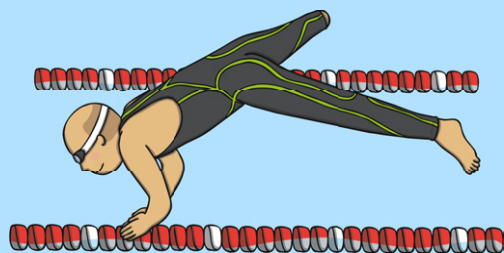


# Great British Paralympians



Paralympians are athletes with a disability. These amazing athletes train hard and eat a healthy diet to ensure that they are the best that they can be.

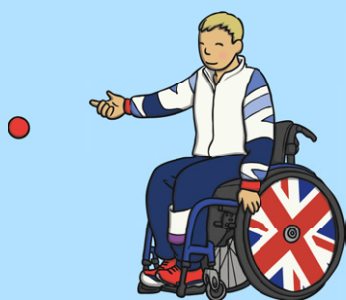
Here are just a few of the events from the Paralympics:



**swimming**



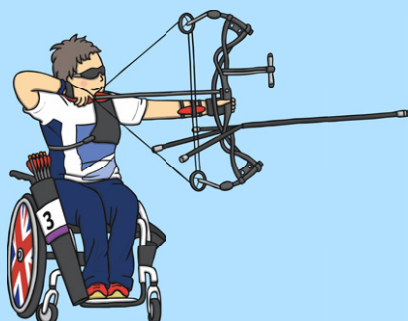
**wheelchair basketball**



**boccia**



**goalball**



**shooting**



**athletics**

# Famous British Paralympians

**Name:** Baroness Tanni Grey-Thompson

**Sport:** Athletics



<b>Gold</b>	11
<b>Silver Medals</b>	4
<b>Bronze Medals</b>	1
<b>Total medals</b>	16

**Name:** Sarah Storey

**Sport:** Swimming and Cycling



<b>Gold</b>	11
<b>Silver Medals</b>	8
<b>Bronze Medals</b>	3
<b>Total medals</b>	22

**Name:** Lee Pearson

**Sport:** Equestrian



<b>Gold</b>	10
<b>Silver Medals</b>	1
<b>Bronze Medals</b>	1
<b>Total medals</b>	12

**Name:** Dave Roberts

**Sport:** Swimming



<b>Gold</b>	11
<b>Silver Medals</b>	4
<b>Bronze Medals</b>	1
<b>Total medals</b>	16

Photos courtesy of Discovering Ability, Tom Page, Jim Thurston and allen watkin (@flickr.com) - granted under creative commons licence - attribution

# Famous British Paralympians Questions

1. What two things do Paralympians do to make sure they are ready to compete?

---

---

2. Name two events which are not seen at the Olympic Games that are at the Paralympic Games.

---

---

3. Sarah Storey has won gold medals in cycling and which other sport?

---

---

4. How many medals has Dave Roberts won in total?

---

---

5. How many silver medals has Baroness Tanni Grey-Thompson won?

---

---

6. Which Paralympic event would you like to try? Explain your reasons.

---

---

---

---

# Famous British Paralympians **Answers**

1. What two things do Paralympians do to make sure they are ready to compete?

**Paralympians need to train hard and eat a healthy diet.**

2. Name two events which are not seen at the Olympic Games that are at the Paralympic Games.

**Boccia, wheelchair basketball and goalball are all Paralympic events.**

3. Sarah Storey has won gold medals in cycling and which other sport?

**Sarah Storey has won gold medals in cycling and swimming.**

4. How many medals has Dave Roberts won in total?

**Dave Roberts has won 16 medals in total.**

5. How many silver medals has Baroness Tanni Grey-Thompson won?

**Baroness Tanni Grey-Thompson has won 4 Paralympic silver medals.**

6. Which Paralympic event would you like to try? Explain your reasons.

**Varied answers.**

# Great British Paralympians



Paralympians are disabled athletes that compete in a variety of events including swimming, athletics, cycling and shooting. The first ever Paralympic Games were held in Rome, Italy, in 1960. The Games started with eight sports, including swimming, wheelchair basketball and wheelchair fencing. Over the years, the Paralympics have increased in size and popularity, showcasing the incredible abilities of the athletes. The 2012 Paralympics were held in London and the 2016 Paralympics are to be held in Rio with 177 medal opportunities.



