B	C	D	H	Y	N	E	P	K
R	P	T	V	C	Z	T	I	F	M
G	T	Y	B	G	S	T	C	V	F
E	P	E	E	I	N	A	X	J	R
T	M	W	P	H	R	K	B	E	A
N	F	N	R	T	K	K	G	R	M
T	M	O	V	M	X	D	M	N	E
H	Q	N	I	Y	E	Q	W	T	Z
N	T	K	V	L	Z	K	Z	H	R

Find these words
in the grid

Encontre estas palavras
no quadro

edge
épée
foil
frame
piste
reach
sabre
target
tip

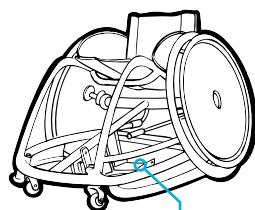
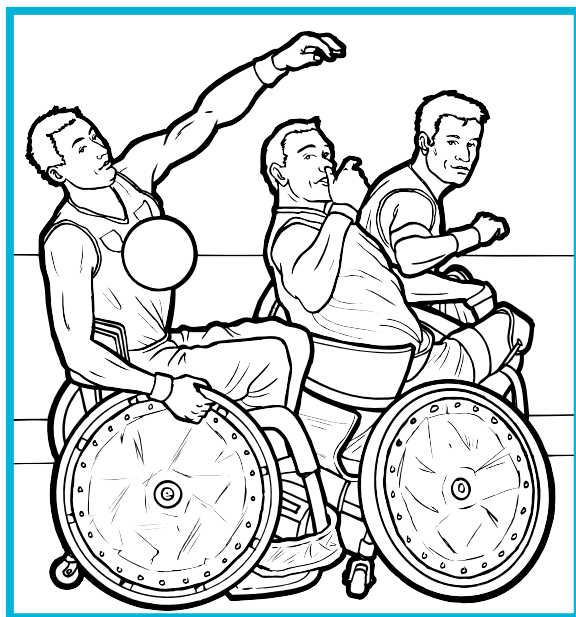
Find the answers on p91
Encontre as respostas na página 91

Wheelchair Rugby

Rúgbi em cadeira de rodas

Wheelchair Rugby was invented in 1977 by a group of Canadian quadriplegic athletes. They were looking for an alternative to Wheelchair Basketball for players with reduced arm and hand function. The sport they created incorporates elements of Basketball, Handball and Ice Hockey.

O rúgbi em cadeira de rodas foi inventado em 1977 por um grupo de atletas canadenses quadriplégicos. Eles buscavam uma alternativa ao basquetebol em cadeira de rodas para atletas com função reduzida nas mãos e braços. O esporte que eles criaram incorpora elementos de basquetebol, handebol e hóquei no gelo.

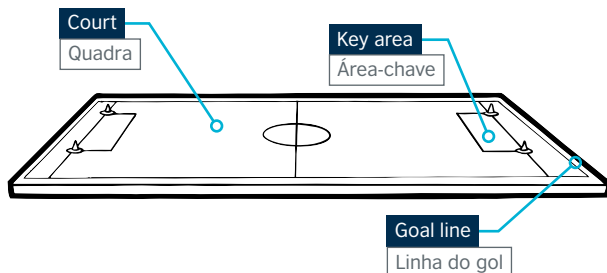


Manual wheelchair

Cadeira de rodas manual

Tip-off

Bola ao alto



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. court <i>quadra</i>	B. goal line <i>linha do gol</i>	C. key area <i>área-chave</i>
D. manual wheelchair <i>cadeira de rodas manual</i>	E. tip-off <i>bola ao alto</i>	

1. A wheelchair that is powered by its owner's hands, and does not have a motor.
2. An 8m-by-1.75m section at either end of the court near the goal.
3. The line that an athlete must touch or carry the ball over if a point is to be scored.
4. The playing area, measuring 28m by 15m.
5. To start the game, a player from each side attempts to 'tip' the ball, from the referee's throw, to a member of their team (see illustration).

