

Paralympic Sports

Below are some of the Paralympic sports and some facts about them.

Boccia

- Boccia is a Paralympic sport which was introduced in 1984.
- Boccia is a sport for those with a disability that affects the movement from one place to another.
- It is a target ball sport, which is similar to bowls, played indoors with soft leather balls.
- Boccia can be played individually, in pairs or teams.
- There is not an Olympic sport that is an equivalent to (the same as) Boccia.
- In the London 2012 Paralympic games, Great Britain won 2 medals in Boccia (1 silver, 1 bronze).



Goalball

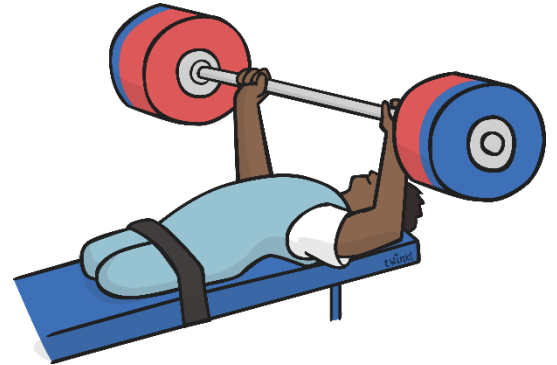
- Goalball is a sport for people with sight loss.
- The aim is to throw the ball in the opposition teams goal while the defending team try to block the ball with their bodies.
- The ball has got bells inside so that the athletes can locate the ball. The ball is the same size as a basketball but is twice as heavy.
- The sport is played indoors and is marked out with lines which can be felt by the athletes so they locate themselves on the pitch.
- Athletes have to wear a blackout mask whilst playing.
- Goalball was introduced in 1976 in the Paralympic games in Toronto.
- Some players can throw the ball at speeds around 60mph (miles per hour).



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Powerlifting

- Powerlifting is a major sport at the Paralympic games
- Athletes with any physical impairments can take part in Powerlifting.
- There are 10 different weight groups.
- Athletes compete in a bench press competition where they lie flat on a special bench and lift a weighted bar from arm's length to chest.
- The rules are very strict and must be followed.
- Powerlifting was first in the Paralympics in 1988.
- Great British athlete Zoe Newson won a bronze medal in London 2012 by lifting 88kg.
- Most powerlifters can lift three times their weight.
- The sport is for both genders.



Sitting Volleyball

- Sitting Volleyball is a sport for all athletes with a physical impairment.
- Many athletes are amputees.
- The aim is to get the ball to land in the opposing teams side of the court.
- The court is a bit smaller than an Olympic volleyball court and they use a lower net.
- Sitting Volleyball was introduced in 1980
- The sport is much faster than Olympic Volleyball.
- Sitting Volleyball is for both men and women.



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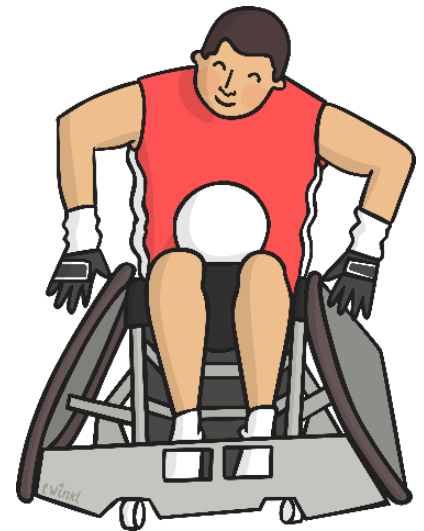
Wheelchair Basketball

- Wheelchair basketball is a sport for people with physical impairment to the lower limbs, and athletes that have a long term, permanent injury.
- Not all player are daily wheelchair users.
- Wheelchair basketball was first introduced to Paralympics in 1960.
- The match is made up of 4 quarters of 10 minutes each.
- Wheelchair basketball was first played in the USA when basketball players, injured in World War II, adapted the running game to wheelchairs.








Wheelchair Rugby

- Wheelchair rugby is for athletes who have physical and sensory difficulty due to paralysis caused by illness or injury, resulting in partial or total loss of all four limbs and torso.
- Wheelchair rugby was invented in 1970 in Canada by a group of quadriplegic athletes looking for a different sport to Wheelchair basketball.
- Wheelchair rugby was introduced to the Paralympics in 2000.
- To score, an athlete must cross the opposing teams goal line with the ball. Two wheels must cross the line for a score to count.
- A match consists of 4 quarters of 8 minutes.



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Complete the table below using the facts that you have learnt about the Paralympic Sports

Sport	When did this sport first appear at the Paralympics?	Which country has won the most medals in this sport?	How long does a match last?	One rule that the sport uses?	Which country invented the sport?
Boccia 					
Goalball 					
Powerlifting 					
Sitting Volleyball 					
Wheelchair Basketball 					
Wheelchair Rugby 					

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