



BT Paralympic World Cup 2012 Education Pack – Athletics

This resource can be used in conjunction with the BT Paralympic World Cup website, www.btparalympicworldcup.com



Overview:

The Manchester Regional Arena will host some of the world's most elite Paralympic athletes at this year's BT Paralympic World Cup. With over 20 nail-biting athletic events and 3 hours of anticipation and excitement, spectators are guaranteed one of the most suspense-filled days in the entire competition!

Local and international athletes will compete in a series of Track and Field events comprising of sprinting, long distance running and throwing. This year's events include; Track: 100m, 200m, 400m, 800m and 1500m and Field: Discus, Shot Put and Javelin.

Athletes compete according to their functional classification. These classifications include: cerebral palsy, visually impaired athletes, amputees, "les autres" (meaning "other" which includes dwarf athletes) and seated field athletes.

Iconic athletes will battle it out and represent their country while competing for one of our four teams at this year's event, Great Britain, The Americas, Europe and The Rest of the World. In 2012 South African Paralympic hero, Oscar Pistorius will be striving to break more world records.

Be sure to watch the world class competition on Channel 4 and support your favourite athletic stars!





Athletics Activities

In the Classroom

- 1) Students to discuss the different athletic events offered in this year's BT PWC (track; 100m, 200m, 400m, 800m and 1500m; field; Discus, Shot Put and Javelin)
 - a. Which event is their favourite to watch and why?
 - b. Discuss how difficult it might be to compete in the athletic events if you were blind or partially sighted.



Art

- Design banners to be used for each of the four Teams competing at the BT PWC (GBR-Blue, EUR-Green, Americas-Red, Rest of the World-Yellow)
- Make a photo collage of Paralympic Athletes competing in the four teams, or for Great Britain

English

- Write a list of questions to ask your favourite Paralympic Athlete. Such as how they got into the sport, how long they have been competing. Your teacher can email these to us at pwcenquiries@fasttrackagency.com as we will be doing a number of interviews with athletes before the event. If we use your questions we'll let you know the answers!
- Download an Athlete's [biography](#) to find out more about each athlete.

Mathematics

- Look into the different categories of disabled athletes and make a table based on this information.
- How many athletes can you find that fit into each of your categories?

Geography

- Look at the countries that might be participating in the four different teams at in the BT Paralympic World Cup.
- Make a list of 5 interesting facts on each country that your class didn't know before.



Science

- Discuss the effect that new science technology might have at the Paralympic World Cup. Make a list of examples in changes in equipment over the years.

Health

- Discuss a nutritious lunch for all the participants.
- What are important things to remember in order to keep yourself healthy if you were an athlete?
- Create a fitness and health plan that athletes could use to train for a sport. Then the class can use this plan in their everyday lives or use with PE plans.

In the Playing field

- 1) Place the group in pairs and encourage them to consider how field events would differ if carried out:
 - a) Sitting on a chair (not Wheelchair)
 - b) Standing up
 - c) Kneeling



Students can consider shot put, discus and javelin.

Group: Compare performance between sitting, standing and kneeling and discuss the differences.

In the Sports Hall/Gym/Playground

- 1) Measure how far students can jump from a stand start, and compare this to a running start. Discuss how much of an impact being able to run makes on the jump.
- 2) Time the students to run a set distance normally (20, 50 or 100m). Then time them for the same distance but with their hands held at their sides. Discuss how the use of arms enhances the speed of an athlete.

Physical Education

- By downloading the [Education Packs](#) you can find instructions on how to play Paralympic Sports.

Group: Students can get together and work as a group to think of instructions on how to play a new Paralympic sport. You can think creatively on this, a new sport that has gained attention



recently is chess boxing. Can you think of a new paralympic sport? If so how would you play the game and teach others to play it?

For wider study

- 1) Students to research Track or Field Athletes with a disability in your school or your area.
 - a) Invite them to the school or follow their progress as they develop. It may be that you have a young athlete nearby who is on your local Gifted and Talented Programme.
 - b) Invite them to develop a local link to your school or become a school ambassador. Your local sports development unit may be able to help as part of their ongoing sports partnership work
- 2) **Group:** Discuss which events your group would like to include in your own school's athletic programme or sports day.

Class Quiz and Case Study

All information and resources needed to complete these activities can be found following links from our [website](#). Please access the class quiz [here](#) and download the athlete case studies [here](#).

FREE Tickets for BT Paralympic World Cup

Complimentary school tickets can be ordered through the BT Paralympic World Cup website (www.btparalympicworldcup.com/schools). Each school is permitted up to 25 per session however these are on a first come first serve basis. You will also need a promotional code – please contact us at pwcenquiries@fasttrackagency.com.