WORDSEARCH – CAÇA-PALAVRA

R	B	Z	L	T	Z	J	G	M	W
G	O	A	L	L	I	N	E	A	H
G	K	W	J	Q	N	N	R	N	E
L	H	E	R	H	F	H	N	U	E
K	B	Q	Y	F	G	Y	N	A	L
D	F	N	O	A	C	T	M	L	C
R	C	P	K	V	R	D	T	Z	H
L	I	M	T	U	N	E	J	C	A
T	R	L	O	K	P	J	A	Y	I
C	J	C	J	Q	N	Y	F	T	R

Find these words
in the grid

Encontre estas palavras
no quadro

court
goal line
key area
manual
wheelchair
tip-off

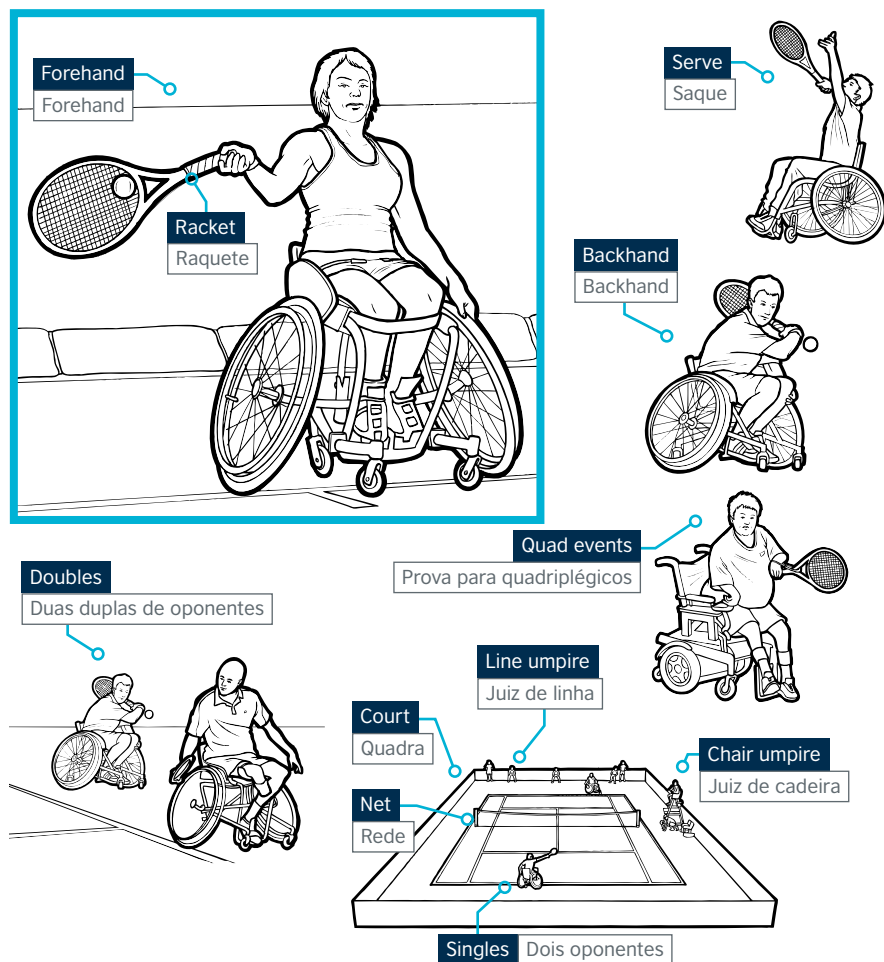
Find the answers on p91
Encontre as respostas na página 91

Wheelchair Tennis

Tênis em cadeira de rodas

Wheelchair Tennis was invented in 1976 by Brad Parks. He had been injured in a skiing competition and was experimenting with tennis as a recreational therapy. Now Wheelchair Tennis is integrated into all four Grand Slam Tennis events as well as having its own Wheelchair Tennis Tour.

O tênis em cadeira de rodas foi inventado por Brad Parks, em 1976. Ele se machucou em uma competição de ski e estava testando o tênis como uma terapia recreacional. Hoje o tênis de cadeira de rodas está integrado aos quatro grandes eventos de tênis Grand Slam assim como tem seu próprio torneio.



ACTIVITY – ATIVIDADE

Match the words in the table to their definitions below.

Relacione as palavras na tabela às suas definições abaixo.

