

What should I already know?

- How to follow directions and instructions.
- That the more exercise I do, the better stamina I will have.
- Teamwork and communication help lead a team to success.

Gems of Knowledge

What will I do?

- I will communicate with others to achieve success.
- Play and adapt games so they are inclusive.
- Develop my stamina.
- Apply skills I have already learned to new games and activities.

What will I know?

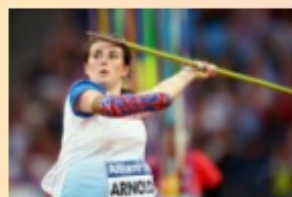
- I will watch others and think about how I can improve my skills.
- I will say what others have done well.



Powerful Paralympians!



Ellie Simmonds
Swimmer



Hollie Arnold
Javelin thrower



David Weir
Wheelchair racer

Paralympic and Olympic Values

Teamwork

Vocabulary

<p>Stamina - Being able to exercise for long periods of time.</p>		<p>Communicate - Talking to others.</p>	
<p>Paralympic - Competitions held for athletes with disabilities.</p>		<p>Determination - Not giving up. - Sticking to your goals.</p>	
<p>Respect - Understanding differences and accepting them,</p>		<p>Apply - Use skills that you have learnt before in a new situation.</p>	