Over the years, Great Britain have produced exceptional athletes, who have shown the world what they can do. The athletes have excelled in their fields of expertise and educated others about the different events available to Paralympians. Here are some Great British Paralympians who have collected many medals in their events.



# Famous British Paralympians

**Name:** Baroness Tanni Grey-Thompson

**Sport:** Athletics

**Gold** 11

**Silver Medals** 4

**Bronze Medals** 1



Tanni won a total of 16 Paralympic medals from competing in a wheelchair in the 100m, 200m, 400m and 800m.

She has spina bifida and has been using a wheelchair since she was 7.

Tanni also won the London Marathon six times between 1992 and 2002.

**Name:** Mike Kenny

**Sport:** Swimming

**Gold** 16

**Silver Medals** 2

**Bronze Medals** 0



Mike became a Paralympian after he was paralysed from falling from a ladder. He used swimming to regain his strength and went on to compete at four different Paralympic Games.

Sadly, Mike's achievements are often forgotten as he competed before The British Paralympic Association was set up in 1989.

**Name:** Sarah Storey

**Sport:** Swimming and Cycling

**Gold** 11

**Silver Medals** 8

**Bronze Medals** 3



At just 14 years old, Sarah won two Paralympic swimming gold medals in Barcelona in 1992. However, she suffered from a chronic ear infection, which meant she wasn't allowed to swim any more. She decided to start cycling to keep herself fit and healthy and realised that she was a fantastic cyclist. She has won six cycling gold medals to add to her five gold medals in swimming.

Photos courtesy of Discovering Ability and Tom Page (@flickr.com) - granted under creative commons licence - attribution

# Famous British Paralympians



**Name:** Lee Pearson

**Sport:** Equestrian

**Gold** 10

**Silver Medals** 1

**Bronze Medals** 1



Lee specialises in dressage, which is an equestrian event. He uses his hips to control his horse as he has a condition that means his arms and legs did not grow fully.

At the London Paralympics, he performed his routine to a selection of James Bond songs.

**Name:** Dave Roberts

**Sport:** Swimming

**Gold** 11

**Silver Medals** 4

**Bronze Medals** 1



Dave competed in three Paralympic Games where he won 11 gold medals. At the age of 11, he was diagnosed with cerebral palsy so he started swimming to help his muscles. Like all the other athletes, he trained for many hours to help him be the fastest he could be. In Beijing in 2008, he won the 100m, 200m, 400m and the 4x100m relay.

