

PARALYMPIC GAMES

Paralympic games are important international sports competitions for people with disabilities.



Паралимпийский девиз: «Дух в движении».

«Он ярко и точно подчеркивает силу воли паралимпийцев, которая вдохновляет и восхищает весь мир»



Символы паралимпийского движения

- Паралимпийская эмблема состоит из трех полусфер красного, синего и зеленого цветов. Эмблема символизирует разум, тело и дух



Aghitos – is the symbol of Paralympic games, which symbolize intelligence, body and unbroken spirit. The three colours of Aghitos are the most famous colours on the flags all over the world.

Символы паралимпийского движения

Буквы IPC – это сокращение от International Paralympic Committee. По-русски – международный паралимпийский комитет (МПК). Это организация, которая отвечает за проведение Паралимпийских игр во всем мире.



**INTERNATIONAL
PARALYMPIC
COMMITTEE**



In 1948, Sir Ludwig Guttman organized a sports competition for World War II veterans with a spinal cord injury in Stoke Mandeville, England. For years later, competitors from the Netherlands joined the games and an international movement was born. Olympic style games with a disability (now Paralympics) were organized for the first time in Rome in 1960.

<https://www.paralympic.org>



BEIJING 2022™



PARIS 2024



**MILANO CORTINA
2026**



- a) comes from the Greek
- b) red, blue and green
- c) important international sports event
- d) Winter Olympic Games
- e) are always colourful
- f) Paralympic flag has



The Paralympic Games



The Paralympic Games are an (1) ..., where athletes with a physical disability compete. There are Winter and Summer Paralympic Games. They follow the Summer and (2) The Paralympics began in 1948. They didn't have this name then. That year the first sports event for disabled athletes took place. A small group of the British World War veterans competed with each other. In 1952 some Dutch veterans joined in the competitions. In 1960 in Rome 400 disabled athletes took part in the Summer Paralympic Games. In the year 2005 there were already 3,900 sportsmen from 146 countries. In the Paralympic Games in Sochi the number of athletes was 555 from 45 countries. The word Paralympic (3) ... word *para* which means "similar". The (4) ... the Paralympic symbol on it. There are three colours (5) These are the colours we can find on the flags of different nations. The opening and the closing ceremonies (6)



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ABOUT
PARALYMPIC
GAMES

Paralympic Games



**Traditionally
Paralympic
games take
place after the
Olympic
games.**

THERE ARE SUMMER PARALYMPIC GAMES AND WINTER PARALYMPIC GAMES

They follow the Summer and Winter Olympic Games.



Paralympic sports

Summer Sports

- Rowing
- Wheelchair Basketball
- Bocce
- Cycling
- Dressage
- Goalball
- Rowing
- Judo
- Athletics
- Table tennis
- Paratriathlon
- Sailing
- Swimming
- Shooting
- Wheelchair Rugby
- Sitting volleyball
- Archery
- Wheelchair Tennis
- Weightlifting
- Wheelchair Fencing
- Football 5x5

Winter sports

- Skiing
- Wheelchair curling
- Ski race
- Biathlon
- Sledge hockey



The first Summer Paralympic Games



The first Summer paralympic Games were held in Rome in Italy in 1960.

The opening ceremony of the Games took place on 18 September at the stadium “Aguacates”, which was attended by five thousand spectators.

400 athletes from 23 countries took part in competitions.

The First Winter Paralympic Games



The first Winter Paralympic games were held in 1976 in the Swedish city of Ornskoldsvik.

Competitions were for athletes with amputated limbs and visual impairment. For the first time the competition was demonstrated in driving races.

