

7 Reading Worksheet

1. Read the article. How many sports are there now in the Paralympics?

The Paralympics

The idea for the Paralympics started in 1948 in Stoke Mandeville Hospital in the U.K. Ludwig Guttmann was a surgeon there and he worked with patients with back injuries. He knew that doing sports was a good way to help people get better so he organized an archery competition for some of the patients. The following year, more hospitals took part in the event, and over the years the number of people involved grew. These sports events became the International Stoke Mandeville Games, and they were the start of the Paralympics as we know them.

In the late 1950s, an Italian hospital suggested that the Stoke Mandeville Games take place outside the U.K. In 1960 the Olympic Games took place in Rome, and when they finished

the first official Paralympics began. At first, only athletes with back injuries could take part in the Paralympics, but since 1976 athletes with different disabilities have participated. Paralympic athletes must have certain tests before they can compete in the Games. There are rules that athletes must follow if they use any special equipment, and athletes must not use equipment in a race without an inspection.

There are now twenty-two Paralympic sports, including track and field, judo, powerlifting (like weightlifting), wheelchair basketball, and sitting volleyball. The Paralympics is the biggest sporting event for disabled athletes in the world, with more than 160 countries and more than 4,200 athletes now taking part.



2. Understand meaning from context Find the words and phrases below in the article. Then complete each statement. Remember to capitalize words that begin statements.

competition equipment get better grew injuries suggested

1. Injuries are problems you have with your body because you have had an accident.
2. When someone recovers from an illness or injury, they _____.
3. A _____ is an organized event, often in sport, and people want to win.
4. A simple past tense verb that is similar in meaning to "increased" is _____.
5. Another verb that is similar in meaning to "recommended" is _____.
6. _____ is the name for things you need to do a particular sport or activity.

3. Answer the questions.

1. How did the idea for the Paralympics begin?
A surgeon wanted to help patients with back injuries get better.
2. What did Ludwig Guttmann do to help his patients?

3. What did the Paralympics use to be called?

4. When were the Olympic Games held in Italy?

5. What changed in 1976 in the Paralympics?

6. What happens to equipment that athletes use in the Paralympics?