# Famous British Paralympians Questions

1. Where were the first Paralympic Games held?

---

2. How many chances to win a medal will there be in Rio 2016 Paralympic Games?

---

3. How many times has Baroness Tanni Grey-Thompson won the London Marathon?

---

4. How many Paralympic gold medals has Sarah Storey won?

---

5. Which famous film inspired Lee Pearson's performance?

---

---

6. How many events did Dave Roberts win in Beijing in 2008?

---

7. What makes Sarah Storey's achievements impressive?

---

---

8. Which athlete's story most inspires you? Explain your answer.

---

---

---



# Famous British Paralympians **Answers**

1. Where were the first Paralympic Games held?

**The first Paralympic Games were held in 1960 in Rome, Italy.**

2. How many chances to win a medal will there be in Rio 2016 Paralympic Games?

**There will be 177 chances to win a medal in Rio.**

3. How many times has Baroness Tanni Grey-Thompson won the London Marathon?

**She has won the London Marathon six times.**

4. How many Paralympic gold medals has Sarah Storey won?

**Sarah Storey has won 11 gold Paralympic medals.**

5. Which famous film inspired Lee Pearson's performance?

**Lee Pearson completed his performance to songs from James Bond.**

6. How many events did Dave Roberts win in Beijing in 2008?

**Dave Roberts won four events at the Beijing Paralympic Games.**

7. What makes Sarah Storey's achievements impressive?

**She has gold medals in two different events; cycling and swimming.**

8. Which athlete's story most inspires you? Explain your answer.

**Varied answers.**

# Great British Paralympians



The Paralympics are the second largest sports competition in the world, after the Olympics. In Rio 2016, there will be 4,350 athletes from 176 nations. They include athletes with spinal cord injuries; amputated limbs; blindness or other visual impairments; cerebral palsy; learning difficulties and various other disabilities, including multiple sclerosis and dwarfism. The Paralympics are coordinated by the International Paralympic Committee,

which is the only international organisation representing all sports and disabilities.

Like the Olympics, the Paralympics are a competition of people with the highest athletic ability. The Paralympians have high intensity training sessions to be able to compete and most have a dietician who ensures that they eat the correct food to keep them at peak fitness levels.



## The Events

The first Paralympic Games was held in 1960 in Rome, Italy. There were 8 events with only 400 athletes. The eight events were snooker, fencing, field events, basketball, swimming, table tennis, archery and the pentathlon.

The 2016 Summer Games feature events in 23 sports, 18 of which are also Olympic sports including: Archery, Athletics (Track and Field), Wheelchair Basketball, Cycling Road, Cycling Track, Canoe Sprint, Equestrian, Wheelchair Fencing, soccer 5-a-side, soccer 7-a-side, Judo, Sailing, Shooting, Swimming, Table Tennis, Wheelchair Tennis, Triathlon, Volleyball, Rowing, Boccia, Goalball, Powerlifting, and Wheelchair Rugby.



## Medals

Over the last three Summer Paralympic Games, the total number of medals has steadily risen from 94 to 120. At the 2016 Rio Paralympic Games, UK Sport has set a target of 121 medals for Team GB although people are predicting anywhere between 113 to 165 medals across the different events.

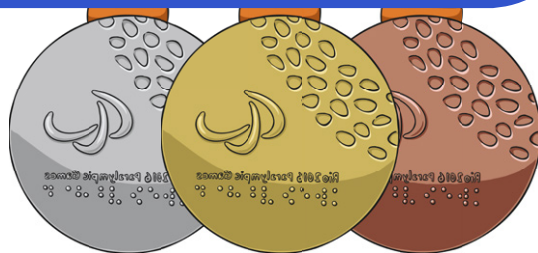
Summer Olympic Games	Gold Medals	Silver Medals	Bronze Medals	Total
2004	35	30	29	94
2008	42	29	31	102
2012	34	43	43	120

# Great British Paralympians



## Great Britain Heroes

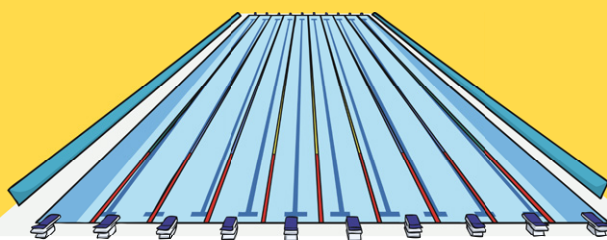
Our Paralympians have succeeded in showing the world what they are capable of and have made the whole country proud of them. There are many success stories and medals across the different events. Here are just some of our top medal winners:



## Super Swimmers!

To ensure competition is fair and equal, all Paralympic sports have a system in place that ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able-bodied athletes. The categories are as follows:

