

Paralympics & Special Olympics



Olympics Quiz Monday after Break (Group Quiz)

● Olympics Quiz:

- > Ancient Olympics
- > Creation of the Modern Olympics
- > Differences/Similarities between the Ancient and Modern Olympics
- > *The Real Olympics* Documentary
- > Paralympics & Special Olympics
- > *What Changed the Olympics Forever?* Article

- What is the difference between the Paralympics and the Special Olympics?

What are the Paralympics?

- ◉ International multi-sport event for athletes with a range of physical disabilities
- ◉ Paralympics
 - > Para = beside or along side
 - > Paralympics means that these games are parallel Games to the Olympics
 - > The two movements exist side by side

History

- First widely introduced after WWII
- Originally for veterans and civilians who had been injured during the war
- Begun by Dr. Ludwig Guttmann
- Began as rehabilitation sport, then recreational sport, and finally competitive sport
- First competition for wheelchair athletes was in London 1948

Official Paralympics

- Began in 1960
- Rome
- 400 athletes, 23 countries
- Take place every 4 years
- Winter version began in 1976
- Since 1988, the Paralympics take place in the same host city as the Olympics

Games in the Paralympics

- Archery
- Bowling
- Horse riding
- Indoor football
- Judo
- Sailing
- Swimming
- Volleyball
- Wheelchair rugby
- Wheelchair fencing
- Wheelchair tennis
- Light athletics
- Cycling
- Handball
- Weightlifting
- Target Shooting
- Table Tennis
- Wheelchair basketball

Compete in different Categories & Classifications

- Categories:

- > Impaired muscle power
- > Impaired passive range of movement
- > Limb deficiency
- > Leg length difference
- > Short stature
- > Hypertonia
- > Ataxia
- > Athetosis
- > Vision impairment
- > Intellectual impairment

- Classification:

- > A sport-specific system that measure the level of impairment on ability to perform the sport
- Goal is fairness
 - > Equal levels of impairment would compete against each other
- Ranges from none to severe

- Paralympians strive for equal treatment with non-disabled Olympic athletes,
- Funding gap between Olympic and Paralympic athletes

Oscar Pistorius

- > South African sprint runner
- > Legs amputated below the knee at 11 months
- > Attempted to qualify for Beijing Olympics in 2008
- > 2008 Paralympics: won gold in the 100, 200 & 400 meter races.
- > 2012: Competed as the first amputee athlete in the Summer Olympics in London
 - Did not medal. Ran in the 4x400 meter final for South Africa
 - Carried the South African flag in the closing ceremony
- > London 100 meter Paralympic Final

What are the Special Olympics

- ◉ World's largest sports organization for children and adults with intellectual disabilities
- ◉ 4.4 million athletes
- ◉ 170 Countries
- ◉ Competitive events: Winners and Losers
- ◉ Local, national, and regional competitions
 - > Even at Issaquah High!

History

- It started with Anne Burke and her competition for those with disabilities
- But with the help of Eunice Kennedy the ground work for the Special Olympics was formed

Motto of the Special Olympics

“Let me win, but If I can not win, let me be brave in my attempt”

- 30 for 30 short: “Brave in the Attempt”