A. backhand <i>backhand</i>	B. court <i>quadra</i>	C. doubles <i>duas duplas de oponentes</i>
D. forehand <i>forehand</i>	E. net <i>rede</i>	F. quad events <i>prova para quadriplégicos</i>
G. serve <i>saque</i>	H. singles <i>dois oponentes</i>	I. chair umpire <i>Juiz de cadeira</i>

1. A smooth, level playing area, covered with grass, clay or an artificial surface.
2. Competitions for players with disabilities in three or more limbs.
3. Games played between two individuals.
4. Games played between two teams of two players each.
5. The person who keeps score and makes judgements about whether particular actions are acceptable.
6. The centre of court, over which players must hit the ball.
7. The stroke used to return balls hit to the left of a right-handed player and to the right of a left-handed player.
8. The stroke used to return balls hit to the right of a right-handed player and to the left of a left-handed player.
9. To put the ball in play.

WORDSEARCH – CAÇA-PALAVRA

C	Q	N	W	B	T	P	K	F	N
C	O	U	R	T	L	R	D	O	S
W	D	F	R	Y	X	N	Z	R	I
K	Z	O	P	B	A	N	E	E	N
T	C	T	U	H	R	R	D	H	G
S	E	N	K	B	I	T	D	A	L
N	E	C	Q	P	L	D	M	N	E
G	A	R	M	P	M	E	W	D	S
B	T	U	V	X	F	D	S	W	J
Q	U	A	D	E	V	E	N	T	S

Find these words
in the grid

Encontre estas palavras
no quadro

backhand
court
doubles
forehand
net
quad events
serve
singles

Find the answers on p91
Encontre as respostas na página 91

Sports answers

Archery (page 34)

Answers 1. C; 2. E; 3. A; 4. F; 5. D; 6. B

Athletics (page 36)

Answers 1. F; 2. B; 3. A; 4. E; 5. G; 6. C; 7. D; 8. J; 9. H; 10. I

Boccia (page 38)

Answers 1. F; 2. E; 3. C; 4. A; 5. B; 6. D

Cycling – Road (page 40)

Answers 1. F; 2. C; 3. A; 4. D; 5. B; 6. E

Cycling – Track (page 42)

Answers 1. E; 2. B; 3. G; 4. D; 5. F; 6. A; 7. C

Equestrian (page 44)

Answers 1. E; 2. A; 3. D; 4. C; 5. B; 6. F

Football 5-a-side (page 46)

Answers 1. C; 2. E; 3. A; 4. B; 5. F; 6. D

Football 7-a-side (page 48)

Answers 1. A; 2. C; 3. B; 4. E; 5. F; 6. D

Goalball (page 50)

Answers 1. A; 2. C; 3. D; 4. B; 5. E

Judo (page 52)

Answers 1. D; 2. C; 3. E; 4. B; 5. A; 6. I; 7. F; 8. G; 9. H

Powerlifting (page 54)

Answers 1. F; 2. C; 3. B; 4. A; 5. E; 6. D

Rowing (page 56)

Answers 1. D; 2. B; 3. C; 4. E; 5. A

Sailing (page 58)

Answers 1. D; 2. I; 3. E; 4. C; 5. B; 6. F; 7. A; 8. H; 9. G

Shooting (page 60)

Answers 1. F; 2. G; 3. E; 4. C; 5. B; 6. D; 7. A; 8. H

Sitting Volleyball (page 62)

Answers 1. F; 2. B; 3. C; 4. E; 5. A; 6. D; 7. G

Swimming (page 64)

Answers 1. D; 2. A; 3. F; 4. B; 5. E; 6. C

Table Tennis (page 66)

Answers 1. E; 2. G; 3. B; 4. A; 5. C; 6. F; 7. D

Wheelchair Basketball (page 68)

Answers 1. E; 2. H; 3. D; 4. C; 5. B; 6. F; 7. G; 8. A

Wheelchair Fencing (page 70)

Answers 1. B; 2. C; 3. G; 4. D; 5. H; 6. E; 7. F; 8. I; 9. A

Wheelchair Rugby (page 72)

Answers 1. D; 2. C; 3. B; 4. A; 5. E

Wheelchair Tennis (page 74)

Answers 1. B; 2. F; 3. H; 4. C; 5. I; 6. E; 7. A; 8. D; 9. G