Сочи 2014 Талисманы



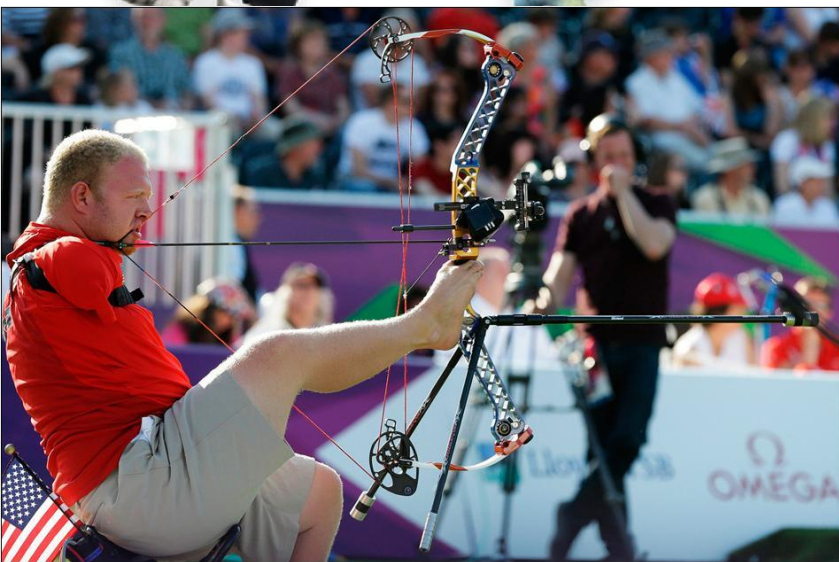
XXII Олимпийские
зимние игры

7 февраля - 23 февраля 2014 года



XI Паралимпийские
зимние игры

7 марта - 16 марта 2014 года



GOALBALL

- Голбол — это командный вид спорта, разработанный специально для спортсменов с нарушением зрения. Участники соревнуются в командах по три человека и пытаются забросить мяч, в который встроены колокольчики, в ворота соперника.

Goalball is a team sport designed specifically for athletes with a vision impairment. Participants compete in teams of three, and try to throw a ball that has bells embedded in it into the opponents' goal. The ball is thrown by hand and never kicked. Using ear-hand coordination, originating as a rehabilitation exercise, the sport has no able-bodied equivalent. Able-bodied athletes are also blindfolded when playing this sport.



BEST PARALYMPIC ATHLETES IN HISTORY

•The inspiring stories of Paralympic hopefuls



Alexey Moshkin



- Alexey Moshkin is a famous skier in the world of sports. He is twice a Paralympic champion and twice a bronze medalist. Alexey was born in 1974 in Mezhdurechensk, so he is 44 this year.
- In fact, his sports career developed easily and successfully. When he was 13 years old the boy became a candidate for the national Junior team.
- Unfortunately a great tragedy happened! In December 1987, Alex was hit by a train and lost both legs. However, he was strong and brave enough to continue doing sports!

СИЛЬНЫЕ ДУХОМ: САМЫЕ ВЫДАЮЩИЕСЯ ПАРАЛИМПИЙЦЫ РОССИИ

- **Алексей Кузнецов.** Метание копья. Алексей в возрасте пяти лет упал с высоты и получил травму позвоночника. Чтобы не сдаваться, мама Кузнецова начала заниматься с ним спортом. До сих пор парень все свои победы посвящает ей, показывая, что именно благодаря матери он смог не потеряться в жизни и чего-то добиться.



VLADYKINA OLESYA

Another Russian paralympic champion is Olesya Vladykina.

She was born in Moscow on February 14, 1988. In 2008 Olesya lost her left hand in a car accident.

In the same year, at the Summer Paralympics in Beijing, she won gold and became a world record holder in swimming 100 meters.

In 2012, at the London summer Paralympics, she also won gold in the 100-meter breaststroke, setting a new world record.

In 2014 Olesya was the Ambassador at the Olympic Games in Sochi.





«Ни о чём не жалею. Даже если бы можно было что-то поменять в жизни, я бы этого не сделал. Я тот, кто я есть, только благодаря тому, что со мной произошло», — говорит Ирек.

IREK ZARIPOV

Irek Zaripov lost both of his legs after a car accident in 2000. He topped the IPC Cross Country Skiing World Cup overall ranking with an astonishing eight victories and placed second in the Biathlon World Cup ranking.

17-ти летний парень попал на мотоцикле под 9-тонный «МАЗ». Ноги парню пришлось ампутировать. Ирек два года лежал. У него была такая депрессия, что родители опасались суицида. Но постепенно парень взял себя в руки.

Научился спускаться с третьего этажа, стал помогать матери по дому, поднимать штангу... и поехал на фестиваль колясочников в Адлер, где его заметили тренеры.



Кирилл Михайлов Лыжные гонки.

- **В 22 года парень попал в страшное ДТП, которое принесло ему проблему с бедром. О большом спорте, о котором он так мечтал, пришлось забыть. Но желание получить свою золотую медаль и попасть на Паралимпийские игры были сильнее.**

Paralympic Games in Russia



Паралимпийские игры



- No doubt, it's a great challenge to achieve success in sport and to win medals for disabled people.
- So, we all should help and support them to overcome difficulties!
- Thus, we can always feel proud of our country even at the Paralympic Games!





Answer the questions in writing.

1. Have you ever watched the Paralympic Games?
2. What do you think about the Paralympic Games?
3. Is it necessary for disabled athletes to participate in them?
4. What is the difference between Olympic and Paralympics games?
5. Do you know any paralympic sportsmen?
6. What is your attitude to these people?
7. What solutions can you offer to improve life of such people and make them fill like ordinary citizens?



THANKS
FOR YOUR
ATTENTION