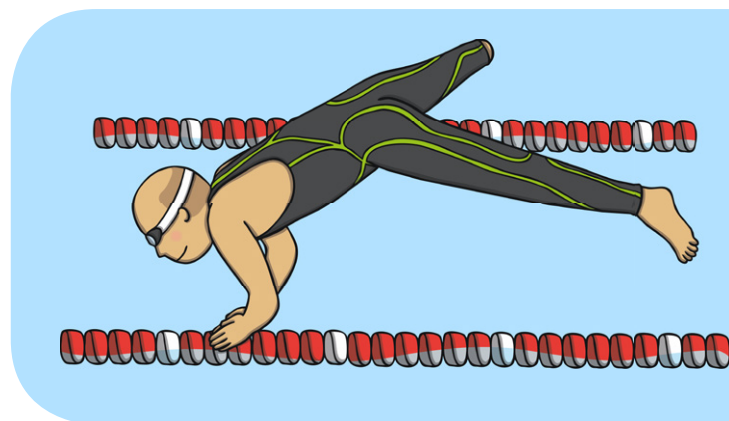
- S: freestyle, butterfly and backstroke
- SB: breaststroke
- SM: Medley (a mixture of strokes)



Great Britain have a history of gold medals in the swimming events. Mike Kenny won a total of 18 medals for swimming (including 10 gold medals) between 1976 and 1988. He first began his swimming career after becoming paralysed after falling from a ladder. Winning one more gold medal than Mike, is Dave Roberts who has 16 medals in total. At the age of 11, Dave was diagnosed with cerebral palsy and started to swim in order to help his muscles. He soon realised he was a talented swimmer and aimed high when training for the Paralympics.

One very talented athlete is Sarah Storey, who has Paralympic medals in two different events; swimming and cycling.

At the age of 14, she won two gold medals in Barcelona whilst swimming but developed a chronic ear infection, which meant she could no longer take to the water. Instead she decided to keep fit by cycling and soon found she had a second talent. She has won six cycling gold medals giving her 22 medals in total.





## Amazing Athletics!

Athletic Paralympians have a variety of categories to choose from including physical, mental and visual impairment. Within these categories there have been some stand out athletes throughout the world including Great Britain. One of the biggest medal winners is Baroness Tanni Grey-Thompson.

Baroness Tanni Grey-Thompson has won a staggering 16 medals (including 11 gold medals) in the 100m, 200m, 400m and 800m. She also won the London Marathon six times between 1992 and 2002.



## Jumping for Gold!

The first international dressage competitions for disabled riders were held at the 1984 World Games in New York. The categories are open to both physical impairment and visually impaired athletes.

All equestrian events at the Paralympic Games are mixed, with athletes grouped according to their functional ability. Riders who have visual impairments are permitted to use 'callers' to help them navigate around the arena.

Lee Pearson has frequently impressed the judges whilst competing in dressage competitions. During his career, he has won an amazing 10 gold medals. He is able to control the horse using his hips as he was born with a condition that affects the growth of his limbs.



# Famous British Paralympians Questions

1. How many events were available to compete in at the first Paralympic Games?

---

2. What is the role of the dietician?

---

3. Who coordinates the Paralympics?

---

4. How many gold medals did Team GB win in 2004?

---

5. At which age did Sarah Storey win two gold medals in swimming?

---

---

6. Athletic Paralympians are divided into which categories?

---

---

7. How are visually impaired competitors able to compete in equestrian events at the Paralympics?

---

---

8. Which athlete's story most inspires you? Explain your answer.

---

---



# Famous British Paralympians **Answers**

1. How many events were available to compete in at the first Paralympic Games?

**Athletes could choose from just eight events at the first Paralympic Games.**

2. What is the role of the dietician?

**A dietician ensures the athletes eat the correct food to keep them at peak fitness levels.**

3. Who coordinates the Paralympics?

**The International Paralympic Committee coordinate the Paralympics.**

4. How many gold medals did Team GB win in 2004?

**They won 35 gold medals in 2004.**

5. At which age did Sarah Storey win two gold medals in swimming?

**Sarah Storey was 14 when she won two gold medals in swimming.**

6. Athletic Paralympians are divided into which categories?

**They are divided into physical, mental and visual impairment categories.**

7. How are visually impaired competitors able to compete in equestrian events at the Paralympics?

**They use 'callers' to help them navigate around the arena.**

8. Which athlete's story most inspires you? Explain your answer.

**Varied answers.**